How Is Telehealth Beneficial to Substance Abuse After Care Recovery

by Louisville Addiction Treatment Center | Nov 2, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Telehealth has become an increasingly popular mode of treatment for various medical conditions in recent years. The benefits of receiving care remotely have been well-documented, and as such, telehealth is becoming a more common sight in the healthcare industry.

This is particularly true in the field of substance abuse recovery, where telehealth can offer a number of advantages over traditional treatment methods. In this blog post, we will discuss some of the key benefits that telehealth can offer to those recovering from substance abuse.

Increased Access to Care

One of the biggest advantages of telehealth is that it increases access to care. This is particularly important in the field of substance abuse recovery, where individuals may not have the ability or resources to travel to a traditional treatment center.

Telehealth allows individuals to receive treatment from the comfort and convenience of their own home, which can make a big difference in terms of engagement and compliance with treatment.

Another key benefit of increased access to care is that it can help individuals who are located in rural areas. Due to the lack of available treatment options in many rural areas, telehealth can provide much-needed access to care for those who might otherwise go without.

Finally, increased access to care can also be beneficial for individuals who have busy schedules or who cannot take time off from work or school to attend traditional treatment sessions. Telehealth allows individuals to receive care on their own schedule, which can be a major advantage.

Greater Convenience

In addition to increased access to care, telehealth also offers greater convenience. This is because individuals can receive care from the comfort of their own home or office without having to travel to a treatment center.

This can save a lot of time and money, as well as make it easier for individuals to stick with their treatment plan. Another key benefit of telehealth is that it allows individuals to receive care on their own schedule. This can be a major advantage for those who have busy schedules or who cannot take time off from work or school to attend traditional treatment sessions.

Finally, telehealth appointments are typically shorter than traditional in-person appointments. This means that individuals can get the care they need without having to take a large chunk out of their day.

Improved Outcomes

In addition to increased access and convenience, telehealth can also lead to improved outcomes. This is because telehealth appointments are typically shorter than traditional in-person appointments, which can lead to better engagement with treatment.

In addition, telehealth allows individuals to receive care from the comfort of their own home or office, which can make it easier for them to stick with their treatment plan. A number of studies have shown that telehealth can lead to improved clinical outcomes. For example, one study found that patients who received care via telehealth were more likely to remain in treatment and achieve abstinence than those who received care in person.

Another study found that patients who participated in a 12-week telehealth program had significantly lower relapse rates than those who did not participate in the program. These studies suggest that telehealth can be an effective tool for substance abuse recovery.

In addition to increased access and convenience, telehealth can also lead to improved clinical outcomes. This makes telehealth a valuable tool for those who are struggling with substance abuse.

Impact Outpatient Program is a one-of-a-kind outpatient drug & alcohol treatment center that offers a path to lasting, sustainable recovery. Our program includes a variety of evidence-based treatment modalities, including telehealth, intensive outpatient and outpatient, and multiple pathways treatment.

If you or someone you love is struggling with substance abuse, we encourage you to contact us today to learn more about our program. We can help you get on the path to lasting recovery!

If you or someone you know is struggling with substance abuse, don't hesitate to reach out for help. There are a number of resources available to those who need them, and treatment can make a big difference. Remember, recovery is possible – but it takes time, effort, and commitment. Telehealth can be a valuable tool in your journey toward sobriety.

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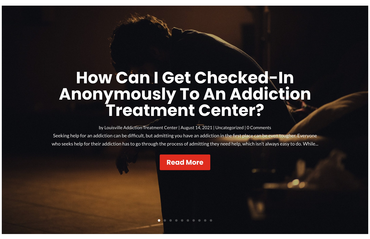

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Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

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