

# Completing a Deaddiction Program – The Importance

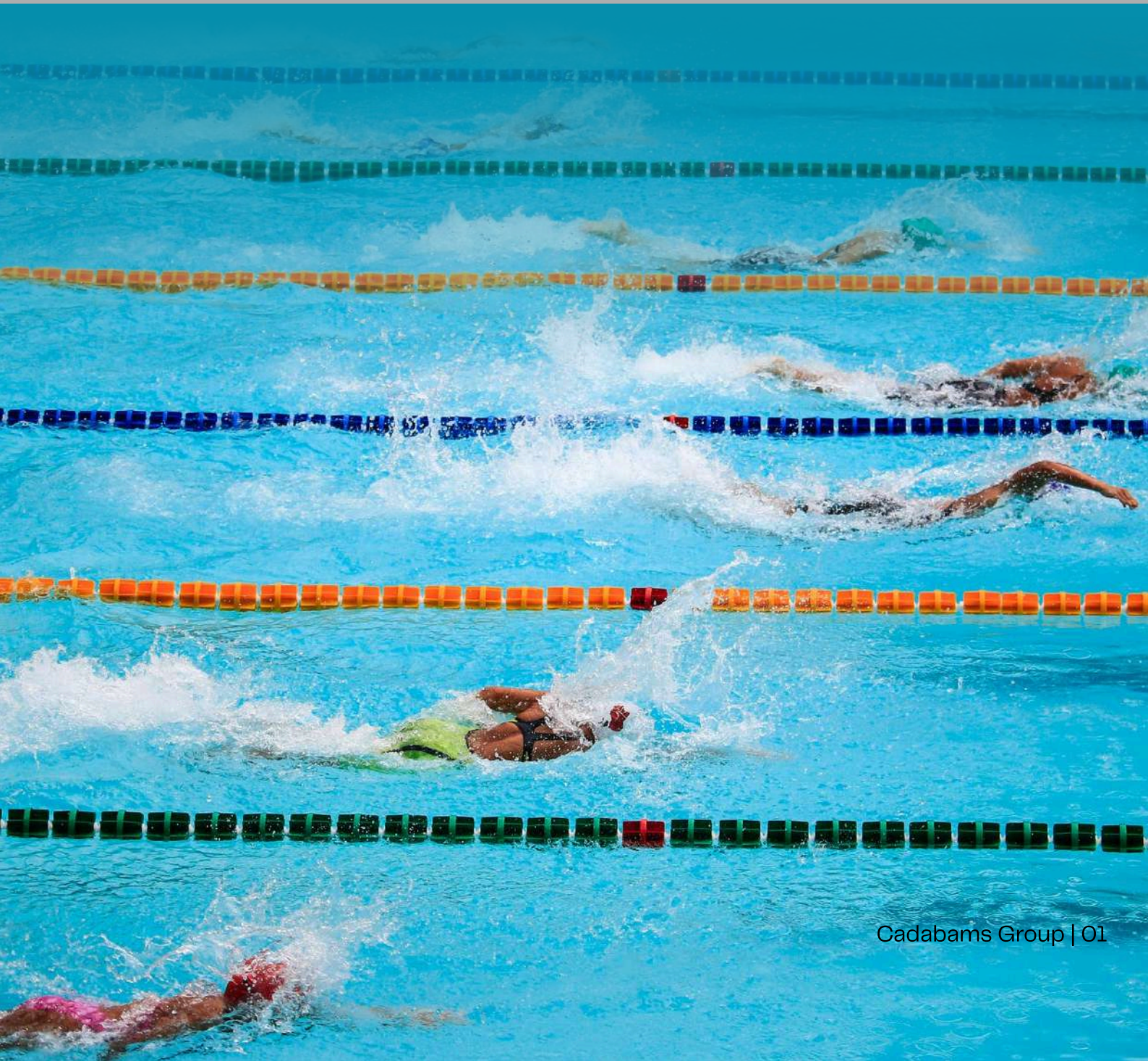




Addiction. The bane of countless people among us. Addiction to alcohol, drugs, or any other substance affects a huge number of people across the world. Addiction issues can lead to a diverse range of physical health issues, mental health issues, and issues in social relationships.

Addiction is a serious mental health disorder that needs to be detected early and treated effectively. If left untreated, addiction to alcohol and substances can lead to co-morbid physical health conditions like cardiac issues, neurological conditions, and more. It can also cause mental health issues like psychosis, depression, anxiety, and memory issues. Further, continued addiction to substances causes significant strain on family relationships and finances.

All of this points toward addiction being a comprehensive issue that needs to be treated as soon as possible. So, can addiction be treated?




