

★ Evidence-Based Drug Rehab Centers



★ The Future For Addiction Treatment

Depending on the specific addiction you or a loved one may have, seeking out a particular type of drug rehab may be very important for your full recovery. Evidence-based programs are gaining more support and popularity due to their particularly helpful type of addiction centers.

What Is Evidence-Based Rehab?



Evidence-based programs follow treatments that are scientifically studied and proven to help addicts recover from their drug addiction. These rehabs only use methods that have consistently shown to improve life quality **without the use of drugs**. These programs are extremely beneficial as they use the latest and most up-to-date treatments to stay medically relevant.

They pride their programs on only using the best evidence, research, and clinical expertise. At the same time, they involve the patient and their family in the decision so that everyone is comfortable with the treatment process.



Evidence-based treatments include medical detoxification, continuous patient monitoring, cognitive-behavioral therapy, and lifestyle and nutrition education.

They believe goal-setting, problem-solving, and self-analysis are key components to overcoming addiction. Evidence-based treatment programs differ from 12-step programs, in which participants accept spiritual principles that guide **their recovery from drug and alcohol** addiction. Rather, evidence-based programs use intervention and treatment therapies that have been scientifically validated by addiction research studies.

Things You Want To Consider:



Many doctors believe that those who have already received some type of addiction treatment and relapsed have done so because the rehab they chose followed an out-of-date program that does not focus on evidence-based treatment. Thus being there is no way to measure their progress or likelihood of relapse. Evidence-based programs have shown higher rates of success than traditional programs, and doctors are recommending them over 12-step programs.



There are two main reasons people choose not to go into an evidence-based program. Because these are the most scientifically up-to-date, this can incur more time for research and cost for top of the line equipment, **leading to more expensive** treatment overall. Luckily, many insurance plans cover these addiction treatment centers.

If you are religious or prefer more traditional methods, then evidence-based rehab may not be the right choice for you. Because they pride themselves on medical and scientific treatments, they do not offer spiritual support or the **belief that God is the main focus** for help.

★ Let DrugRehab.Org Help ★

Our counselors are here to answer your questions about rehab centers around the nation. We will help you pick out the right type of program for you, whether it's an evidence-based rehab or another type entirely. Contact DrugRehab.Org today to get started on the right path.



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