



# What Addiction Inpatient Treatment Is Like



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# Intro

Quitting substances is just the first step in the recovery process. Addiction is a complex disease that often requires lifelong attention and effort. The most effective way to sustain long-term recovery is a comprehensive treatment program that addresses the physical, psychological, social and emotional aspects of addiction. Inpatient, or residential addiction treatment, can address these complexities while providing you with crucial supervision and support throughout the recovery process.

If you or a loved one is thinking about seeking inpatient treatment, you'll find various advantages in choosing this type of intensive care. Living in a treatment center provides you with access to a team of licensed therapists and counselors, medical professionals and other addiction specialists to discover the underlying issues of your addiction and help you get back on your feet.

## Why Do People Go to Inpatient Addiction Treatment?

There are various reasons people choose inpatient addiction treatment. While this form of care can provide the tools you need to recover and maintain sobriety, it can also help you improve your overall health and well-being.

Here are a few benefits inpatient addiction treatment can provide for anyone struggling:

- **Receive life-saving treatment:** Addiction can lead to dangerous situations, such as drinking while driving, respiratory depression and fatal overdose. When you make the courageous choice to end your relationship with substances, inpatient treatment can provide the life-saving care you need to maintain your recovery.
- **Detox safely:** It can be dangerous to quit drugs on your own, as you can experience extreme and sometimes excruciating withdrawal symptoms that impact your mind and body. Inpatient addiction treatment can provide medications and medical supervision that alleviate cravings and withdrawals.
- **Rebuild relationships with loved ones:** Seeking inpatient addiction treatment can help you repair relationships that might have been impacted by your substance use. While it takes time for these wounds to heal, professional treatment can offer you a clearer perspective on how addiction has affected your relationships and provide communication skills to rebuild trust.
- **Achieve a healthier lifestyle:** As you learn healthy coping skills in addiction treatment, you'll also gain healthy lifestyle tips that can improve your overall health and well-being. Positive changes might include making more nutritious dietary choices, exercising and practicing mindfulness strategies like yoga.

## Who Benefits From Inpatient Addiction Treatment?

Anyone who struggles with substance use disorder can benefit from inpatient treatment. A common misconception is that addiction is a result of bad choices or a personality flaw. In reality, addiction is like other chronic diseases — it negatively affects the body and disrupts the neurological pleasure pathways in the brain.

With this in mind, addiction treatment can benefit anyone with an addiction, regardless of their background, age, gender or circumstance. Entering inpatient treatment is a brave step taken by people from all walks of life who prioritize their well-being and recovery.

## What You'll Learn in This Guide

If you or a loved one is struggling with addiction, inpatient treatment can provide life-saving care. In this guide, you'll learn more about what inpatient addiction treatment entails, including a day-to-day look at what you can expect and how it can help you overcome addiction and lead a healthier, more meaningful life.

# CHAPTER 1

## Inpatient Addiction Treatment Overview



Inpatient addiction treatment provides 24/7 supervised care in a safe and supportive environment. You can appreciate intensive therapy sessions, medical assistance and a break from triggers to support your recovery and healing.

In this chapter, you'll learn more about inpatient care and the treatments it can include, as well as its benefits for people with addiction.

### What Is Inpatient Treatment?

Inpatient treatment, also known as residential treatment, is a comprehensive approach to addiction recovery that involves staying in a specialized facility for a specified period — usually around 30 days. This type of treatment provides you with a structured and supportive environment where you can focus solely on your recovery.

Inpatient treatment is especially beneficial for those with severe addiction issues, co-occurring mental health disorders or those who require intensive medical and psychological care. These programs typically offer more intensive care than outpatient centers can provide.

In inpatient addiction treatment, you receive:

- Around-the-clock medical supervision
- Individual and group therapy sessions

- Support groups
- Support from a team of health care professionals

Your treatment plan will be personalized to address your specific needs and challenges, allowing you to detox safely and effectively if necessary, engage in therapeutic modalities and learn valuable coping skills to maintain long-term sobriety.

## Types of Addiction Treatment

You'll find various types of addiction treatment available to help you overcome the cycle, each designed to meet your unique needs and circumstances. These treatment options offer a range of intensities and approaches to address addiction and promote recovery:

### Inpatient Treatment

As mentioned, inpatient treatment involves staying at a facility while receiving 24/7 care and support. This highly structured environment can be crucial for people dealing with severe or long-term substance issues as well as those who need a break from their daily environment to focus solely on recovery.