In short, yes. Addiction can be treated through various approaches and the individual can make a significant recovery from the disorder. Seeking help from a mental health professional or a medical professional is the key to beginning recovery. A psychiatrist, a clinical psychologist, a therapist, or any other mental health professional can help you fight the disorder. A psychiatrist can help a person with addiction by diagnosing the disorder and prescribing medication to help the individual deal with the withdrawal symptoms associated with fighting addiction. A psychologist helps the person deal with the various symptoms of the disorder by helping them understand the urge behind consuming a substance and assisting them in controlling these urges. Further, a family therapist can help the person and the family make peace with the disorder, and figure out ways to beat it while healing strained relationships.

All of these multidisciplinary treatment approaches come together to form a comprehensive recovery experience. These treatments can be availed on an outpatient basis depending upon your schedule. But, sometimes when a person's addiction spirals out of control, they may need emergency hospitalization and intensive rehabilitation post that. Rehabilitation at a de-addiction center is seen to be the most effective treatment option for individuals to achieve significant recovery from their battle against addiction.







## A deaddiction program: What does it involve?

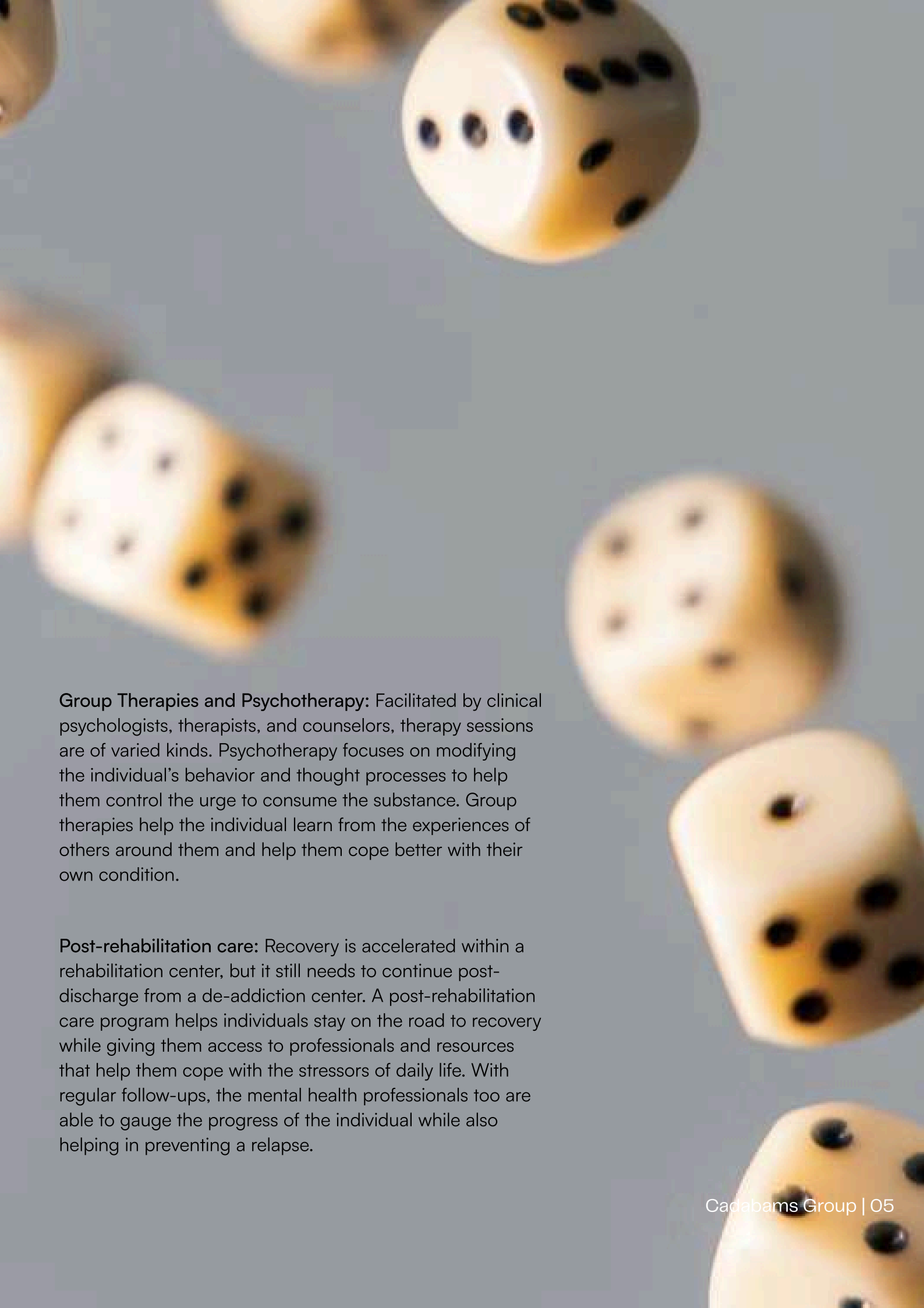
At our dedicated deaddiction center, Anunitha, we follow proven and innovative treatment programs that are aimed at accelerating recovery that is sustainable. The goal is to ensure comprehensive healing while also allowing the individual to grow from within. A deaddiction program involves the following steps:

**Thorough Screening and Consultations:** The mental health professional identifies the signs and symptoms within a person. They also speak with family members and friends to gain a comprehensive overview of the condition. Post this they conduct assessments and may suggest medical tests that could confirm the diagnosis. Post the diagnosis, the professionals discuss with the family and the individual and advise them on the best way forward in terms of treatment. The professionals also assess the individual and tailor-make a treatment plan for them to ensure optimal recovery.

