Pros And Cons Of Telehealth In Addiction Recovery

by Louisville Addiction Treatment Center | Oct 3, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

There are many different paths when it comes to addiction recovery. Some people go to inpatient treatment centers, some prefer to be part of outpatient programs, and some need a combination of the two. There are also other avenues that can be pursued such as telehealth which is what we're going to be focusing on in this article.

What Is Telehealth?

Telehealth really took off when COVID hit, but it has been around for longer than that and has remained some people's preferred way of interacting. Telehealth allows medical professionals to connect with those that need help, ensuring that they are getting the support that they need, even though they aren't there in person.

When it comes to addiction recovery telehealth can be amazing at keeping people on the right path. Patients can be kept up to date with, and action can be taken where necessary.

Pros

One of the biggest pros of telehealth for addiction recovery is the fact that it increases the access that patients and clinicians need. It's as simple as having a phone, laptop, or tablet, an internet connection, and the software that the clinician uses to contact people such as Skype or Zoom. This adds an extra layer of freedom to the recovery process, knowing that you can contact your medical provider when you need them, rather than having to wait for an in-person appointment.

It also reduces the problem of people not showing up to appointments. A lot of people don't come to appointments because they don't want to look their clinician in the face, or because of work, travel expenses, and so on. However, telehealth erases all of these worries as it's all sorted out. People recovering can check in with their clinician from wherever they are, making it a lot more convenient.

Cons

However, there are some cons also, like with everything else. Telehealth is not for everyone. Addiction looks different for every single person, and some people are going to need more support than phone calls and video calls.

This kind of healthcare requires the patient to be able to be present and aware during the sessions, and this is not possible for every person. As well as this, there are some addicts who will hide certain things that they know they wouldn't be able to get away with in person. As such, some people will use telehealth as a way to avoid actually getting better, instead of just hiding behind the computer screen and pretending everything is okay.

It also lacks the personal connection that some people need with their recovery. There is no getting-to-know-you, and no personal connection the way there is with face-to-face appointments.

We Are Here For You

If you are struggling with addiction and need our help, then we are here for you. We offer a range of services, with telehealth being one of them. We can cater to your needs in any way that makes you feel comfortable while helping you stay on the sober path. We look forward to hearing from you soon.

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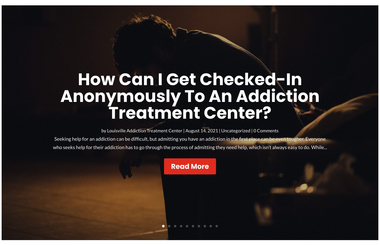

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