

HOW TO REHAB CENTERS

Short-term residential programs were originally developed to treat alcoholism, but expanded to include drug addiction with the rise of cocaine use in the mid-1980s. Since then, they have been applied to a variety of drug addictions. They are set up to be intense, but relatively brief programs of between 3 and 6 months.



Most are based on the Minnesota Model, a method of drug addiction treatment that grew out of the success of the Alcoholics Anonymous, or 12-step model, of recovery. The elements of the Minnesota Model typically include:

Thorough assessment of all aspects of a client: physical,

emotional, mental, behavioral.

A personalized treatment plan for each participant

Attendance of 12-step meetings and application of the 12-step philosophy

Self-reflection with an emphasis on greater acceptance of personal responsibility, changing negative beliefs about self and others, and learning new coping skills

Group and individual therapy (80-90% done in groups)

Family support, education, and involvement

Extensive outpatient follows up and support

The Minnesota Model is conducted by a multidisciplinary team of professionals - chemical dependency counselors, psychologists, psychiatrists, nurses, etc. The purpose of the model is to enable addicted individuals to achieve a significant transformation in their basic thinking, feeling and acting in relation to themselves and others. The resulting life change is identified as basically spiritual, though non-religious, in nature and is associated with the positive influence of group affiliation.

Drug rehab centers will address your problems specifically. There's a reason why you began using drugs and why you became addicted. These issues will be addressed and you will be learning new ways to cope with stressors besides using drugs.

Many rehab facilities are located in peaceful places with lush, green lawns, plenty of room to move about, and allow for concentration on becoming healthy outside the stress and anxiety of the city.

Some centers provide activities like boating, fishing, and sports for their patients. By offering these types of activities on the drug rehab center's property, patients can find the comfort and support they need to improve and change their lives by staying fit and active.

You need to find a place you are comfortable with that has credentials that can be verified. You'll want to be at a place where you can heal and in an environment that is peaceful and professional.



One of the first things that will happen to you when you quit drugs is detoxification. This is where all traces of the drug are removed from your body. You should not try to detox without the help of a doctor, and the rehab center



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will have medical staff to help you through. There are also some drugs that can aid in detox that you might be given, of course under a doctor's supervision. The next chapter gives more in-depth information about detoxification.

You will be part of a community of individuals all trying to get help for their addictions. Many rehab centers operate as a small community and decisions about life at the center are often made collaboratively.

You may be required to take classes or attend lectures about various aspects of drug addiction. These are important because they can help you lay a foundation for life after you are released from the program.

You will also probably have group therapy which will entail talking to others and listening to what they have to say. Participation in this program will help you get support from other people who are struggling with addiction. When you have other people who are going through the same things that you are, it will help you build a stable mind knowing that you have support through this venue.

Individual counseling is also part of a drug rehab program. Through individual counseling, you will be able to identify your triggers and the specific reasons why you began using and abusing drugs in the first place. You will be given ways to cope with stressors of life and techniques that you can use to help you stay away from drugs once your rehab program has finished.

Exercise and healthy eating programs will also be a big part of your recovery program. When you eat better and are active, you are better able to heal and concentrate on getting off of drugs.

The twelve-step program will most likely be introduced to you if you're not already familiar with it. This type of program has proven to be quite effective and

the steps, when followed, lead to a type of inner peace that will help you stay strong against your addictions and not fall into the same rut that led you there.



Rehab facilities will teach you about meditation, yoga, eating healthy, and so much more. They can be scary and overwhelming, but they will be intense. You may find yourself angry or resistant, but when you are in a rehab facility, realize that you are there because your drug use got out of control and was damaging your life.

The people in these centers are very supportive and will do everything they can to help you through the process of becoming drug-free. Whether you are there voluntarily or have been ordered into the center for whatever reason, you need to facilitate your healing and make it as easy as possible on yourself.

Expect to eat healthier, meet new people, and talk about your problems. You may find it very liberating and when you let the program work for you instead of working against the program, you will be well on your way to a drug free lifestyle.

During your recovery process, the first step is to rid the drugs from your body. This is called detoxification and it can be very serious if you don't handle it in the correct way.