

Day Treatment Program for Drug Rehab and Alcoholism in Arizona

 renaissancerecoverycenter.com/day-treatment-program-for-drug-rehab-and-alcoholism-in-arizona

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If you have a loved one who is struggling with an addiction to alcohol or drugs, then you need to find a flexible treatment program that will address his or her needs in a comprehensive manner. That is where a day treatment program for drug rehab and alcohol addiction in Arizona can be helpful. Take a look at some of the helpful information that we have put together on our day treatment rehab center!

What Is a Day Treatment Program?

A day treatment program is an intensive treatment program that ***seeks to blend the intensity and focus of an inpatient program with the flexibility of an outpatient program.*** In this manner, a day treatment program is akin to partial hospitalization.

In a day treatment program in Arizona, patients spend at least eight hours per day at the facility; however, most patients spend nearly all of their waking hours there. Depending on the disorder, the condition of the patient, and the focus of the program, patients might be able to leave during the day to handle certain obligations. This might include work obligations, other doctor's appointments, and personal emergencies.

The goal of the program is to make sure that the entirety of the patient's focus is on drug rehab and alcohol addiction. This type of focus is required to place your loved one in the best position to recover.

If you have a loved one who is struggling with an addiction to alcohol or drugs in Arizona, then you need a day treatment program.

We Can Help!

What Are the Services Provided by a Day Treatment Program in Arizona?

There are a variety of services provided by a day treatment rehab center. These include:

- Individual, targeted, personalized counseling and therapy
- Group therapy sessions
- Cognitive-behavioral therapy (CBT)
- Family therapy
- Education on drug and alcohol addiction
- Focused sessions on relapse prevention planning, including recognizing triggers and signs of an impending relapse
- Plans for aftercare
- Transitional programs for patients arriving from inpatient sessions and those heading to regular outpatient care

Day treatment programs can be specialized and tailored to meet the needs of each individual patient.

Who Is Right for a Day Treatment Participation?

There are a few people who would benefit most from a day treatment program that focuses on drug rehab and alcohol addiction treatment in Arizona. First, day treatment is ideal for individuals who do not need medical detox. Those who require medical detox need to be under the supervision of a medical professional 24 hours per day, seven days per week until the detox has passed. In this situation, inpatient treatment would be better. Those who do not require medical detox can benefit from day treatment.

In addition, day treatment is also ideal for those who are looking for a highly individualized process. Because day treatment provides a variety of services, it can be tailored to a personalized treatment plan for each patient. This is the true benefit of day treatment.

Contact Renaissance Recovery in Arizona Today!

If you have a loved one who is struggling with an addiction to alcohol or drugs, then day treatment might be right for your family member or friend. At Renaissance Recovery Center, we have some of the top professionals in the field and we can leverage our expertise to help you. Contact us today!