Drug & Alcohol Abuse Addiction Treatment Center Supporting St. Louis, Missouri

by Louisville Addiction Treatment Center | Nov 26, 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.

Facing addiction isn't easy and deciding on the type of program to enter can be even harder. Whether you're suffering from addiction or your loved one is suffering, it's important to look at the differences between inpatient and outpatient programs.

If you're looking at what type of program is best for you, we can help. Here's what you need to know about the benefits of entering each program.

Outpatient Programs

Outpatient programs give you the support you need to change your lifestyle. You'll benefit from access to therapy, group sessions, and medication if you need it. The biggest benefit to being part of an outpatient program is that you can continue your life as normal.

Therefore, if you have a job, family, or other responsibilities you want to continue with while you're in recovery, an outpatient program is an excellent choice. You may not be able to just leave your home and enter an inpatient program.

However, you should be aware that recovering from addiction and trying to lead a normal life can be a very difficult thing to do. Outpatient programs are ideal for anyone who has already been through an inpatient program but still requires help to recover fully.

Even after intensive inpatient programs, outpatient programs can still offer valuable and essential support to anyone in recovery.

Inpatient Programs

Addiction treatment in an inpatient program allows the patient to focus entirely on recovery. If recovery is too difficult while in the outside world, inpatient programs offer the best solution. As a patient, you will spend all of your time at the recovery center with access to constant support.

For instance, detoxing from drugs and alcohol can come with withdrawal symptoms. These could include headaches, nausea, sickness, dizziness, tremors, and more. You'll have access to medication that can help you through these symptoms as your body regulates.

Entering an inpatient program means you won't have to worry about worldly triggers like stress, toxic relationships, and social situations. There are also alternatives to inpatient programs, like intensive outpatient programs or partial hospitalization that offer the same benefits.

Intensive Outpatient Drug Rehab

At Louisville Addiction Treatment Center, we offer a wide range of treatment programs to suit all needs. One such program is our intensive outpatient program. Similarly to inpatient programs, our intensive outpatient drug rehab offers 24/7 support and care to patients.

You'll benefit from nutritional and therapeutic support as you recover and you'll learn new skills that can help you cope with life outside of rehab. You'll be able to maintain your regular routine and have the support of your family at home while still getting everything you need from our clinic. It's the best of both worlds and the program has had much success.

The Right Program For You

If you're still wondering what kind of program suits your needs, it's best to talk through your situation with a professional. We're more than happy to discuss our programs with you and guide you in making the best choice for your future.

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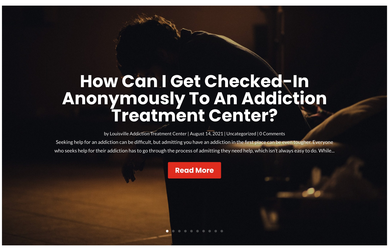

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