

The Four Phases Of A Successful Rehab Program For Recovery

There are a lot of recovery programs that can help you or a loved one overcome drug addiction. Treatment strategies are always changing and updating to improve and make the process more effective. No matter the addiction or the program, you should expect some of the same elements no matter where you go. Here is a glimpse into the four phases of a successful rehab program for recovery.

First Phase: Intake and Registration At The Detox Program

Intake and registration must be the first step towards recovery in a program. You need to answer a series of intake questions in order to determine if the treatment center would be a good fit for your situation.

A screening process will help determine the right course of action for you and lay the foundation for building a specific treatment program around your needs. This will help you feel confident in your decision and helps you get to know the program in detail.

Once you know it is a good fit, registration is the process that helps you sign up and get started with the program. You will need to provide honest information about your addiction and medical history in order to receive the **best treatment**.

Second Phase: Addiction Detox

This is a crucial stage in the recovery process, especially if you are still deep in the addiction. Not everyone will need a detox period, but some facilities will require a minimum period before you start actual treatment.

Because this is such a critical stage of recovery, many facilities offer 24-hour monitoring during this phase. You may need medication to help ease the withdrawal symptoms or medical attention if they get too bad. You should not attempt to go through the detox stage on your own. Once you have reached past detox, it is time to move on to the program.

Third Phase: Addiction Rehabilitation

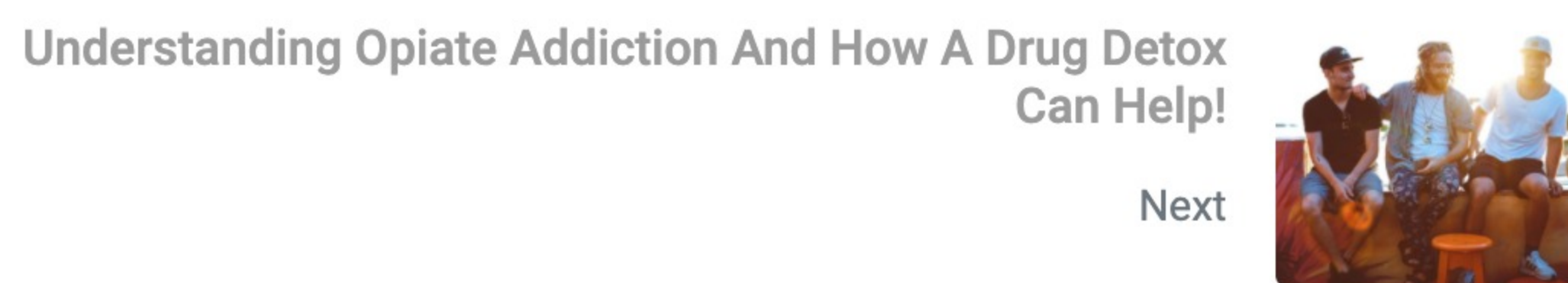
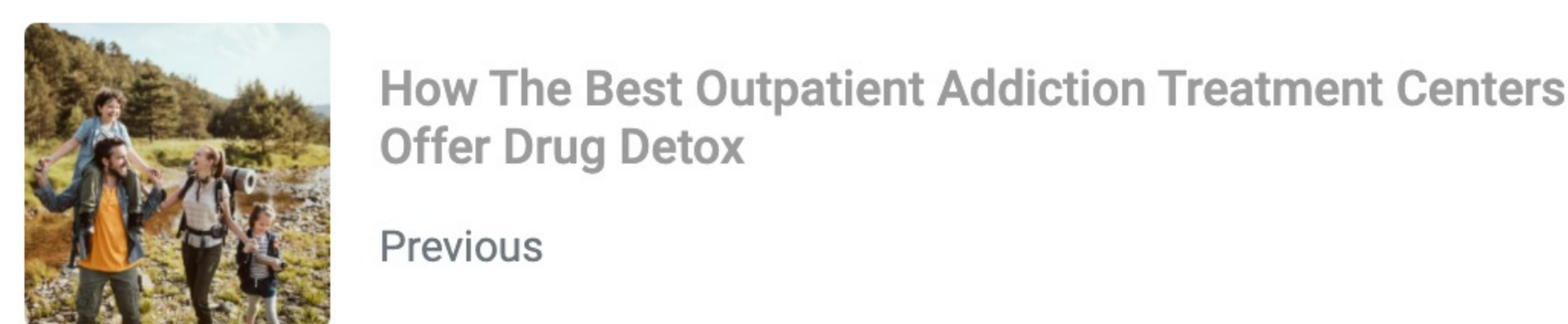
This is where the real work lies. **Rehabilitation** focuses on creating a solid foundation that the rest of your recovery and your life can rest comfortably. You will work with counselors that will help you navigate through this important step.