### Intensive Outpatient Program (IOP)

Outpatient treatment allows individuals to receive care while continuing to live at home. This level of care is often recommended for people with milder addiction issues or those who have completed an inpatient program.

Intensive outpatient programs involve attending multiple therapy sessions a week while maintaining your daily routines, from family care to work or school obligations. The flexible option can accommodate parents, professionals and anyone needing addiction support and guidance while maintaining a busy schedule.

PHP is a type of outpatient care that offers a structured treatment environment similar to inpatient care.



## **Partial Hospitalization Program (PHP)**

PHP is a type of outpatient care that offers a structured treatment environment similar to inpatient care. The difference is that you can return home at the end of the day while benefitting from comprehensive therapy, medical monitoring and a supportive community.

## **Medication-Assisted Treatment (MAT)**

MAT involves using prescription medications like methadone, buprenorphine or naltrexone to manage withdrawal symptoms and cravings. The approach is commonly used for people with opioid or alcohol addiction and is often combined with behavioral therapy and counseling for a more comprehensive treatment.

## **12-Step Programs**

Programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) provide a supportive community of people recovering from addiction. These programs follow a structured approach to help you achieve and maintain sobriety through peer support and 12-step principles.

## **Benefits of Addiction Inpatient Treatment**

You'll discover numerous benefits of inpatient addiction treatment, including:





One of the key benefits of inpatient treatment is the closely supervised and medically managed detoxification process.

## 1. Support During Detox

One of the key benefits of inpatient treatment is the closely supervised and medically managed detoxification process. Withdrawal symptoms can be severe and potentially dangerous, but in an inpatient setting, you get access to medical professionals who can monitor your health, manage any discomfort and ensure your safety throughout the detox phase.

## 2. Higher Rate of Detox Success

Inpatient treatment provides a controlled environment where you are less likely to have access to substances. A controlled environment can reduce your risk of relapse during detox, increasing the success rate of detoxication and laying a strong foundation for further treatment and recovery efforts.

## 3. Staff and Peer Support

Inpatient treatment centers are staffed around the clock by health care professionals who specialize in addiction treatment. A continuous support system can allow you to get immediate assistance for any physical or emotional challenges you might face during recovery. Additionally, you benefit from camaraderie and support of peers who are undergoing similar struggles — fostering a sense of community and reducing feelings of loneliness or isolation.

## 4. Structure and Supervision

Inpatient treatment offers a structured and supervised environment that minimizes distractions and triggers associated with substance use. The environment emphasizes a daily routine that can include therapy sessions, group activities and other therapeutic interventions. The structure of these programs can help you develop healthier habits and coping skills you can take with you post-treatment.

## 5. Comprehensive Therapeutic Approach

The most successful treatment for addiction is a program that combines holistic and evidence-based therapies. Inpatient treatment centers offer several types of therapies, including individual and group counseling, support groups, family therapy, cognitive behavioral therapy (CBT) and holistic treatments. A multifaceted approach can better address the complexities of addiction, helping you build the skills you need to navigate life without turning to substances.

## Receive Personalized Care at Gateway Foundation

Overall, inpatient addiction treatment can help you heal from addiction and lead a healthier, substance-free life. The safe, structured and supportive environment of inpatient care can allow you to fully focus on your recovery.

At Gateway Foundation, you'll find comprehensive, top-quality inpatient treatment that addresses all aspects of addiction to foster lasting change. We are more than a treatment center — we are a lifelong partner in your journey to recovery. Contact us today to start your path toward a healthier, happier future.

## CHAPTER 2

# What Is a Typical Day In Inpatient Treatment?



When you start your recovery journey at an inpatient treatment center, you'll enter a supervised, structured setting full of activities for growth and healing. A typical day in these treatment programs will depend on your unique needs and recovery goals, but many schedules include group and individual therapy sessions followed by recreational activities and reflection.

In this chapter, you'll gain insight into what rehab is like and how its structured schedule can provide a balanced approach to your physical, mental and emotional healing.

## A Typical Day In Inpatient Treatment

The usual day in inpatient addiction treatment is purposeful and structured, designed to provide a comprehensive approach to your recovery. A typical inpatient treatment schedule might include:

### Morning Routine

In inpatient care, the day typically starts early with a structured routine. You'll wake up, engage in personal hygiene and have a healthy breakfast with your peers. Some programs might also offer morning classes where you can participate in activities like meditation, yoga or exercise. Establishing a daily routine helps create a sense of stability and normalcy.



