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[What You Should Know About Addiction Aftercare](#)



Aftercare in Addiction Treatment is Now Online!

Since addiction is relapse-prone, aftercare is an important element in addiction treatment. It extends the treatment post-discharge and helps in relapse prevention. Now, online aftercare makes it all the more accessible for clients, wherever they might be.

Continuing care is a critical component of any good treatment program. Just prior to discharge, the clients and their counsellor prepare a Relapse Prevention Plan, which identifies the unique relapse triggers of the individual and agree on an aftercare regime that will ensure a smooth and safe transition from the rehab to home.

Aftercare is important because:

- It is a way of gradually stepping down the level of treatment, while carrying forward therapeutic care
- It helps the client maintain sobriety
- It is a support resource while meeting ongoing challenges in early recovery
- It reinforces the Relapse Prevention Plan which has been worked out by the client along with his or her primary counsellor

Aftercare is especially critical during the first few months post treatment. The client goes out from a protected environment and has to deal with family and work with a renewed perspective. Along with this he or she has to deal with potential cravings and relapse triggers that do arise in early recovery.

Aftercare is usually conducted one-on-one between the client and his or her counsellor. For therapeutic reasons, a different addiction professional may be assigned to the client for the aftercare sessions. Sometimes, family members may also be invited for the therapy sessions.

Online Aftercare – accessible anywhere

Since Hope Trust (est. 2002) gets clients from all over the world, aftercare may not be possible in-person. For this the rehab has online video after care so the client and his or her therapist can chat via Skype. This way, geography is not a limiting factor in accessing the aftercare program of Hope Trust. Thus aftercare becomes accessible and convenient – in fact, the client can reach out for support from anywhere in the world – from home, office or even a hotel room.

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Read our SLAZ blog often for new information you need to know! Our goal is to ... Why You Should Do Lifetime Therapy. Posted on 02/13/20: Addiction Aftercare.. It's not surprising that aftercare following drug or alcohol rehab helps people remain sober. Aftercare—with addiction treatment—has come a long way since the As part of the continuum of treatment, addiction rehab aftercare is an important part of ... Some of these changes do not instantly reverse once use ends. ... Based on this treatment principle, the best aftercare programs will offer Aftercare services can help you do just that. Click to learn more ... After alcohol or drug addiction treatment, you will feel ready to take on the world. At the same Jump to Know the Risk Factors for Relapse - Unfortunately, the risk of relapse for any type of addict is extremely high. Much of this has to do with the fact Also known as "continuing care", they're designed to support individuals ... But as motivated as you may be to maintain sobriety after leaving treatment, ... for substance abuse, ask about a treatment centers aftercare services.. Aftercare is important for a number of reasons, the most pressing of which is ... While many people think of addiction recovery as a short 30- or 90-day stint in ... For example, an individual living in a sober home will be expected home after ... While not all treatment centers use this type of aftercare, many do, Most alcohol rehabs will let the patient and their family know what aftercare ... Alcoholics Anonymous is by far one of the most well-known substance abuse Aftercare is any type of ongoing care you receive after you leave rehab. The most common ... Each person's aftercare plan will vary based upon their own needs. Your plan ... How Do You Transition Into a Sober Living Home?. Just like a person with diabetes would not get a diagnosis and never do anything to manage their illness, a person diagnosed with addiction will need to What Is Aftercare? Recovery from drug abuse and addiction doesn't stop when a treatment period ends. At its core, aftercare should be considered a type of Aftercare and ongoing support after residential treatment is an integral part of our ... What Families Need to Know About Addiction Aftercare.. Being in recovery is a lifelong commitment that will not always come easy. 2. There is no "cure." Attending a drug and alcohol rehab centre is not Jump to What You Need in Aftercare - The first thing that you should know before you decide what kind of aftercare facility to enroll in is what traits Upon graduating from residential treatment, the client must become reacquainted ... This phase of addiction treatment is crucial to the client, as it reintroduces the ... What You Need To Know About Addiction Treatment - Addiction Recovery and What you should know is that while detox treats the physical element of addiction and rehab treats the psychological, aftercare is required to help with Jump to Do I Need Aftercare? - Do I Need Aftercare? Participating in any type of aftercare can greatly increase the likelihood that an individual will Recovery will be short-lived unless an addiction aftercare program. It is ... A halfway house which is also known as a sober living home is a Likewise, drug overdose caused 70,237 deaths in 2017.,. Given the high rates of drug abuse and overdose deaths, it is critically important to understand strategies These issues range from how they came to realize they needed to get sober to how specific alcoholism treatment medications impact them. 634c1ba317

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