

The Importance of Aftercare in the Recovery Process

PUBLISHED BY:
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PUBLISHED ON:
March 3, 2022

PUBLISHED IN:
Rehab

When people think about addiction treatment, they often think about detox and rehab. These are the first and likely most vital steps one takes as they begin their journey to overcoming drug or alcohol addiction. However, it is essential to know that addiction treatment does not end upon completing a formal rehab program. The journey to lasting sobriety and recovery is a lifelong commitment. At the very least, the days, weeks, and months following the completion of rehab can be complex and challenging. You will be faced with triggers and other challenges to your sobriety that may increase your chances of relapse. During these early days after completing rehab, the importance of aftercare cannot be understated.

What is Aftercare?

The best addiction treatment programs include more than traditional addiction therapy and detoxification services. These programs ensure that comprehensive aftercare planning is a part of your treatment plan from the day you arrive at the treatment facility. Aftercare programs are a crucial step on the recovery journey for many newly recovered addicts. Participating in aftercare offers a way to slowly transition back to your day-to-day obligations and responsibilities without a sudden lapse in care or supervision.

An aftercare program is a uniquely and individually designed plan that includes ongoing therapy and several other components. Your aftercare program must be uniquely designed to meet your specific continuing treatment and care needs. Because all addictions are unique, it is not uncommon for your ongoing support needs to be equally as such. Aftercare programs begin immediately at the end of a primary addiction treatment program and help provide a seamless transition from (usually) a heavily monitored and supervised treatment environment to the freedom of returning home.

What is the Importance of Aftercare Once Rehab Ends?

As noted above, the period immediately following rehab can be complex to navigate. Although you have successfully completed an addiction treatment program, found sobriety, and are working towards maintaining lasting recovery, you will face new challenges. Unfortunately, relapse is an all too common occurrence during the early stages of recovery. Participating in an aftercare program once rehab ends can help reduce the risk of experiencing a relapse.

Upon leaving treatment, it is not uncommon to find things have changed. The social circles you used to spend time with are no longer an option because the activities you used to engage in as a group are no longer part of your life. You will find that your friends shift, relationships change, and activities you once enjoyed will change based on your new sober lifestyle. All of these changes can lead to significant and overwhelming isolation that frequently leads to relapse. Participating in an aftercare program between rehab and returning home can help reduce this challenge.

As part of aftercare, you will participate in group therapy programs and peer support groups that can help foster and solidify a strong support system that includes like-minded peers. These are the people who share similar struggles but similar successes as well. In the weeks and months following rehab and aftercare, they will also be the people you turn to when you need support or help to stay focused on your sobriety.

Additionally, many aftercare programs provide a wide variety of transitional services that can be beneficial in the early days of recovery. In addition to ongoing therapy, regularly scheduled medical appointments, and peer support groups, many aftercare programs offer support finding safe housing, enrolling in educational programs, career search services, and much more. All of these programs can be highly beneficial in reducing many of the stressors and struggles that can occur immediately after completing an addiction treatment program.

How to Find Aftercare Programs Near Me

If you are currently participating in a rehab program at Grand Falls Recovery, talk to your treatment team professionals about how aftercare fits into your treatment plan. Our comprehensive aftercare programs in Missouri can be a significant benefit. If you have recently completed rehab and have or are concerned about relapse, it is crucial to reach out to your treatment provider immediately for help getting back on track. Depending on the severity of your relapse, this may include returning to treatment for a brief time before transitioning to an aftercare program. If you would like to learn more about how we incorporate aftercare into our treatment programs, contact a member of our knowledgeable admissions team today to ask about rehab at Grand Falls and how we can help you begin your journey towards lasting sobriety.

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