**Medical care** ensures your comfort and safety during the detoxification process.

## Withdrawal Management

For patients in the early stages of recovery, medical professionals closely monitor withdrawal symptoms and provide necessary medications to manage discomfort. Medical care ensures your comfort and safety during the detoxification process.

## Individual and Group Counseling Sessions

Individual and group therapy sessions are a core component of inpatient treatment. They offer a safe space for you to share your experiences, emotions and challenges. Group therapy fosters a sense of community and allows you to learn from peers while offering your support and encouragement. Typically led by a counselor or therapist, these sessions will focus on topics related to the treatment process, addiction and recovery.

## Educational Workshops

Many treatment programs include educational workshops that cover various topics related to addiction, mental health, coping skills and relapse prevention. These workshops can provide you with valuable information and tools to navigate your recovery journey.

## Family Counseling

Family plays a crucial role in the recovery process. Family counseling sessions can help you repair relationships, address underlying family dynamics and educate loved ones about addiction. Involving families can create a supportive environment for your recovery.

## **Recreational Activities**

Physical activity and recreational therapy are often integrated into the schedule. These activities promote overall well-being, help reduce stress and provide healthy outlets for emotions. Examples include yoga, sports, art therapy and mindfulness practices. Nature hikes are often included as well, as numerous studies point to the therapeutic benefits of being immersed in nature, from reduced stress to improved mood and relaxation — all of which can help you heal and build better emotional resilience for a lasting recovery.

## **Relapse Prevention**

Relapse prevention strategies are taught to equip patients with tools to manage triggers and cravings. Learning to identify warning signs and develop healthy coping mechanisms is a critical part of long-term recovery. In residential treatment, you'll often engage in skill-building sessions that focus on enhancing life skills, communication and coping strategies. These skills can help you navigate challenges and transition back to daily life post-treatment.

## **Meals and Nutrition**

In residential treatment, nutritious meals are provided at designated times. Proper nutrition is crucial for healing the mind and body, which can often be adversely impacted by long-term substance use and addiction. Nutritionists might also work with you to create balanced meal plans that support your recovery.

Patients have an opportunity **to process the day's activities**, engage in self-care and prepare for restful sleep.



## Evening Reflection

The day usually ends with reflection and downtime. Patients have an opportunity to process the day's activities, engage in self-care and prepare for restful sleep. After dinner, there might also be an opportunity for a short group session or 12-step meeting. Bedtime is encouraged at a reasonable hour to provide much-needed structure. Treatment centers provide comfortable beds and encourage plenty of sleep — which can allow you to be more alert and have more energy to make the most of your daily participation in treatment.

## Begin Your Journey to Recovery With Gateway Foundation

Inpatient treatment can provide the structure and support you need for a successful recovery. From group therapy sessions to recreational activities, you'll engage in a well-rounded schedule that supports your recovery and healing.

Experience a transformative journey with Gateway Foundation's residential treatment program. Our expert team crafts a typical day filled with individual and group therapy, family counseling, relapse prevention and enriching activities to help you overcome addiction. With 16 locations in Illinois, we can provide you with crucial inpatient treatment in the place you call home. Contact us today to embark on your path to healing and renewal.

## CHAPTER 3

# Why Inpatient Treatment Works Better Than Alternatives



Inpatient treatment offers immersive, round-the-clock care that can help you overcome addiction. Its comprehensive, intensive approach, coupled with the removal of triggers and distractions, can enhance your focus on recovery and reduces the risk of relapse. And with structured therapy, medical supervision and a supportive environment, this treatment can often provide a higher success rate compared to alternatives.

In this chapter, you'll get an idea of how inpatient care compares to other types of addiction treatment — including outpatient, partial hospitalization and residential rehabilitation programs.

### **Inpatient Treatment vs. Other Types of Addiction Treatment**

Addiction treatment is not one-size-fits-all — instead, it encompasses various approaches designed to meet the diverse needs of people seeking recovery. Two prominent categories are inpatient and outpatient treatment, each with unique characteristics and advantages. It's important to understand these differences to make an informed decision about the most suitable treatment approach for you. Here are some alternatives to rehab and their differences in intensity, time commitments and benefits.



**In inpatient care**, you can appreciate a controlled setting where you're shielded from external triggers and distractions.

