The Advantages of Addiction and Mental Health Inpatient Care

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Addiction has an adverse effect on a person's psychological, physical, and mental well-being. Numerous studies over the years have shown that addiction changes brain structure and functioning and especially affects memory, decision-making, behavioral control, and judgment.

There's also a link between mental health illnesses such as depression and anxiety and addiction with each being capable of leading to the other. This is often referred to as a dual diagnosis or co-occurring illness.

Research into addiction treatment has revealed that changing an individual's environment and taking them from the negative one that contributed to their addiction makes for a more positive outcome. Additionally, addiction treatment programs that take a long time are more effective than short-term ones.

This means that inpatient care is the best option for addiction cases that are coupled with mental health illnesses.

Advantages of Inpatient Treatment for Addiction and Mental Health

Inpatient treatment involves being admitted into a rehab facility and sleeping over, essentially spending 24/7 at the center. This comes with the following advantages:

The structured treatment provides stability

Those who have been struggling with addiction for a long time often lose structure in their lives. The structured approach to treatment provided by residential treatment programs allows individuals to have a sense of stability.

They have specific times to wake up, go for different therapies, socialize, and have their own free time. They learn how to care for themselves including preparing nutritious meals as well as other life skills to rebuild their lives.

A personalized approach to treatment

Inpatient drug or alcohol treatment programs provide more time to give patients individualized treatment based on their assessment and recovery goals. This is especially important for those with a dual diagnosis where the mental health illness has to be addressed alongside the addiction.

No outside distractions

Those admitted to residential treatment programs are shielded from the distractions of the outside world. Being removed from a negative environment allows them to fully immerse themselves in their treatment and recovery. Furthermore, living without the stressors of daily life gives these individuals a chance to recover their mental health.

A supportive community

Living at a rehab center gives those who are admitted to inpatient rehab programs a chance to interact and bond with each other. They get to build a supportive community of people who understand what they're going through, share their struggles, and relate to their trauma, shame, and guilt.

This often carries over when they leave rehab and go into sober living homes or an aftercare program.

Time to implement long-lasting change

Inpatient care can last anywhere between 30 days to a year. This is enough time for individuals to implement and practice the life skills and healthy life habits that they learn during treatment. A longer treatment duration also gives them a chance to rewire their brains to imprint coping skills required to deal with cravings and temptations and prevent relapse. Contact the Findlay Recovery Center today for more information on our inpatient addiction treatment program.

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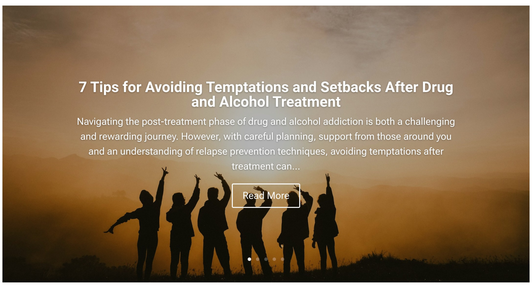

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Get In Touch With Us Today

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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Findlay RECOVERY CENTER

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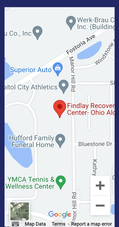
1800 Manor Hill Road
Findlay, Ohio 45840

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.