

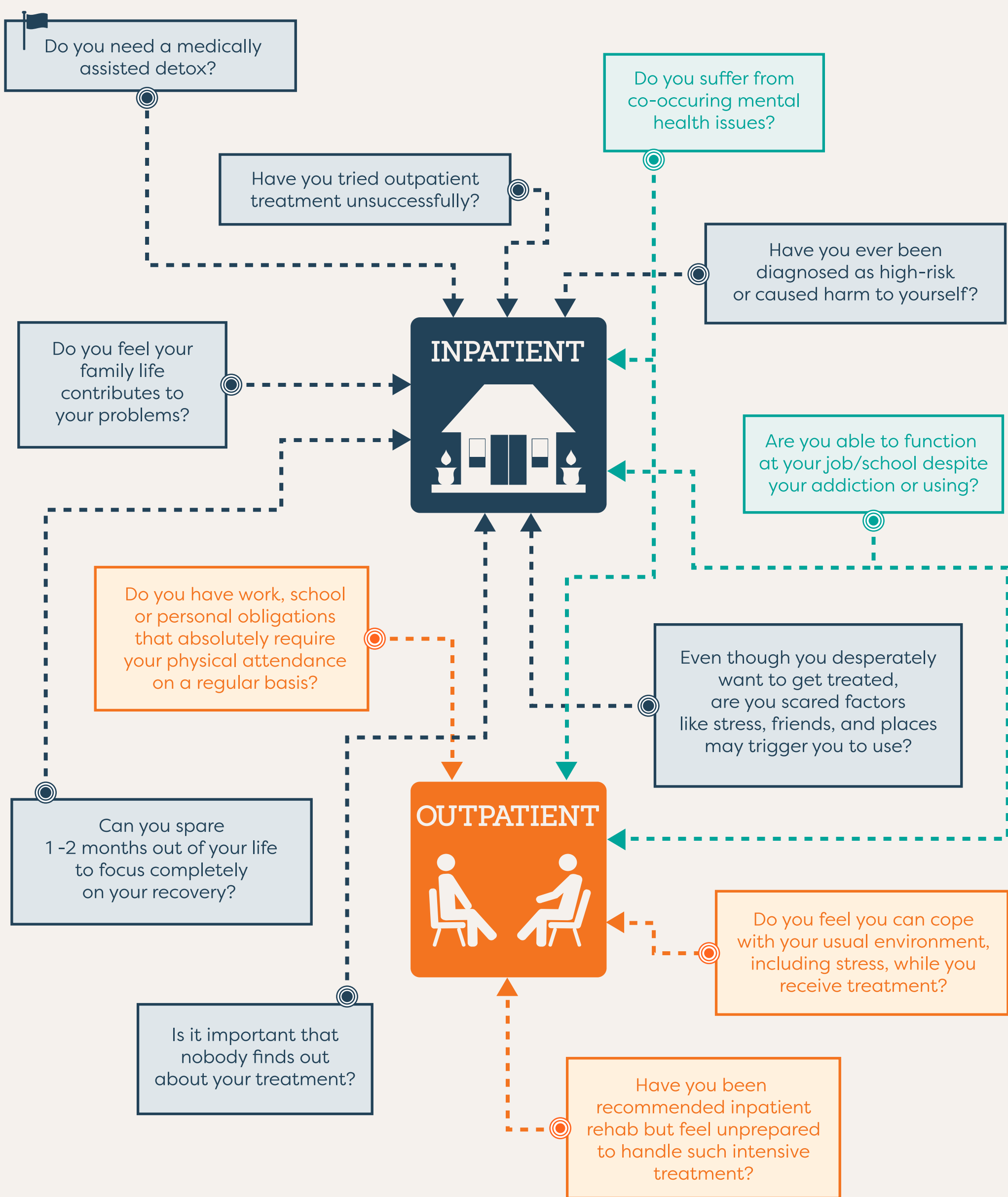
# INPATIENT VS OUTPATIENT REHAB

## WHAT IS BEST FOR YOU?

When it comes to addiction treatment there are two broad types – inpatient and outpatient rehab (aka as dayhab).

