

The Different Levels of Addiction Treatment, Explained

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When you are ready to put addiction struggles in the past, the safest and most effective way to achieve lasting sobriety is with help from a treatment program at Grand Falls Recovery. As you begin your journey, you might be surprised to learn that there is more than one level of addiction treatment care. The steps towards recovering from addiction are different for everyone. As a result, the type of treatment that can best help you achieve lasting sobriety will inevitably differ from someone else. Understanding the different levels of addiction treatment can help you choose the ideal program for your needs.

What are the Different Levels of Addiction Treatment?

Addiction treatment programs generally provide different levels of care depending on the intensity of treatment you need to get well. The most common levels of addiction treatment include inpatient rehab, outpatient rehab, and detox or detoxification services.

Inpatient rehab programs are the most intensive level of addiction treatment. At an inpatient rehab program, you will stay at a treatment center throughout the duration of your program. Most inpatient (also called residential) programs last a minimum of 30 days, with some lasting up to six months. In general, the duration of your treatment program is based on the factors unique to your addiction and the type of interventions you need to achieve lasting sobriety. Inpatient programs generally provide the most intensive level of care with the broadest range of treatment options.

Outpatient care or outpatient rehab differs from inpatient treatment in that you are not required to stay at the treatment center during your program. Outpatient programs allow those who are motivated to overcome addiction a way to get the help they need without having to leave home or sacrifice employment or family obligations. Outpatient programs offer many of the same treatment options as inpatient rehabs but are generally less intensive in their structure and format. It is not uncommon for an outpatient program to last longer than an inpatient program, as the less intensive structure typically leads to a longer time in treatment to achieve your goals.

Detox is a crucial first step towards achieving sobriety in many cases. Withdrawing from many substances can lead to unpleasant and challenging side effects called withdrawal symptoms. Depending on the substance and the severity of your addiction, some withdrawal symptoms can be quite severe and even dangerous. As part of detox, your body must learn to function without drugs or alcohol, which is not always easy when functional and structural changes occur due to ongoing substance abuse. At a detox program, trained medical staff is available to help you safely manage withdrawal's physical and psychological effects. Often, detox is the first stage of most treatment programs.

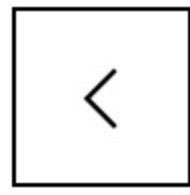
How Do I Know What Program is Best For Me?

The best program for you will vary depending on several factors. When deciding between inpatient and outpatient rehab, it is important first to consider the severity of your addiction and the type of substance you use. Quitting certain drugs (opioids and benzodiazepines) and alcohol can cause severe and potentially fatal withdrawal symptoms and various psychological challenges during the early days of recovery. Therefore, seeking help from a medically supervised detox program followed by a comprehensive inpatient treatment program is often the best choice. Also, inpatient rehab is the preferred first step for someone struggling with a severe addiction or someone who has experienced a relapse.

If you have a mild addiction, have completed an inpatient program yet are not ready to be without support, and you have a strong support system at home, an outpatient program may be better suited for your needs. The best way to determine which program is right for you is to contact your primary care provider or a member of our staff here at Grand Falls Recovery. We can work with you to help you decide what level of care you need to achieve your sobriety goals.

How to Find the Best Rehab For Me

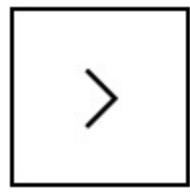
Finding the best level of care at a rehab where you feel comfortable and supported is essential to treatment success. Let our staff here at Grand Falls Recovery guide you as you learn more about **drug and alcohol rehab** and how our treatment programs can help you achieve and maintain lasting sobriety. To learn more about inpatient or outpatient rehab and **detox services at our Missouri addiction recovery center**, contact our **admissions team** today.



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