## Inpatient vs. Outpatient Rehab

Inpatient treatment involves staying in a treatment center 24/7 and immersing yourself in a therapeutic environment. This requires a significant time commitment ranging from weeks to months. Inpatient care is especially helpful for people with severe addiction, complex medical needs or those without a supportive and stable home environment.

In inpatient care, you can appreciate a controlled setting where you're shielded from external triggers and distractions, allowing you to focus solely on your recovery. The level of intensity can be instrumental during the initial stages of breaking free from substance use. Further, these programs can take a holistic approach. Five alternatives to substance use and addiction often incorporated in inpatient programs include:

- Guided meditation
- Exercise
- Progressive muscle relaxation
- Yoga
- Deep breathing

Outpatient treatment, on the other hand, allows you to live at home and attend therapy sessions on a scheduled basis, offering more flexibility but requiring a strong commitment to attend appointments. Outpatient care is often recommended for



people with a lower relapse risk or those who have completed a more intensive level of care, such as inpatient treatment. It allows you to practice recovery skills in real-life situations, which be both challenging and empowering.

In inpatient treatment, detoxification is managed within a structured, supervised space, ensuring safety and comfort during withdrawal. Outpatient treatment might include detox, but it's typically recommended for people with milder substance use disorders.

Inpatient vs outpatient rehab success rates can vary, and will often depend on the time, effort and dedication you put into your personal recovery journey.

## **Inpatient vs. Partial Hospitalization Program (PHP)**

Inpatient treatment and PHP are situated on a continuum of care. While inpatient treatment involves 24/7 residential care, PHP provides intensive therapy during the day and allows you to return home in the evenings. Both approaches require significant time commitments, ideal for those with more severe addictions or co-occurring health conditions.

Partial hospitalization programs are a step down from inpatient care, offering structured treatment during the day and allowing you to return home or to a sober living environment at night. These programs provide a balanced combination of therapy, counseling and medical oversight without the need for 24/7 residency. PHP might be right for you if you have completed inpatient treatment or have moderate addiction issues and require intensive treatment without 24/7 supervision.

The choice between inpatient and PHP depends on factors like the severity of your addiction, mental health needs, external support systems and personal preference. Inpatient care offers the highest intensity and round-the-clock care, making it appropriate for people who need intensive support to address severe addiction. In

contrast, PHP offers a structured yet more flexible approach for those who have made progress in their recovery journey but still require intensive therapeutic interventions.

## **Inpatient vs. Residential Rehabilitation**

Residential rehabilitation involves a more extended period of residential care compared to inpatient treatment. The extended stay allows you to address underlying issues, develop coping skills and create a foundation for lasting recovery. Inpatient care is generally shorter but still offers a focused and structured environment.

These treatment types share similarities, such as providing a therapeutic community and comprehensive therapy options. Residential rehab offers an extended period for healing, which can be beneficial for those who require more time to work through their addiction and co-occurring issues.

Inpatient care might be the better fit for the following people:

- Those with a severe addiction
- People who need a controlled environment during detox
- Individuals with a strong support network at home

The immersive nature of inpatient care offers constant supervision and support, minimizing the risk of relapse during those vulnerable early stages of recovery. Your choice between these treatment approaches should be based on your needs, severity of addiction, support system and personal circumstances. No approach is better than the other, and it's more about finding the best match for your unique situation.

Consulting with addiction professionals can help determine the best path to ensure a successful recovery journey.

## Find the Right Treatment for Your Needs With Gateway Foundation

Addiction treatment is not a one-size-fits-all approach. Each person's journey is unique, and your treatment plan should reflect your specific needs and circumstances. The most successful treatment for addiction involves a comprehensive approach that focuses on your specific needs and underlying issues.

At Gateway Foundation, we offer various services and levels of care — including inpatient, outpatient, PHP and residential rehabilitation for people struggling with addiction. Our addiction specialists can determine the most suitable treatment for you and stay by your side throughout your recovery journey. Contact us today to learn more about our addiction treatment services.

**Each person's journey is unique**, and your treatment plan should reflect your specific needs and circumstances.



## CHAPTER 4

# Questions to Ask During The Admissions Process



During the inpatient treatment admissions process, it's important to ask about program details, therapy approaches, aftercare planning, staff qualifications and insurance coverage to ensure you're making an informed decision for effective and personalized care.

In this chapter, we'll discuss more of the most crucial questions about rehab you can ask when you've decided to make the courageous decision to seek treatment.

