



Understanding Drug Rehab

When people suffering from alcohol and drug addiction seek to re-enter society, they often require professional help. The starting place for help is at drug rehab facilities. Drug addiction can have a complex and profound effect on all areas of the addicted individual's life. From changes in behavior to difficulties at work and in personal relationships, addiction is an extremely destructive force. Those with drug abuse disorders turn to drug rehab facilities to learn how to once again live a safe and healthy lifestyle – and reclaim their life.

When it comes to selecting a type of drug rehab facility there are several options. It is important to take the addicted individual's needs into consideration before making a selection – since each person's situation is different. Some drug rehab facilities focus on a specific type of drug addiction, while others offer a general treatment process and a variety of drug addiction services. There also are rehab facilities just for men or women as well as teens, adults and seniors. Some rehab facilities offer day treatment only, as an outpatient. Others offer extended multi-day, week or month stays as an outpatient at a facility. Matching the right drug rehab facility to the addicted individual can often mean the difference between success and failure.

Frequently, there is a misconception by the general public that drug rehab facilities force their patients to stay. This is, in fact, not true. The person seeking treatment for alcohol or drug use disorder is actually free to leave a facility at any time.

No matter which type of drug rehab facility is chosen by the addicted individual, treatment is only effective if the patient has a genuine desire to seek help and change their behavior. In certain situations, an addicted person

is required to go to rehab, such as with a court mandate. While not their own choice to enter the rehab process in this particular instance, the drug treatment process has still proven to have positive effects in these situations.

The accommodations and amenities of drug rehab centers vary widely. Some facilities offer simple accommodations with just the basics, while luxury treatment centers rival multi-star hotels. The selection options are decided based on an addicted individual's budget and their insurance coverage. It is important to note that while luxury rehab facilities may offer hotel-like amenities, stunning views or locations, this does not mean they always offer the best treatment options. Addicted individuals and their families should perform their own due diligence and thoroughly examine the qualifications, staff, treatment options offered, and reputations of different rehab facilities before making a final drug rehab facility selection.

Before Drug Rehab - Detox

It is important to note that the drug rehab facility is not the first step in receiving help for an addicted individual. Many with drug abuse disorder must first complete a detox treatment. The detox treatment focuses on the medical processes necessary to remove any addictive substances from the body. Professional medical supervision is needed in order to complete the detox process and it normally takes one week. After completing the medically supervised detox treatment, the patient then continues their transition by entering rehab.

As many friends and family members know firsthand, getting a loved one into a drug rehab facility is usually not an easy task. Often the addicted individual is facing a steep wall of denial that nothing is wrong. While drug rehab facilities are ready to help patients reclaim their life and resume a normal healthy lifestyle, they can only do so once an addicted person decides to make an effort to change. A small first step in attitude adjustment can yield life-changing positive results.

Use of Medication in Rehab

Rehab center physicians are allowed to dispense medications which assist patients with their recovery from drug abuse disorders. The medications used may be indicated to help either a mental or physical drug abuse symptom. The duration of medical treatment and medication needed varies depending on the needs of the addicted individual – from short to long term.

Addiction Rehab is a Continual Process

Addiction rehab is a multi-faceted process. Since addiction touches the patient's life in different areas – so must the treatment. Often rehab treatment programs recommend patients end any toxic relationships in their life. The reason being, toxic relationships often lead to drug use. Instead, the patient is encouraged to seek out positive, supportive and life-fulfilling relationships from friends, family or fellow patients.

Addiction also has repercussions for family members. The patient in a rehab treatment program is receiving their necessary treatment, but a family may wonder what resources are available to them for more information or support? Drug rehab facilities have counselors and medical staff who are available to speak with a patient's family members. They can provide the family with more information on drug addiction, best ways to help the addicted individual, and even provide information on resources to help the family through this stressful time. Counselors are a good resource and they may encourage family members to participate in counseling sessions with the addicted individual receiving treatment. Rehab facilities have counselors who are specially trained to teach family members and friends coping skills, activities to avoid, triggers, as well as positive and supportive communication skills and activities. Family members and friends find, through the help of counselors at drug rehab treatment centers, they also are able to heal the wounds caused from addiction and learn to actively demonstrate love and support for the person going through treatment.

How Long Does Drug Rehab Last?

Drug rehab treatment length is highly individualized and based on the feedback and evaluations of trained professionals, including counselors and physicians. The average length of treatment is 28 days. However, multi-week or multi-month stays are not uncommon. Each patient's progress is evaluated and a recommendation of early release or extended stay depends on multiple complex variables.

Once a patient leaves the drug treatment center the healing does not stop.

“Aftercare” is the next step. Most patients continue to seek care after leaving rehab as they continue their journey towards a new healthy lifestyle.

Physicians, counselors, support groups, family members and friends all have a key role in the development of the patient's new life beyond drug addiction.

Aftercare, and the continuing treatment services sought during this period, is crucial in ensuring the patient does not relapse – and return to using drugs – or have to be re-hospitalized.