*But what is best for you?*

Here are some questions to ask yourself and factors to consider before you put together a shortlist of centres to compare.



### BENEFITS OF INPATIENT REHAB

*All high quality rehabs will include the following:*



#### 24 HOUR MEDICAL CARE

A hospital performed detox is required for severe alcohol and opiate addictions; however, there should be a qualified doctor and nurses on-site to monitor these newly detoxed clients, as well as supervise the milder withdrawal symptoms of all other types of addiction.



#### 24 HOUR CLINICAL SUPPORT

Continuous access to counselling and clinical supervision for clients experiencing challenges in their recovery



#### REMOVAL FROM TRIGGERS

Clients reside in a secure environment with no access to drugs or alcohol; or the people or things that usually cause stress. This enables them to focus on acquiring the skills necessary to maintain a successful recovery upon their return home.



#### STRUCTURE

Clients follow a strict timetable made up of counselling sessions, exercise classes and other therapeutic activities from AM to PM – giving them no time to dwell on their cravings and other negative emotions.



#### HOLISTIC TREATMENT

Besides treating the psychological addiction, good residential programmes will include complimentary therapies such as exercise, meditation, art and massage; as well as pay special attention to their clients' diet.



#### ANONYMITY

Most residential rehabs have strict client confidentiality codes and some are set up like resorts – enabling you to keep your treatment private especially if it is located in another city or country.

VS

### BENEFITS OF OUTPATIENT REHAB

*Better for clients who want to manage daily routines:*



#### CONVENIENCE

Dayhabs prioritise their client's lifestyle when scheduling treatment and are usually located in city hubs to make commuting easy.



#### MINIMAL INTERRUPTION TO DAILY LIFE

Since outpatient programmes are usually conducted in the evenings for a couple of hours, twice or thrice a week, treatment does not interrupt work and personal obligations.



#### FAMILY SUPPORT

Social support is a critical part of addiction recovery. Living at home whilst receiving treatment gives you immediate access to family and friends when you need them.



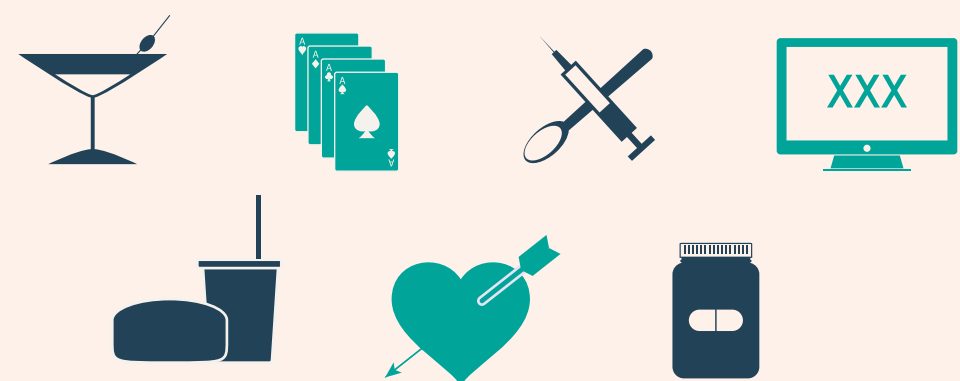
#### GET TO PRACTISE YOUR RECOVERY SKILLS IMMEDIATELY

Transitioning from inpatient rehab back to normal life – filled with people, places and situations that can trigger one to use – is the most challenging part of recovery. In outpatient rehab, you are never separated from these triggers, and so get to apply the coping skills you learn in treatment each time you leave the dayhab door – this establishes a stronger recovery.



#### COST EFFECTIVE

Quality dayhabs offer intensive psychotherapy programmes similar to inpatient rehab, tailored to meet your specific needs and utilise the supports specific to your community.



**ULTIMATELY, YOUR CONVERSATION WITH THE TREATMENT CENTRE SHOULD BE THE DECIDING FACTOR.**