## Questions to Ask During The Admissions Process

During the crucial first steps of inpatient addiction treatment admissions, you'll want to arm yourself with the right questions to ensure you're choosing the right treatment center for your needs or those of a loved one. Here are common questions about rehab to help you guide your decision-making process:

### Therapy Sessions and Approach

To get a feel for the frequency of therapy sessions and approaches, you might ask the following questions:

- How many individual therapy sessions are included each week?
- Are group therapy sessions provided, and how often?
- Is therapy tailored to my individual needs and preferences?
- What therapeutic approaches are used, and how are they chosen for each patient?

## Family Involvement

Family involvement can make a huge difference in a person's recovery. Here are a few questions you might ask to ensure family counseling sessions and education are provided at your inpatient center:

- How often are family therapy sessions conducted?
- What role do families play in the treatment process?
- Are family support and education available?

## Accommodations and Living Conditions

It's important that you feel safe, secure and comfortable in your chosen inpatient facility. Here are a few questions you might ask to get a feel for what it's like living in the treatment center:

- What are the living arrangements like?
- Are there shared or private rooms?
- Are amenities provided, such as exercise facilities, recreation areas or outdoor spaces?
- How is the facility's environment conducive to recovery?

## Program Flexibility

Next, you'll want to determine whether the treatment center's schedules can accommodate your needs and circumstances. A few questions you might ask include:

- How flexible is the treatment schedule?
- Can adjustments be made if needed?
- Are alternative therapy options available?



**Aftercare programs** are crucial when you're pursuing inpatient treatment.

## Recovery Support and Aftercare

Aftercare programs are crucial when you're pursuing inpatient treatment. These services can help you transition from a formal treatment setting into the real world, enhancing your chances for a lasting recovery. A few questions you might ask to get a feel for a center's recovery support and aftercare services include:

- Does the program offer assistance in finding employment, housing or educational opportunities post-treatment?
- Does your program include alumni community meetings or events?
- What kind of support is provided after completing the program?
- Is there a structured aftercare plan?

## Insurance Coverage

Cost can be a significant factor in choosing the right inpatient treatment facility. Here are a few rehab questions about insurance you might ask to determine if the center is right for you:

- Is the treatment center in-network with my insurance provider?
- What steps do I need to take ahead of time to ensure my insurance covers the treatment?
- Are there any out-of-pocket expenses I should be aware of?

## Personal Items and Preparation

You'll want to ensure you have the proper items with you before beginning treatment. Some items might be included at the facility, while others might be prohibited. Here are a few questions you might ask:

- What personal items are allowed or recommended to bring to the facility?
- Are there any items that are prohibited?
- Is there a list of items that will be provided by the treatment center?

## Staff Qualifications

Lastly, it's important that the treatment center you choose has a full staff of qualified mental health, addiction and medical professionals. Here are some questions you can ask to determine whether you'll receive proper care:

- What are the credentials and experience of the treatment staff, including therapists, medical professionals and counselors?
- Are all staff members specialized in addiction treatment?
- How is the staff-to-patient ratio maintained to ensure personalized care?

## CHAPTER 5

# Rules and Rights For Rehab Patients



Treatment centers operate under specific rules and regulations to ensure the safety, confidentiality, well-being and recovery of their patients. These rules are designed to create a structured environment that supports your journey toward sobriety.

In this chapter, we'll discuss rehab rules, patient rights and how to follow these guidelines for a successful recovery experience.

### Rules for Rehab Patients

Rules and structure are important in recovery because they help maintain a conducive environment for recovery and ensure the safety and well-being of all patients. While specific rehab rules vary based on the program and treatment center, here are a few common guidelines you'll typically have to follow:

- **No drugs or alcohol:** This is a fundamental rule in rehab to support the recovery process and help maintain a safe, substance-free environment. The detox process is often regarded as the most difficult part of rehab physically, but being in a safe space without these substances and medicines to alleviate withdrawals and curb cravings can promote lasting recovery.
- **No romantic relationships:** Many treatment centers discourage romantic relationships among patients to help them focus on their recovery without distractions.



