

# 6 Things to Expect When Entering a Residential Inpatient Treatment Program

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Overcoming fears and entering a residential inpatient treatment program for the first time can be intimidating, especially if this is your first experience.

But it doesn't have to be daunting! Knowing what lies ahead can help ease anxiety and let you focus on getting the most out of your stay. Here are 6 things we want you to know about what it will be like when starting an inpatient treatment program at our facility:

## Pre-admission assessment

Before beginning your [stay at our facility](#), we want to ensure that we have a comprehensive understanding of your health history. Our pre-admission assessment process involves a detailed evaluation of your medical background, including any existing conditions or allergies.

It's important for us to gather this information to ensure that we can provide you with the best possible care during your stay. This assessment is incredibly thorough, but it is also necessary, allowing us to tailor our treatment approach specifically to your unique health history.

We understand that this may seem like a lot to go over, but rest assured that our trained staff will work with you every step of the way to ensure that your intake experience is as comfortable and smooth as possible.

## Comprehensive psychological evaluations

Comprehensive psychological evaluations are a thorough and intricate process that examines an individual's emotional and mental state. These evaluations involve a multitude of tests that are specifically designed to assess various aspects of a person's psychology.

This may include questions about your life experiences, emotional responses, behavioral patterns, and overall state of mind. By spending a significant amount of time understanding an individual's unique situation, these evaluations enable mental health professionals to make accurate diagnoses and recommend the most appropriate treatment plans.

Though it can sometimes be challenging to confront our own issues head-on, undergoing a comprehensive psychological evaluation can ultimately provide invaluable insight and pave the way toward a happier, healthier life.

## Routine drug screenings

Routine drug screenings are standard practice in [residential inpatient treatment programs](#). It's important to understand that these tests are not intended to punish you but to help ensure your success in recovery. The goal is to catch any potential relapse early on so that you can receive the necessary support and guidance to overcome it.

While the idea of random urine or saliva tests may be intimidating, it's important to embrace them as a tool for your own sobriety. By staying committed to your recovery and staying drug-free, you will not only be meeting the requirements of the program but also setting yourself up for long-term success in your sobriety journey.

## Individual therapy sessions

Whether you are dealing with anxiety, depression, or relationship issues, a therapist can help you work through your thoughts and feelings and develop coping skills. These one-on-one sessions are tailored to your specific needs and goals, allowing you to receive personalized attention from a trained professional.

By addressing and resolving any concerns that may arise during treatment, you can gain the tools you need to lead a happier and more fulfilling life.

## Group therapy sessions

In these sessions, individuals can connect and bond with others who may be experiencing similar challenges while also learning from the guidance of a professional therapist or specialist. Family members and peers can offer a unique perspective and understanding of their loved ones' situations, fostering a sense of shared experiences and community.

Group therapy can also offer a safe space to practice communication skills, build confidence and self-esteem, and develop healthy coping mechanisms. The power of group therapy lies in its ability to provide a space for individuals to lean on others and explore their struggles in a non-judgmental and accepting setting.

## Group activities in inpatient rehab

These activities could range from outdoor trips such as camping or hiking to board games or even movie nights. These activities are designed to both provide meaningful experiences and create an atmosphere of support and friendship. This can be a great way to create bonds with other members of the treatment program, while also encouraging a sense of community and connection.

No matter what your experience is, it's important to remember that you are not alone in this process. Our team is here to provide you with the tools for success, so don't hesitate

## Contact Findlay Recovery Center Today

The best way to get through it is to take one step at a time, focus on self-care, and never lose sight of the ultimate goal: sobriety. Don't forget that you will always have access to support from your [treatment team](#) and peer mentors throughout your entire journey, which can provide comfort in uncertain times.

If you or someone you know is considering enrolling in an inpatient program for chemical dependency treatment, don't hesitate to [contact Findlay Recovery Center today](#) and take the first step towards lasting sobriety.

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Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.

**Complete Pre-Assessment**

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.

**Plan Travel & Admit**

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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**Contact Details**

1800 Manor Hill Road  
Findlay, Ohio 45840

1-855-605-2135

**Hours of Operation**

**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.

**Who We Are**

- Tour Facility
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**Dual Diagnosis**

- Depression
- Anxiety
- PTSD
- Bipolar
- Trauma

**Areas We Serve**

- Arkon
- Cleveland
- Columbus
- Dayton
- Toledo

**Addiction Treatment**

- Alcohol
- Cocaine
- Opioids
- Heroin
- Benzos

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- First Responders