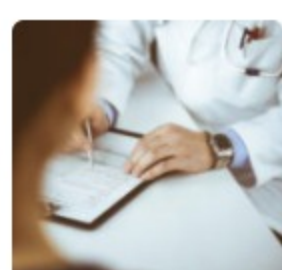


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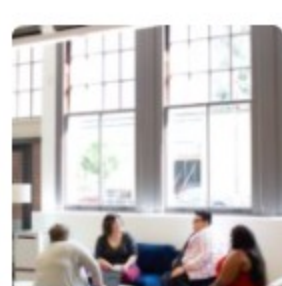
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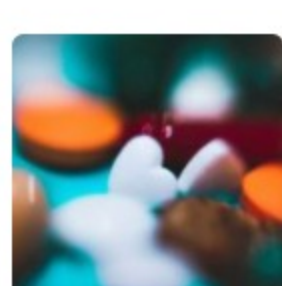
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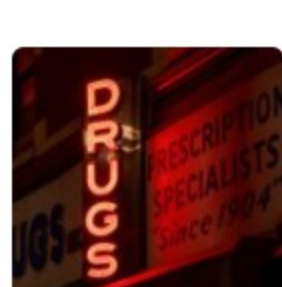
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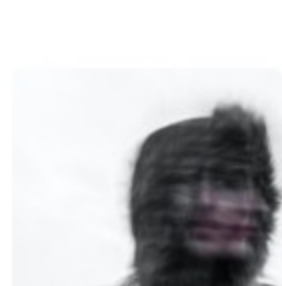
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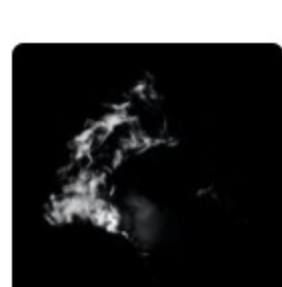
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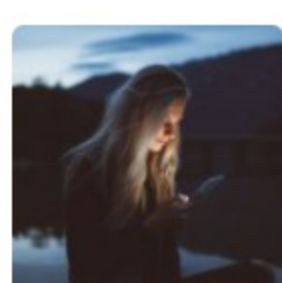
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Finding Help When No Rehabs Will Take You

Louisville Addiction Treatment Center - November 4, 2021

Admitting you have a problem is hard enough, but it's even harder if you are struggling to get into rehab to get support for your addiction. There are several reasons why you might be turned away from a rehab center, whether due to insurance issues or a lack of space. However, there are other treatment options available that may work better for you.

Types Of Treatment

Behavioral Treatments

Behavioral treatments are part of many outpatient programs and are aimed at changing drinking or drug-taking behavior through counseling. These counseling sessions are led by health professionals. Treatment like this is supported by many studies that show how beneficial it can be. Some treatment centers offer telemedicine. Telemedicine is a virtual session, designed to fit into a busy life, so you can still get the support you need while trying to adapt to your life again after treatment.

Medications

There are three medications currently approved in the United States to help people to stop or cut back on their drinking or drug use, and prevent them from relapsing. These medications are prescribed by your primary care physician or other health professional and can be used alone or in combination with counseling.

Mutual-Support Groups

Alcoholics Anonymous (known as AA) and other 12-step programs offer peer support for people who are trying to cut back or quit their drinking or drug-taking. These programs are usually combined with treatment that is led by health professionals. Support groups like this can be a very valuable layer of support for recovering addicts, especially if others in their life find it hard to understand what they're dealing with.

These groups are usually anonymous, so it is hard for researchers to determine how successful they really are compared to groups led by health professionals, but anecdotal evidence seems to suggest they can help.

Starting With A Primary Care Doctor

Anyone who is considering treatment should talk to their primary care physician first. They can be a good source of treatment referrals and medication. Your physician can also:

- Evaluate your addiction behaviors
- Help to craft a treatment plan
- Evaluate overall health
- Assess if medications may be appropriate

Talk to your doctor to decide what the best form of treatment is for you.

Treatments Led By Health Professionals

Professionally led treatments can include:

Medications

Some people don't realize that there are medications on the market to treat drug and alcohol dependence. Newer medications work by offsetting the changes in the brain caused by your substance of choice.

All of the approved medications are non-addictive and can be used alone or combined with any other form of treatment.

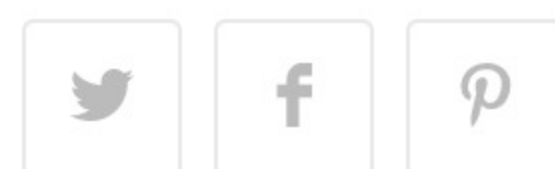
Behavioral Treatments

Sometimes known as counseling, behavioral treatments mean working with a health professional to find and change the behaviors that led to your addiction. These treatments usually share certain features, such as:

- Developing the skills needed to stop or reduce drinking or drug use
- Helping to build a strong support system
- Working to set reachable goals
- Coping with or avoiding triggers that could cause a relapse

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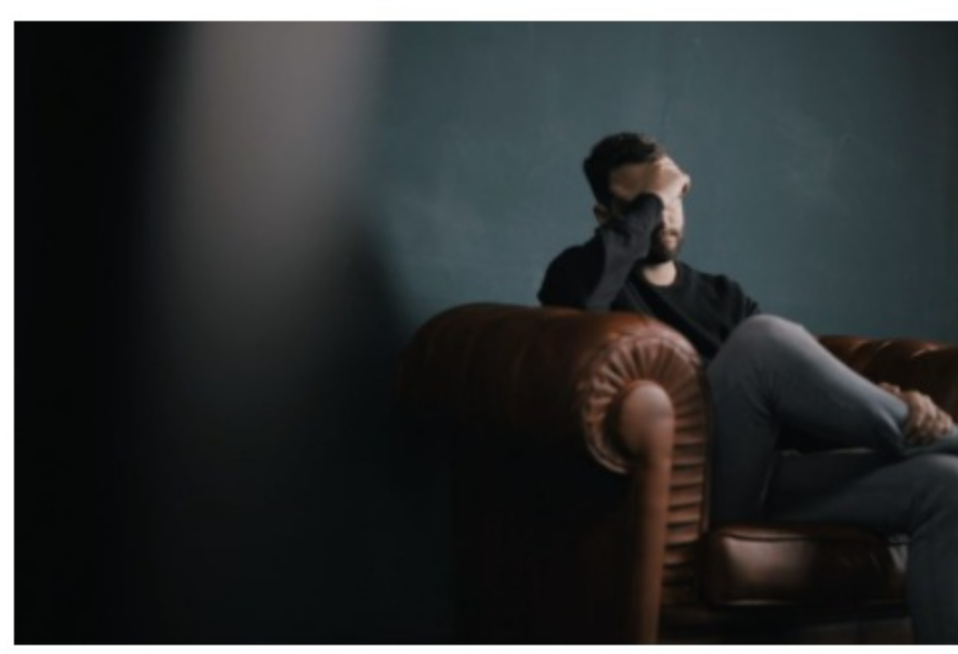


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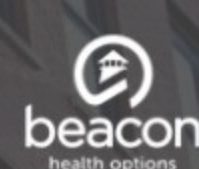
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