- **Mandatory attendance:** Treatment centers will often require you to attend all treatment programs, therapy sessions, support groups and other scheduled activities.
- **No violence or harassment:** Rehab centers enforce a zero-tolerance policy for violence, harassment or disruptive behavior that could negatively impact the recovery of others.
- **Visitation rules:** While in treatment, rehab visitation rules and guidelines for friends and family members are often included to provide you with a balanced and supportive social network.
- **Respectful behavior:** In inpatient care, you are expected to treat staff and peers with respect, maintaining a positive and collaborative atmosphere.
- **Confidentiality:** Maintaining the privacy of your fellow peers is crucial, and discussing others' personal information outside of therapy sessions is generally not allowed.
- **Compliance with treatment plans:** You'll be expected to actively participate in your treatment plan, which might include therapy, counseling, group sessions and medical appointments.
- **Abiding by house rules:** Depending on the treatment center, there might be additional rules regarding chores, curfews, electronics usage and other day-to-day activities.

It's crucial to note that rules can vary depending on the treatment center and program. You'll typically be informed of these rehab rules upon admission, but you can also inquire about them beforehand to ensure compliance and a successful recovery journey.

## Rehab Patient Rights

Anyone seeking addiction treatment has certain rights to ensure they receive quality care and a respectful, supportive environment during their recovery journey. Here are a few patient rights in rehab facilities:

- **Informed awareness:** First, patients have the right to be aware of the rules and regulations of your treatment program and understand the expectations and guidelines for their recovery journey.
- **Respectful care:** Every patient deserves considerate and respectful care regardless of their race, ethnicity, religion, gender or payment source.
- **Non-discrimination:** Patients are entitled to receive services without any form of discrimination based on their background or circumstances.
- **Confidentiality:** Unless in situations of medical emergency, court orders, child abuse or crimes on program premises, patients' treatment information should remain confidential, protected by their written consent.
- **Active participation:** Patients have the right to be fully informed about their treatment plan and to actively contribute to its development, including setting goals and measuring progress with their counselor.
- **Choice and consent:** Patients can refuse treatment if they so choose and must be informed about the potential impact on their health and program status.
- **Freedom to discontinue:** Patients can retain the right to discontinue treatment at any point if they feel it's necessary for their well-being.
- **Transparent discharge:** Patients should receive a written explanation for their discharge, including reasons, and be informed about the program's appeal process if required. If necessary, they should also receive assistance in finding alternative treatment options.
- **Protection from harassment:** Patients have the right to be free from inappropriate personal involvement, including sexual harassment or misconduct, from counselors, staff or other patients.

## Common Responsibilities for Rehab Patients

Here are a few common responsibilities you'll be expected to follow while in treatment:

- Act responsibly and collaborate with program staff to enhance your recovery journey.
- Treat staff and fellow patients with courtesy and respect, fostering a harmonious atmosphere.
- Honor the confidentiality of others' treatment information, respecting their right to privacy.
- Engage in the development and completion of your treatment plan, involving yourself in productive activities like work or school while refraining from drug use.
- Ensure timely payment for treatment according to your financial means.
- Discuss any issues affecting your treatment progress and recovery with your counselor.
- Offer insights to improve program operations, enhancing the treatment experience for everyone.
- Consult with your counselor before ending treatment, refraining from abruptly stopping or leaving without proper closure.
- Seek clarity by asking questions if any aspect of your treatment plan or process is unclear.

## Contact Gateway Foundation for Treatment Details

These rules, rights and responsibilities can foster an environment conducive to a successful recovery and lay a strong foundation for a substance-free future.

Experience Gateway Foundation's compassionate and comprehensive inpatient program, marked by exceptional treatment quality and a lasting impact on addiction recovery. We uphold each patient's rights, ensuring your safety, privacy and confidentiality throughout the treatment process. Our unwavering support extends beyond treatment — we are with you for life.

Contact us to learn more about our inpatient treatment program and start your journey toward lasting recovery.

## CHAPTER 6

# Signs Your Loved One Will Benefit From Inpatient Treatment



If your loved one's addiction is causing severe disruptions in their life, relationships or daily functioning, inpatient treatment could be an excellent solution to help them get back on track.

In this chapter, we'll discuss common signs your loved one might benefit from inpatient care and the process of getting someone into rehab while ensuring their comfort.

## 13 Signs Your Loved One Will Benefit From Inpatient Treatment

When considering whether inpatient treatment is right for a friend or loved one struggling, several signs can provide insight into their condition. Here's how to know when someone needs help with addiction:

### 1. Sudden Weight Loss or Gain

Rapid and unexplained changes in weight can indicate a substance use disorder. Your loved one's appetite and eating habits might be affected by their addiction.

