

Addiction Treatment

A Guide to Helping a Loved One on their Journey to Recovery



The Courage to Take that First Step

It takes incredible strength and courage to admit there is a problem and to reach out for help. We recognize the road to recovery is truly a journey, and we are here to help guide your loved one through their journey to a healthy and sober lifestyle.

Detox is Not Sufficient to Treat Addiction

For many, Detoxification, also known as “detox,” is the first step. Detoxification is a set of interventions aimed at managing intoxication and withdrawal symptoms. Medical Detoxification may prevent potentially life-threatening complications. However, detox is not the same as treatment and rehabilitation. Detox alone is not sufficient to treat addiction.

Inpatient Rehabilitation: Taking that Important Next Step

Continued care after detox is critical for successful recovery. Patients can be very vulnerable following detox and without follow-up treatment, a relapse is very likely. **Ongoing treatment is essential to complete the journey to recovery.**

How You Can Help Your Loved One

The Journey to recovery is difficult, and your loved one will need your support more than ever. How you can help:

Strongly Encourage your loved one to continue their care even after detox.

Just completing the first step is not enough.

Be Patient. Relapse is common. Recovery is truly a journey that can include setbacks, but can be accomplished with professional help and support of loved ones.

Show Compassion. It takes a lot of courage to ask for help, and a person can feel vulnerable. Your loved one needs your continued support.

Maintain a Recovery-Friendly Environment. Cravings are common. If you can identify and avoid, “triggers,” the prospects for successful recovery improve.

Continue the Journey: Take advantage of both inpatient and outpatient programs that are available to you. Even after discharge from a facility, it is helpful to participate in “after-care” programs such as Alcoholics Anonymous or Narcotics Anonymous.

Family Members and Loved Ones Need Support Too: The Journey to Recovery can be challenging not just for patients. There are several community programs and resources designed for family members and loved ones. Ask a hospital representative for resources.

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Strongly encourage your loved one to continue their care even after Detox. Ask a hospital representative how your loved one can continue their journey to recovery.

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A Checklist for Rehabilitation and Recovery

According to the National Institute on Drug Abuse, successful treatment has several steps.

___ Detoxification (This may include Medical Detox for Opioids or Alcohol)

___ Behavioral Counseling: According to the National Institute on Drug Abuse, Detoxification alone without subsequent treatment generally leads to resumption of drug use. Reno Behavioral Healthcare Hospital's Inpatient Rehabilitation Program offers continued care after detoxification is critical for successful recovery.

___ Medication: Medically Assisted Treatment may be recommended for opioid or alcohol addiction.

___ Evaluation and treatment for co-occurring mental health issues such as depression and anxiety: Reno Behavioral Healthcare Hospital's Intensive Outpatient Program is highly structured, utilizing cognitive behavioral therapy and other evidence-based best treatment practices.

___ Long-term follow-up to prevent relapse: The road to recovery is a life-long journey. There are several community resources and support group to help maintain a healthy and sober lifestyle.

We are Here to Help you Complete your Journey to Recovery

We offer comprehensive inpatient and outpatient programs to guide patients to a healthy and sober lifestyle. In many cases, the desire to take drugs or use alcohol is only part of the equation. There are often underlying psychological and emotional issues that need to be addressed. For that reason, our alcohol and drug rehabilitation program addresses the multiple challenges that may exist with a substance addiction:

- Alcohol and Drug Abuse
- Depression/Mood Swings
- Anxiety
- Urges and Cravings
- Post-Acute Withdrawal Symptoms
- Relapse/Lack of Motivation

According to the National Institute on Drug Abuse, relapse occurs in 40 to 60% of patients with Substance Use Disorder.

Detox alone without subsequent treatment generally leads to resumption of drug use.

Medically assisted detoxification is only the first stage of treatment.

Learn more about our Comprehensive Programs and Services at Renobehavioral.com