

A Holistic Approach: Missouri Partial Hospitalization Programs in Addiction Recovery

by Grand Falls Center For Recovery | May 7, 2024 | Addiction



Partial hospitalization programs (PHPs) offer a comprehensive approach to addiction recovery, blending the intensity of inpatient treatment with the flexibility of outpatient care. In Missouri, PHPs play a crucial role in supporting individuals as they navigate the challenges of substance abuse and embark on their journey toward sobriety.

PHPs allow those struggling with addiction to receive intensive, structured treatment without staying overnight at the treatment facility. They're also an ideal step-down program for those leaving inpatient treatment as well as a perfect introduction to treatment for those who are just getting into rehab.

Key Components of a Holistic PHP Program

Holistic partial hospitalization programs offered by [addiction treatment centers in Missouri](#) are tailored to meet an individual's unique recovery goals. The 5 most crucial components of these programs include:

Comprehensive assessment

A holistic PHP program often begins with a thorough assessment of each individual's physical, psychological, and social needs. This evaluation provides vital information that helps determine the most appropriate course of treatment. It also ensures that each participant receives individualized treatment that addresses the unique challenges they face, for a better treatment outcome.

Evidence-based therapies

Addiction is a complex disease that affects an individual physically, mentally, and psychologically. Holistic PHP programs therefore incorporate evidence-based therapies that address addiction's multifaceted nature. These may include dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), mindfulness interventions, and trauma-informed care. The goal of these therapies is to target underlying issues and teach coping skills to empower individuals to overcome addiction.

Wellness activities

One thing that sets holistic PHP programs in Missouri apart from the rest is that they recognize the importance of nurturing the individual's physical and emotional well-being during the recovery process. Participants may engage in activities such as meditation, yoga, art and musical therapy, and recreational outings. These activities complement traditional therapeutic approaches and support overall healing and recovery by promoting relaxation and self-expression while aiding in stress reduction.

Family involvement

Family involvement is a crucial component of holistic PHP programs as addiction often affects not only the individual but also their loved ones. Family therapy sessions provide a safe space for open communication, education about addiction, and healing relationships. By involving family members in the recovery process, holistic PHP programs foster a supportive environment conducive to long-term success.

Aftercare planning

A holistic PHP program doesn't end when treatment concludes. Instead, participants receive comprehensive aftercare planning to support their transition back into everyday life. This may include continued therapy, support group involvement, vocational assistance, and connections to community resources.

Embrace Sobriety

We at [Grand Falls Center for Recovery](#) know how devastating addiction can be. By providing personalized care combined with evidence-based therapies, we aim to provide the best services in [drug and alcohol addiction treatment](#). Our [rehab center in Missouri](#) offers world-class amenities including semi-private rooms, a 24/7 cafeteria, and a client lounge, among others. If you or your loved one is struggling with addiction, don't hesitate to seek help. Our dedicated team of addiction specialists is here to support you on your journey to sobriety.



Get In Touch

5615 W. 32nd Street
 Joplin, MO 64804
 1-855-904-5910



Treatments

- Detox
- Residential
- Partial Hospitalization
- Intensive Outpatient
- Mental Health
- Aftercare Program
- Dual Diagnosis

Who We Help

- Men
- Women
- LGBTQ
- Professionals

What We Treat

- Heroin
- Opioids
- Cocaine
- Alcohol

Areas We Serve

- Jefferson City
- Springfield, MO
- Kansas City
- Chesterfield
- Cities We Serve
- States We Serve

Mental Health

- Anxiety
- Trauma
- PTSD
- Depression
- Bipolar

Who We Are

- About Us
- Reviews
- Tour
- Blog
- Privacy Policy
- Site Map

 Search

Recent Posts

- 10 Simple Strategies for Dealing with Depression Every Day
- Best Treatment Options for PTSD in Rehab
- Addressing Cocaine Addiction Challenges in Young Veterans
- How Can Transcranial Magnetic Stimulation (TMS) Aid in Treating Addiction?
- What Makes a Patient Suitable for a Partial Program?

Get the Help You Need

Explore Categories

- Addiction
- Addiction Abuse
- Addiction Recovery
- Addiction Rehab
- Addiction Therapy
- Addiction Treatment
- Addiction Treatment Center
- Aftercare
- Alcohol
- Alcohol Addiction
- Alcohol Addiction Treatment
- Alcohol Detox
- Alcohol Recovery
- Alcohol rehab
- Anxiety
- Cognitive Behavioral Therapy
- Detox
- Dialectical Behavior Therapy
- Drug Addiction
- Drug Addiction Treatment
- Drug Rehab
- Dual Diagnosis
- Heroin Addiction
- Inpatient
- Inpatient Addiction Rehab
- Inpatient Rehab
- Mental Health
- Mental Health Disorder
- Missouri
- Motivational Interviewing
- Opioid Abuse
- Opioid Addiction
- Opioid addiction treatment
- Opioid Detox
- Opioid recovery
- Opioid Rehab
- Opioids
- Opioid Withdrawal
- Professionals
- Recovery
- Rehab
- Relapse
- Sober Living
- Sobriety
- Substance Abuse