

# Understanding the 3 Main Types of Addiction Recovery Programs

---

[renaissancerecoverycenter.com/understanding-the-3-main-types-of-addiction-recovery-programs](http://renaissancerecoverycenter.com/understanding-the-3-main-types-of-addiction-recovery-programs)



U.S. National Institute of Health research studies have surveyed and classified addiction recovery program types into three general modalities. These treatment methodologies have continued to evolve and further diversify. Today, many systems don't fit ideally into traditional treatment program definitions and may overlap with others and/or include unconventional therapeutic practices. The majority, however, start with detoxification, often through medically managed withdrawal, and then proceed to a program that fits into one of three general frameworks for drug rehab treatment.

## Detox Before Rehab

---

Detoxification is not considered one of the phases of drug addiction treatment. It is the preliminary process of eliminating the addictive drug from the body prior to starting rehab. Medications are sometimes used in detox to help ease some of the extreme physical and psychological effects of undergoing detoxification and to avoid potentially deadly withdrawal from opioids, alcohol, benzodiazepines, barbiturates, and other drug types. After detoxification, rehab typically begins with a thorough assessment and a medical referral to one of the three types of drug addiction recovery programs described below.

## 3 Main Types of Drug Treatment Programs

---

All three primary types of drug addiction treatment programs are centered on activities intended to help participants examine their self-concepts, self-damaging beliefs, and self-destructive behavioral patterns and develop new positive and productive ways of thinking.

## Long-Term Residential Rehab

---

This type of treatment program provides 24-hour care, usually not in a hospital. Stays are planned and typically range from 3 to 12 months. Treatment specialists work to resocialize their clients. Everyone in the environment is engaged in supporting the participant's progress, including medical care providers, counseling therapy administrators, facility support staff, and fellow residents in treatment.

Addiction is treated in ways that relate to the deeply impactful challenges in the client's past and current experience. Treatment emphasizes building a stronger sense of responsibility and social involvement. Treatment is typically very structured. Some facilities offer comprehensive services, which can include onsite employment training and other extended support services.

## Short-Term Residential Rehab

---

This rehab option provides comparatively intensive but brief drug addiction treatment, usually from around 3 to 6 weeks. Many short-term rehab programs are some version of the 12-step model. That system was originally for alcoholism treatment and later modified for other types of substance addiction programs. Originally, these programs started with weeks of hospital inpatient treatment, followed by more weeks to months of outpatient therapy.

Clients in this type of rehab are also usually provided with some form of group therapy and continue in the group(s) after completion of outpatient treatment, as a part of their ongoing aftercare relapse prevention program.

## Outpatient Rehab

---

The types of services and intensity of therapy vary from program to program. This rehab arrangement is typically a better fit for people who work and/or who have the benefit of robust social support systems. Intensive Outpatient (IO) drug addiction treatment models are comparable to residential SUD recovery programs, offering similar services and successful outcomes. Group therapy is usually a key feature of this rehab model.

In dual-diagnosis treatment, people with other mental health disorders are treated for those conditions along with their drug addiction treatment.

Some less intensive outpatient programs are more limited to drug abuse education with little rehabilitative effectiveness.

## Common Objectives of Drug Rehab

---

Whichever addiction rehab center you may choose for your treatment, any of the three types of drug rehab will most likely provide both individual and group therapy.

- Individualized therapy generally focuses not just on stopping drug or alcohol abuse, but goes deeper into exploring and treating the root causes of poor functioning. Those often include family, social, or employment issues, illegal activities, or other past or current difficulties that have undermined the person’s ability to manage stressors.
- Group therapy provides the benefits of social reinforcement through regular discussions of common experiences. It also offers individuals the opportunity to build a lasting peer support system that can be exceptionally valuable for relapse prevention.

Combining individual and group therapies in a comprehensive treatment plan have proven most effective.

## Renaissance Recovery Center Rehab Programs

---

We work to help our clients eliminate the sense of emotional pain, shame, and isolation that is so common among people with Substance Use Disorder (SUD). We help people develop the deeper insights and strength of coping strategies that enable a more meaningful life beyond addiction.

We utilize a wide range of cognitive-behavioral, mindfulness, and social support therapeutic strategies in a safe, comfortable, outpatient environment. Renaissance rehab program options are:

Partial Hospitalization Program	Day Treatment offers an immersive care environment. It includes individual, group, and family therapy. Monday – Friday 9 am – 2 pm.
Outpatient Program	60-day program. Group therapy Monday – Thursday 6 – 9 pm.
Aftercare Program	90-day program. Therapy session one night per week 6 – 9 pm.

## Why Renaissance Recovery Center, in Gilbert Arizona?

---

At the Renaissance outpatient drug rehab center, we are focused on the underlying causes of substance addiction, instead of just stopping the drug abuse. This approach features customized treatment solutions for every client’s specific needs and includes abundant one-on-one therapy plus group therapy. Our outpatient rehab team consists of MDs, addictions recovery program specialists, and other SUD treatment professionals.

**Call Renaissance Recovery Center at (480) 526-7738 or contact us right here online for more information about drug addiction treatment types or to schedule your free assessment.**

---