**Detoxification:** At the de-addiction center, individuals undergo comprehensive detoxification. During this period, many individuals can exhibit withdrawal symptoms that can be behavioral or physiological in nature. A deaddiction center is equipped to deal with these withdrawal symptoms and can help the person overcome this difficult period. Medication too, can help an individual overcome withdrawal symptoms, and a psychiatrist prescribes this medication.







**Group Therapies and Psychotherapy:** Facilitated by clinical psychologists, therapists, and counselors, therapy sessions are of varied kinds. Psychotherapy focuses on modifying the individual's behavior and thought processes to help them control the urge to consume the substance. Group therapies help the individual learn from the experiences of others around them and help them cope better with their own condition.

**Post-rehabilitation care:** Recovery is accelerated within a rehabilitation center, but it still needs to continue post-discharge from a de-addiction center. A post-rehabilitation care program helps individuals stay on the road to recovery while giving them access to professionals and resources that help them cope with the stressors of daily life. With regular follow-ups, the mental health professionals too are able to gauge the progress of the individual while also helping in preventing a relapse.



## Why is completing a deaddiction program so important?

We have spent over three decades helping individuals overcome addiction issues, and we have observed that families and the individuals themselves are sometimes impatient about the recovery process. This could be due to varied reasons including emotions, financial issues, false hopes and so much more. However, it is important for everyone involved to know the importance of completing a deaddiction program.

The first and foremost reason is that recovery is a process that takes time. It doesn't happen in one day, two days, a week, or two weeks. It's a continuous process that happens even after a person is discharged from the de-addiction center. The duration of our programs is carefully curated to provide for optimal recovery of the individual. Our multiple programs include a 90- day enhanced deaddiction program, a 180-day comprehensive de-addiction program, and more. We understand that the duration of the program may feel long, but trust us, the journey is worth it!



Sometimes, families see a change in their loved ones quite soon. The loved one's behavior changes, and they seem to become more responsible and caring within the center. This raises the confidence of families, and they push for discharge. But, in our experience, we have seen that this initial period of hope is usually quickly doused once the individual returns to daily functioning. The chances of relapse are very high when the individual leaves the rehabilitation center without completing the course of the treatment. So, take a deep breath and sit tight!

Further, as individuals get deeper into their treatment journey, they are able to identify the triggers and urges that push them toward addiction better. They are then able to think about these triggers and figure out their own ways to combat these triggers. These periods of contemplation and focus are possible, usually in a protected environment. An early discharge, or not completing the program deprives the individuals of this crucial period where a significant part of their recovery happens.



Finally, everyone needs time. The individual will have faced multiple physical and mental health issues due to addiction. They need time to recover from these issues and figure out how to deal with addiction. However, families too, need time. Addiction affects social relationships and erodes trust within the family. Families, thus, need time to overcome these issues and heal the relationships that are frayed. This takes time and is usually facilitated by a family therapist. An early discharge of the individual could mean that neither the family nor the individual is ready for the pressures of daily life.







We understand that a deaddiction program might sound like a daunting proposition, but the recovery that it facilitates is priceless. Over our thirty years in mental healthcare, we have understood the importance of making our residents feel at home, and comfortable. Our deaddiction experience is crafted to make you feel happy, safe, and comfortable, enabling you to focus solely on recovery. Our professionals combine expertise and empathy to understand what you are going through and guiding towards recovery.

It might take you some time to stand again, but don't worry. Once you do step out into the world, there will be no turning back!

## Deaddiction Program at Cadabams

While daily activities are important, moments of joy make life worth living. At Cadabams, we have built a family that lives together and recovers together. The family here celebrates festivals together, takes joy in the progress of one another, and provides a recovery experience that will hold them in good stead for life. Talk to us today, and build a healthier and safer tomorrow!



| Amitha



| Adrutha



| Hyderabad



| Tristar





Purpose of use:

This document is meant for informational purpose only. It cannot be considered as medical advice or professional opinion. Please consult a mental health professional or a medical professional for any advice or opinion.

Disclaimer:

All rights reserved. No part of the book may be reproduced or copied in any form or by any means [graphic, electronic or mechanical, including photocopying, recording, taping, or information retrieval systems] or reproduced on any disc, tape, perforated