90 Day Rehab Programs Vs 6 Month Addiction Recovery Program

By The Professionals At Findlay Recovery Center

When people think about addiction recovery, they often assume that a 6-month long rehabilitation program is the only option. This may be true for some cases, but many people find success at 90 day rehab programs. The best choice will depend on your individual circumstances and needs. This article will discuss what makes each form of treatment unique and when you would benefit from one over the other.

What Are The Factors To Consider In Choosing The Right Program?

There are a few key factors to consider when choosing the right addiction treatment program. The first is how long you have been addicted. If you have only been using drugs or alcohol for a short time, then a 90-day rehab program may be all you need. However, if you have been abusing substances for many years, then you may require more intensive treatment.

The second factor to consider is your health condition. People with co-occurring mental health disorders often require longer treatment programs in order to recover fully from both addictions and psychiatric problems.

The third factor is your personal history and family history of addiction. If addiction runs in your family, then it's likely that you will also struggle with addiction at some point.

The fourth factor is the severity of your addiction. If you are struggling with a severe drug or alcohol problem and have any other complicating factors, then it's best to go into rehab for at least six months.

When selecting an addiction treatment program, there are many options available to choose from. So which one do you choose? Well, that will depend on your unique circumstances as well as what type of program (90-day vs. six months) works best in each case scenario. Here we'll cover some general information about both types of programs so you can make the right decision for yourself if faced with this choice!

6 Month Long Rehabilitation Programs

This rehab program is often recommended for people who have had a severe addiction to opiates, alcohol, or stimulants. These substances are known as "hard drugs" and can lead to very serious consequences if not treated immediately upon first use. For example, some of the effects of using heroin on your body include respiratory depression, which can stop breathing altogether; seizures that cause permanent brain damage; heart attacks due to scarred blood vessels in the lungs.

These individuals typically need longer periods of time away from their environment where they used these hard drugs so that they will be able to focus more fully on rebuilding healthy patterns without any outside influence hindering them along the way. This is essential for success because it lets them develop strong coping mechanisms (such as meditation) during this critical time in their lives.

90 Day Rehab Programs

This rehab program may be better suited for people who have a mild to moderate addiction or those who are addicted to prescription medications. In many cases, these individuals do not need as much time away from their environment and can instead focus on intensive treatment during the first few weeks of rehab. They will still learn about relapse prevention strategies and how to live a healthy life without drugs or alcohol, but they will not have to spend as much time away from home and work. This is ideal for those who want to get sober quickly so that they can return to their normal routine as soon as possible. Additionally, this shorter program is often less expensive, which can be another incentive for those who are looking to get help.

Both 90-day and six-month rehab programs offer a wide range of treatments that aim to address all aspects of addiction. In general, the 90-day rehab program will provide more intensive treatment in a shorter time frame, while the six-month long rehabilitation program offers a longer, more comprehensive treatment plan. However, there are many individual factors to consider when making this decision, so it's important to speak with an addiction specialist who can help you choose the right program for your specific needs."

Reach Out To Our Team Of Specialists

If you are struggling with addiction, please know that there is hope for recovery. Reach out to the team at Findlay Recovery Center, and we will help guide you through this difficult time in your life. We offer a wide range of treatment programs, including 90-day rehab VS six month rehabilitation program depending on each person's individual needs! Our team understands the complexities of addiction and will do whatever possible to help you get sober so that you can live a healthy life without drugs or alcohol.

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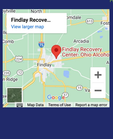

Hours of Operation

Weekdays	24 Hours
Saturdays	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.

Joint Commission Accredited Facility
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