Counselors will help you work through personal issues and problems that are the underlying cause of the addiction. Helping you see a new perspective and solutions to your problems can help you avoid relapses in the future. Some programs may even offer dual-diagnosis that will help you uncover other mental issues that could be roadblocks on your path to recovery.

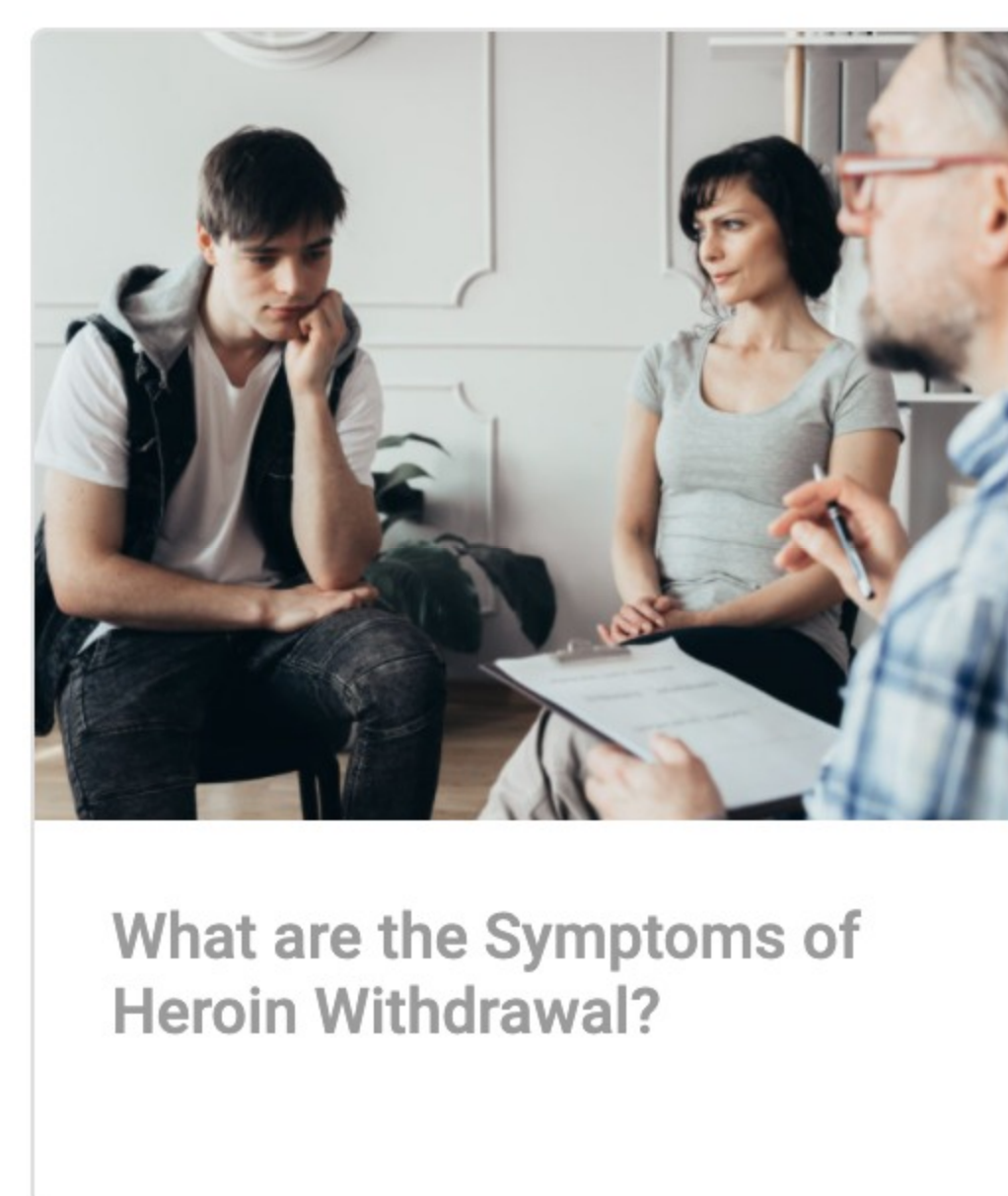
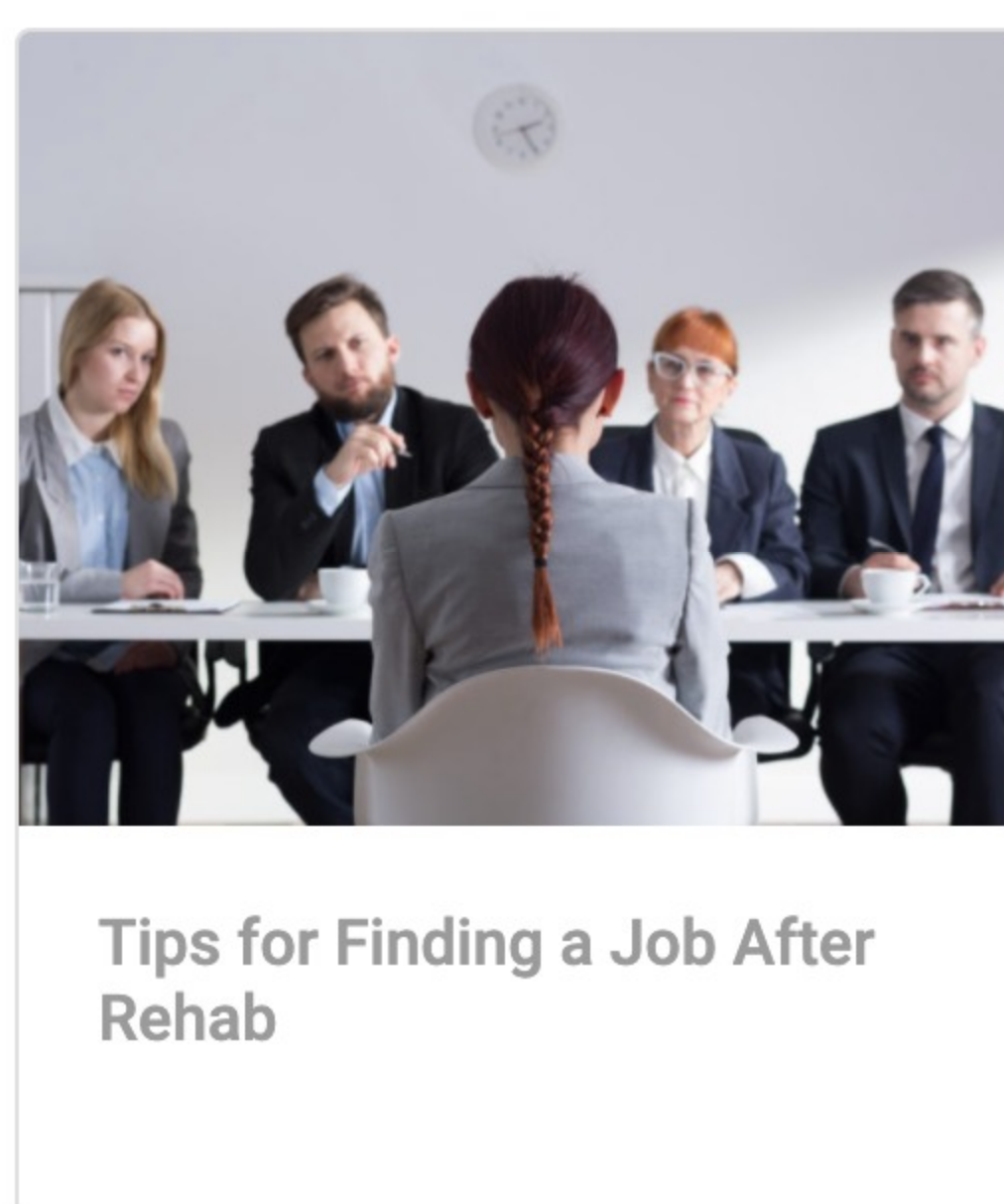
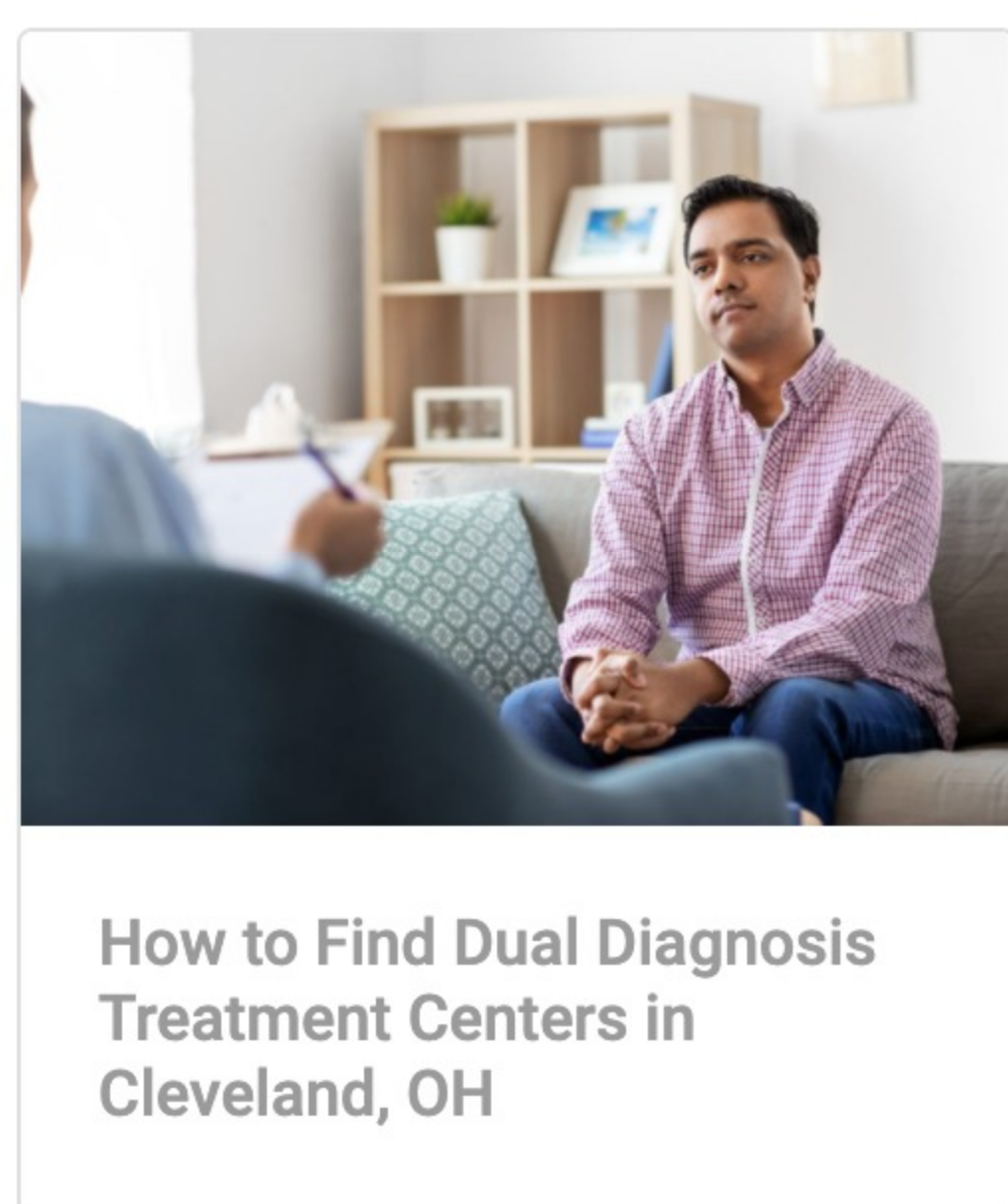
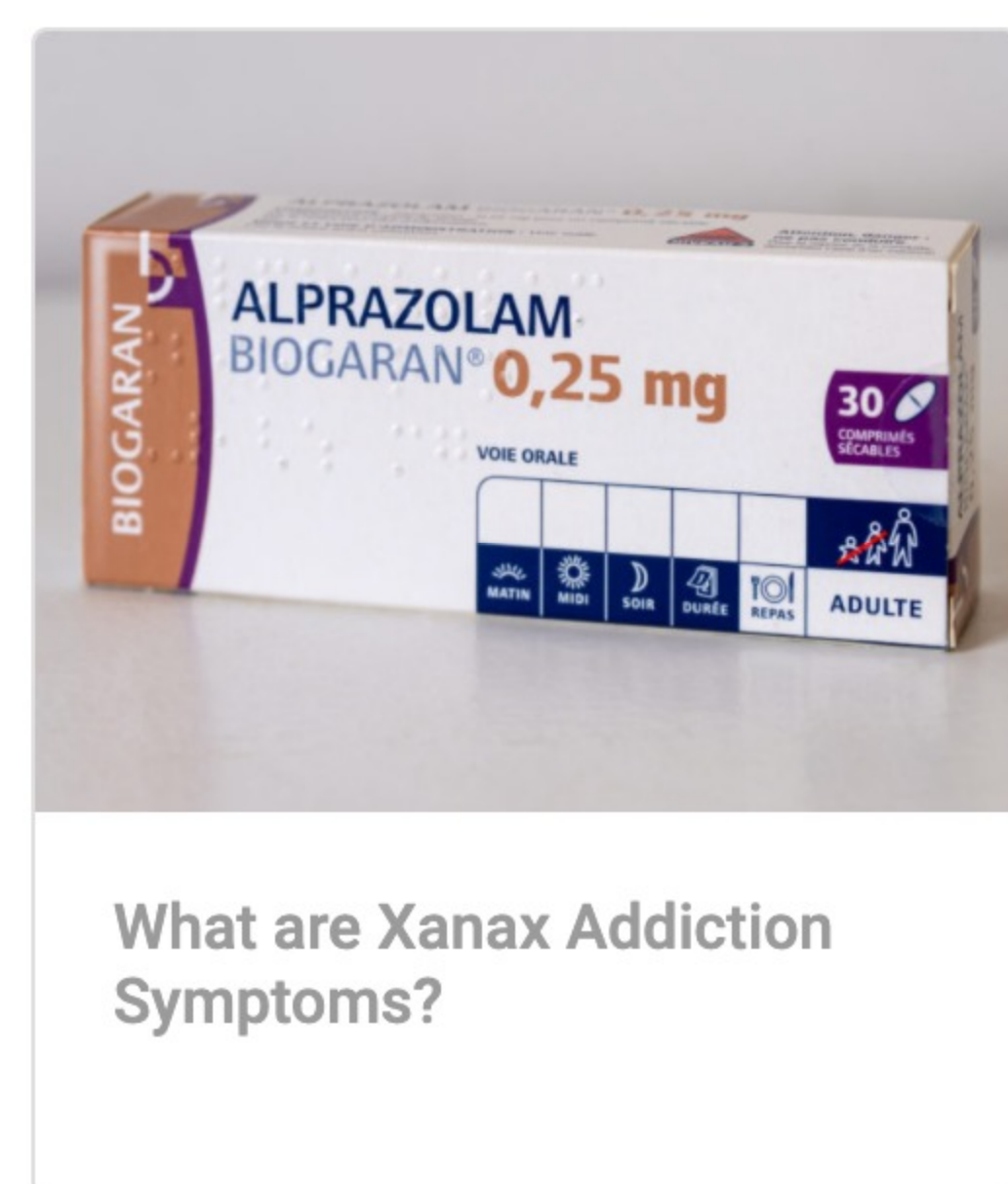
Each person's length of time in rehabilitation will vary. Some programs will be shorter, and some will be much longer. It is better to err on the side of too long instead of too short, so you may see programs lasting from three months to a year.

Fourth Phase: Post Rehabilitation

Recovery from addiction is a life-long process that doesn't end after your period of rehabilitation. There is no finish line, just a journey that you work on every single day. A really **good treatment program** will help you even after your rehabilitation stage is done. Continued counseling is essential to help you cope with the struggles you encounter without turning to drugs.



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Contact Details

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Findlay, Ohio 45840
1-855-605-2135

Hours of Operation

Weekdays 24 Hours
Saturdays 24 Hours
Sundays 24 Hours
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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.