### 2. Change in Behavior and Appearance

If your loved one's behavior has become erratic, secretive or isolating and their personal appearance has deteriorated, these changes could signal a deeper issue

related to substance use.

### **3. Mood Swings**

Frequent and extreme mood swings, ranging from euphoria to irritability or depression, can be a clear indication of addiction affecting their emotional well-being.

### **4. Lowered Energy Levels**

A noticeable decrease in energy, motivation and overall vitality can be linked to substance use disorder, impacting your loved one's ability to perform daily tasks.

### **5. Sudden Lack of Interest in Hobbies**

A once-enjoyed hobby or activity that is now abandoned can be a sign of substance use interfering with your loved one's engagement in meaningful activities.

### **6. Difficulty in Prioritizing**

Struggling to manage responsibilities at home, work or school due to a preoccupation with substance use could indicate a need for intensive treatment.

### **7. Memory Loss**

Memory lapses, confusion and difficulty concentrating might be attributed to addiction, particularly if the substance directly affects your loved one's cognitive function.

### **8. Changes in Relationships With Family and Friends**

Withdrawing from previously close relationships or social circles, accompanied by

strained interactions and conflicts, can signify the impact of addiction.

## **9. Legal and Financial Issues**

Accumulating legal troubles or financial strain due to substance-related behaviors are strong indicators your loved one could benefit from professional intervention.

## **10. Failed Attempts to Quit**

If your loved one has made repeated attempts to quit taking substances but has been unsuccessful, it's a sign their addiction might require more intensive treatment.

## **11. Deteriorating Health**

Note any physical changes in your loved one, such as declining health, chronic illness or frequent illnesses. These changes can result from addiction and indicate a need for inpatient care.

## **12. Risky or Dangerous Behavior**

Engaging in risky activities while under the influence of substances, like driving under the influence or participating in legal activities, is a clear sign of an addiction-related impairment that can be addressed with professional help.

## **13. Isolation**

Social withdrawal, avoiding contact with friends and family and preferring to spend time alone can indicate the feelings of shame or guilt that often accompany addiction.

## What to Do If Your Loved One Refuses Treatment

There are many reasons a person might be reluctant to seek treatment, including fear of withdrawal, worries about receiving judgment from loved ones or society, and concerns about failure. When a loved one refuses to seek treatment for addiction, it can be challenging, but there are strategies you can try to encourage them to consider getting help:

- **Educate yourself:** Learn about addiction, its effects and available treatment options so you're better prepared to help a loved one. Share your knowledge with them to help them understand the importance of treatment for their health and well-being.
- **Offer empathy and support:** Express your concerns without judgment, emphasizing your desire to see them healthy and happy. Let your loved one know you're there to support them throughout their recovery journey and reassure them that seeking help is a sign of strength, not weakness.
- **Take a medical approach:** Encourage a medical evaluation to help your loved one understand the physical and mental health consequences of their addiction. Professional guidance can be impactful in changing their perspective on the importance of treatment.
- **Follow through on consequences:** Establish clear boundaries and consequences if your loved one continues to refuse treatment. For instance, refusing to provide financial assistance or a place to stay can show that you are serious and help you avoid enabling.
- **Share success stories:** Share the benefits of seeking treatment, including stories of people who have successfully overcome addiction and how treatment has transformed their lives. Positive examples can offer hope and inspiration.

If you or a loved one is struggling,  
**Gateway Foundation can help.**



## Encourage Your Loved One to Contact Gateway Foundation

Getting someone into rehab can be a challenging task, and you can't force someone to get treatment if they are unwilling or refuse to put in the effort. However, emphasizing the benefits of treatment and offering your empathy and support can go a long way in showing your loved one you care about them and want to see them healthy and happy.

If you or a loved one is struggling, Gateway Foundation can help. We offer comprehensive inpatient addiction treatment across 16 locations, including evidence-based behavioral therapies, family counseling and medication-assisted treatments. With a commitment to lifelong support, we can help you break free from the unhealthy addiction cycle and improve your overall health and wellness.

Contact us to start your journey toward lasting healing and transformation.



# Thank You

If you or a loved one is struggling with addiction, inpatient treatment centers can provide comprehensive and effective services to help you heal and build the skills needed for a lasting recovery.

In this guide, you'll get a glimpse into what a typical day in inpatient treatment is like, how to choose the right treatment center and what you can expect from these programs.

We thank our readers for downloading this guide and using it to help yourself or a loved one with substance use disorder.

