

What Happens in Rehab?

AN EASY GUIDE TO RECOVERY FROM ADDICTION

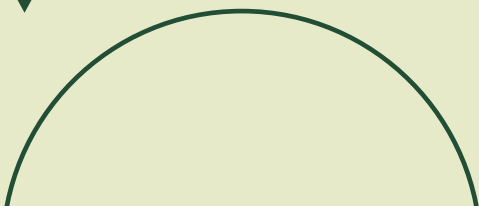
Deciding to enter rehab is a critical step in recovering from addiction — one that can be the beginning of a true transformation. For many people, though, it's an intimidating concept. Far too many of us avoid treatment for too long when the solution is so easily attainable. The fear and shame can be that crippling.



Owl's Nest Recovery

It doesn't
have to be
that way.

Modern addiction treatment centers offer a comprehensive and compassionate approach to recovery, addressing the complicated nature of addiction through evidence-based therapies, personalized treatment plans, and a caring, supportive environment where lasting recovery can thrive. Today's drug treatment facilities can help you reclaim your life from the clutches of addiction while giving you the tools to build a better future. Have you got questions about rehab? We have answers.



What is Addiction?

For too many years, addiction was seen as a moral failing. Those who couldn't stop drinking or using drugs, it was said, were lacking in willpower. Today, we know that the reality is much more complex. Addiction — medically known as alcohol or substance use disorder — changes your brain function, making the compulsion to drink or use overwhelming.

If you can't stop drinking or using, it's not your fault; your brain is sick. You deserve the professional medical treatment you would request for any other illness. You'll find that healing care in residential addiction treatment also known as rehab.





Do I Really Need Rehab?

Addiction treatment programs help people struggling with addiction break the cycle of substance use, regain control of their lives, and achieve long-term recovery. To do that, drug and alcohol rehabs offer a variety of evidence-based treatments and therapies. These scientifically proven techniques can heal the underlying causes of your addiction, teach you healthy coping skills, and help you build a strong foundation for sobriety.

It's not just about getting clean and sober, though. Even if you can muster the willpower to override your addicted brain, the root causes of your addiction will still be there. That's why so many people get clean and sober for some time, only to relapse repeatedly. If you don't heal the trauma and mental health issues beneath your addiction, you will be doomed to repeat the cycle of relapse-recovery-relapse. Healing these issues in comprehensive residential treatment will help you find lasting recovery — and true freedom.

Where Should I Go to Rehab?



Drug and alcohol rehab programs generally fall into two types: inpatient (or residential) and outpatient. Inpatient programs require you to live at the treatment facility for the duration of your program. This structure ensures a safe, structured, and supportive environment to focus on your recovery. Outpatient programs, on the other hand, allow you to continue living at home and maintaining your daily responsibilities while attending treatment sessions at the facility. Some people can even participate in school or work between outpatient treatment sessions.

Your own challenges, needs, and goals will determine the type of rehab program that is best for you. For example, people detoxing from heroin often relapse during the pain of withdrawal. In residential treatment at Owl's Nest, medication-assisted treatment may be available to help you make it safely through that period, your recovery intact. Or, your home environment may not be safe for recovery. If your partner is still using drugs, or you do not have a safe space, it's nearly impossible for you to heal. In residential treatment, you'll find the support you need to succeed.



How do I Get Admitted?



Deciding to go to rehab is hard. Admitting to a treatment program once you've made that decision is easy. Treatment centers like Owl's Nest have teams dedicated to helping make the admissions process clear, comfortable, and efficient. What happens in an admission, though? When you call or send a chat to Owl's Nest, you'll reach a live human at our Florence, SC, facility. Our admissions team members are alumni of Owl's Nest, so they can answer all your questions about what it's like to get clean and sober on our campus. They'll also work with you to determine how much the program will cost and what you need to do to join our program.

Once you are ready to admit, you will typically undergo an intake process that involves a professional assessment. This exercise helps our clinical team determine the most appropriate level of care for you and create a personalized treatment plan to address your needs. This assessment may include questions about your medical and psychiatric history, an evaluation of your substance use and any co-occurring disorders, and questions about your readiness for change. The assessment begins your healing process, and we do everything we can to make it a relaxed, comfortable experience.

From there, you're ready to begin your treatment.



What Happens in Addiction Treatment?



Following detox, residents move into the primary phase of rehab, where you will participate in various evidence-based treatments and therapies designed to help you address the underlying causes of your addiction and learn healthy coping skills for a future in recovery. Licensed and trained clinicians lead these sessions. Some common treatments include:

- **Individual counseling:** One-on-one sessions with a therapist to explore personal issues related to addiction, such as triggers, past trauma, and coping strategies
- **Group therapy:** Group sessions led by a trained professional that create a sense of belonging and build community
- **Family therapy:** Sessions that involve family members to address the impact of addiction on the family unit and improve communication and support systems
- **Cognitive-behavioral therapy (CBT):** A form of therapy that helps individuals identify and change negative thought patterns and behaviors that contribute to addiction
- **Dialectical behavior therapy (DBT):** A form of therapy that focuses on managing your emotions and communication skills to handle the stresses of life better



Healing from addiction happens from the inside out.

That's why many rehab programs also incorporate holistic approaches to support your overall well-being. These may include:

Mindfulness and meditation: Practices that help you develop greater self-awareness, improve your focus, and manage stress

- **Nutrition and exercise:** Programs that help you build a balanced diet and practice regular physical activity to support overall health and well-being
- **Art and music therapy:** Creative outlets that allow you to express yourself, explore emotions, and develop new coping skills
- **Animal-assisted therapy:** The use of animals, such as dogs or horses, to provide emotional support and promote social skills

Recovery from addiction goes far beyond the day you graduate from rehab. Research has shown that the longer a client stays in a therapeutically supportive environment, the better their chances of maintaining sobriety through the first one to two years of recovery are. That's why Owl's Nest offers a comprehensive continuum of care to support long-term recovery, including:

- **Transitional living:** Owl's Nest offers sober living homes on campus that provide a safe, structured environment for alumni transitioning back into their daily lives.
- **Support groups:** You can attend Alcoholics Anonymous (AA) meetings on campus to experience encouragement, accountability, and fellowship.
- **Alumni programs:** Build connections with the Owl's Nest alumni network through our thriving alumni program and community events.



What Happens After Rehab?





What Next?

Drug and alcohol rehab is a vital step in recovering from addiction. By understanding what to expect in rehab, you can make informed decisions about your treatment and feel more confident in your path toward a healthier, substance-free life.

Spread your wings and fly. [Click here](#) to learn more about our program and talk with our staff about getting started on your journey.



Owl's Nest Recovery

ADDICTION TREATMENT CENTER

[OWLSNESTRECOVERY.COM](https://owlsnestrecovery.com)

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