

# Long Term Drug Treatment Steps Help For Your Loved One

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There are many short-term treatment options for drug addiction that can be very useful for getting people on the road to recovery. However, fully overcoming addiction requires a variety of long-term steps.

If you have a loved one that is struggling with addiction, you can help to implement some of these long-term strategies. Below are just some of the best long term drug treatment steps to consider when providing help for your loved one.

## Start by recommending the right rehabilitation plan

Many people with drug addiction benefit from checking into rehab. These treatment centers are designed to help people beat addiction by removing all possible triggers and by providing professional support at hand.

At Findlay Recovery Center, we offer a variety of different rehabilitation plans. Some people may be able to get on the road to recovery with a single detoxification treatment or with a few outpatient counselling sessions. For others, inpatient rehab is necessary – we offer residential treatment for **drug addiction** and **alcoholism**, which can force people to live in a substance-free environment surrounded by professional addiction workers until a person has conquered withdrawal symptoms and is able to return to the outside world.

## Offer support for your loved one after treatment

For many people with an addiction, rehab can help to end the cycle of withdrawal and drug abuse. However, many people can relapse shortly afterwards if they don't have a support network on the outside. Whatever you may have faced in the past, try to be there for your loved one when they check out.

If they are a close family member that lives under the same roof, consider taking steps to reduce triggers at home that could possibly lead to a relapse (for instance, if your loved one struggles with alcoholism, consider removing all alcohol from the house). Reduce stress at home as much as possible and encourage your loved one to begin a fresh start by pushing them into healthy hobbies and activities that may be able to fill the void left by the addiction.

## Encourage your loved one to seek ongoing support from counsellors and fellow recovering addicts

Your loved one could benefit from planning ongoing counselling sessions to check up on their mental health post-treatment. This ongoing professional support can motivate many former addicts to stay sober.

It could also be worth encouraging your loved one to connect with other former addicts who are also going through recovery. This could include people that they met at rehab or people at local support groups. Being able to talk to other former addicts can make recovery less lonely by making it a shared experience. Your loved one may have had to give up friendships with people that are still struggling with addiction and may be in need of new friends – fellow recovering addicts may be able to provide the company your loved one needs.

For more information on drug recovery, don't hesitate to explore [our site](#). Our support extends to both those facing addiction and family members. Get in touch [here](#) to find out how we can help you and your loved one get on the road to 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.