# Inpatient Addiction Treatment Checklist

## Who Can Benefit From Inpatient Care?

Anyone with addiction can benefit from inpatient care, but ideal candidates often include:

- Individuals with severe addiction issues.
- People without a support system.
- Those who require medically supervised detoxification.
- People with co-occurring mental health conditions.
- Anyone looking for a substance-free environment to start recovery.

## Why Seek Inpatient Treatment?

If you or a loved one is struggling with addiction, inpatient treatment can provide the following benefits:

- **Receive life-saving care:** Substance use and addiction can lead to dangerous situations, such as drinking while driving and fatal overdose. Inpatient treatment can provide the life-saving care needed to avoid these situations and maintain your recovery.
- **Undergo a safe detox process:** Quitting substances without the help of a medical team can be dangerous, as withdrawals can be excruciating on the mind and body. Inpatient treatment can provide medically supervised detox and withdrawal management to prevent or alleviate these symptoms.

- **Rebuild relationships with loved ones:** Addiction can impact your relationships in several ways. Inpatient treatment aims to provide tools and communication skills to help you rebuild trust with the people in your life.
- **Improve your overall well-being:** Addressing underlying issues and co-occurring health conditions and following holistic strategies in treatment can help you improve your overall health and well-being. You can carry healthy habits like exercise, nutritious dietary changes and mindfulness strategies with you post-treatment.

## What to Expect in Inpatient Treatment

When you enter inpatient treatment, you can expect a safe and supervised setting free of substances to aid in your recovery journey. Common programs and activities often included in this care setting include:

- Medical detox and withdrawal management.
- Individual and group counseling.
- Educational workshops.
- Family counseling sessions.
- Recreational activities like sports and nature hikes.
- Holistic therapies like guided meditation, exercise, yoga and deep breathing.
- Relapse prevention therapy.
- Nutritious meals.

# Sources

## Intro links:

<https://www.gatewayfoundation.org/addiction-blog/dangers-of-detoaching-at-home/>  
[https://www.samhsa.gov/sites/default/files/programs\\_campaigns/02\\_webcast\\_2\\_resources.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/02_webcast_2_resources.pdf)

## Chapter 1 links:

<https://www.gatewayfoundation.org/programs-services/levels-of-care/residential-inpatient-treatment/>  
<https://www.gatewayfoundation.org/programs-services/levels-of-care/outpatient-programs/intensive-outpatient-program/>  
<https://www.gatewayfoundation.org/programs-services/levels-of-care/partial-hospitalization-program/>  
<https://www.gatewayfoundation.org/programs-services/programs/medication-assisted-treatment-program/>  
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<https://www.gatewayfoundation.org/contact-gateway-foundation/>

## Chapter 2 links:

<https://www.gatewayfoundation.org/programs-services/levels-of-care/withdrawal-management/>  
<https://www.gatewayfoundation.org/programs-services/clinical-services/group-and-individual-therapy/>  
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<https://www.gatewayfoundation.org/programs-services/clinical-services/recreational-activities/>  
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## Chapter 3 links:

<https://www.gatewayfoundation.org/locations/springfield/inpatient-vs-outpatient-rehab/>  
<https://www.gatewayfoundation.org/contact-gateway-foundation/>

## Chapter 4 links:

<https://www.gatewayfoundation.org/programs-services/rehab-after-care-program-illinois/>  
<https://www.gatewayfoundation.org/addiction-blog/how-to-prepare-for-residential-treatment/#expect>  
<https://www.gatewayfoundation.org/about-gateway-foundation/our-team/>

## Chapter 5 links:

<https://www.gatewayfoundation.org/addiction-blog/how-to-prepare-for-residential-treatment/#expect>  
<https://www.gatewayfoundation.org/contact-gateway-foundation/>

## Chapter 6 links:

<https://www.gatewayfoundation.org/addiction-blog/signs-and-symptoms-of-alcohol-addiction/>  
<https://www.gatewayfoundation.org/addiction-blog/fears-stop-people-from-going-rehab/>  
<https://www.gatewayfoundation.org/gateway-admissions/how-to-get-a-loved-one-into-treatment/>  
<https://www.gatewayfoundation.org/locations/>  
<https://www.gatewayfoundation.org/contact-gateway-foundation/>

## Thank You page links:

<https://www.gatewayfoundation.org/addiction-blog/how-to-choose-an-inpatient-treatment-center/>

