



# How to Know if you Need Inpatient Detox

Addiction and substance abuse is an increasing problem in society. **The National Survey on Drug Use and Health (NSDUH)** there are almost 18 million adults with a substance abuse problem. Of these 18 million, 74% of those were struggling with alcohol addiction, 38% with drugs, and 12% with both.

It is estimated that \$740 billion is lost every year to related healthcare costs, crime, and lost workdays.

It can have a destructive effect on every part of your life and relationships, not to mention the potentially devastating consequences for your health.

If you have decided to get clean, the choices can seem overwhelming. There are many important questions you need to ask yourself, such as are you committed to overcoming your addiction? Do I need inpatient detox? The type of detox you undertake can make or break your recovery efforts.

So what is an inpatient detox, and is it right for you?

## What does it involve?

Understanding what an inpatient detox is will help you decide whether it is the correct course of action for you. As the name suggests, an inpatient detox involves checking yourself into the center for the duration of your treatment.

You will receive round the clock treatment and care from experienced medical professionals. You will also receive support as you go through the physical withdrawal symptoms.

The most common withdrawal symptoms are:

- Anxiety
- Paranoia
- Insomnia and vivid dreams
- Gastrointestinal issues – nausea, vomiting, and diarrhea
- Fever
- Fatigue
- Flu-like symptoms

Medical detox is the first step in your recovery. Your best chance of overcoming your addiction is to receive professional counseling on a one-to-one or group basis. This aspect of your recovery takes a deeper look at the psychological issues behind your addiction.

Once you've identified your psychological issues, you will be helped to develop better skills to cope with pressure and stressful situations in your everyday life which might affect your sobriety.

The final stage of your recovery takes place on an outpatient basis with access to our aftercare services. Your counseling will continue on an as-needed basis and there will be access to regular support groups. Just because you have left the center doesn't mean that you are alone. We want to give you the very best chance of maintaining your recovery by giving you the coping tools to deal with whatever life throws at you.

Once your physical detox symptoms have subsided, you'll undergo counseling to understand the psychological issues behind your addiction. Inpatient detox centers are designed to be relaxing and comfortable for you as you complete your treatment.

In addition to managing your withdrawal, the team will also look to improve your general health with access to nutritious meals, exercise, and relaxation opportunities.

## How long does it take to detox?

The speed of your detox and the severity of **symptoms experienced is different** from person to person. The substance and level of addiction also play a part. For example, detoxing from alcohol is often quicker than **detoxing from things like opioids**. Withdrawal symptoms tend to start relatively soon after the last dose and can last up to three weeks.

## Do I need it?

There are many options for those people looking for help in overcoming their substance addictions. You have to the one that is best suited to your specific circumstances.

If you have tried and failed to give up drugs and alcohol at home in the past, then an inpatient treatment program could be a better option for you.

An inpatient center allows you to completely remove yourself from temptation and triggering situations. You'll also receive the very best care at all times from an experienced team.

## Inpatient treatment at Findlay Detox center

Here at Findlay Detox Centre, we help people from all walks of life overcome their addictions and get their lives back on track. We specialize in guiding people on their recovery through our leading detox center. You will be treated as an individual, with respect, and without judgment.

The team is made up of highly experienced medical professionals, health care assistants, psychiatrists, and counselors.

To discuss your options, please get in touch with our team for a **confidential assessment of your needs**. We can then recommend one of our programs to help you begin your recovery.

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### Contact Details

1800 Manor Hill Road  
Findlay, Ohio 45840

1-855-605-2135

### Hours of Operation

- Weekdays** 24 Hours
- Saturdays** 24 Hours
- Sundays** 24 Hours
- Holidays** 24 Hours

### About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

