

# FUTURES

## RECOVERY HEALTHCARE

### **Futures Recovery Healthcare Releases Blog Post that Examines Whether Inpatient Alcohol Rehab Is the Best Option**

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Futures Recovery Healthcare, which is based in Tequesta, FL, has recently published a blog post that examines whether inpatient alcohol rehab is the best option for the treatment of alcohol use disorder (AUD). AUD is a chronic, relapsing brain illness that is characterized by the person being unable to stop or reduce alcohol consumption despite its negative effects. When considering the treatment options for AUD, it is a good idea to take into account a number of factors, such as the patient's medical history, signs of co-occurring mental health conditions, the severity of the addiction, and history of relapses.

According to the Diagnostic and Statistical Manual of Mental Health Disorders, an individual has AUD if he or she meets two of 11 criteria during a period of 12 months. These criteria are: drank for longer than intended or drank more than intended; tried to cut down or stop drinking but were unsuccessful; spent a lot of time drinking or being sick from drinking; experienced cravings or a strong, persistent urge to drink; found that drinking or being ill from drinking interfered with responsibilities such as work, family, school, etc.; continued to drink despite it causing issues with family and friends; given up or cut back on activities previously enjoyable to spend more time drinking; gotten into risky or dangerous situations during or after drinking;

continued to drink even though it made you depressed, anxious, etc.; developed tolerance or found there is a need to drink more to get the same effect; experienced withdrawal symptoms when the effects of alcohol were wearing off.

Inpatient rehab programs are often recommended for those who are suffering from severe addiction, significant medical complications, previous complicated withdrawals, or dual diagnosis. An inpatient alcohol rehab program provides facilities that allow the patients to have a structured, stable, and secure environment that is free from temptations and distractions, allowing them to focus on their recovery. Such a facility also offers around-the-clock support and medical care to help minimize any medical complications that may arise during the patient's stay in the facility.

To find out whether an inpatient alcohol rehab is appropriate, it is important to understand how alcohol inpatient treatment works. In a residential rehab or inpatient treatment program, the patient stays at the facility for a specified length of time. This duration is based on a number of factors, such as: the severity of the AUD; if there are other substance use or processing issues; family, work, school constraints, and obligations; whether there are any co-occurring mental health disorders such as depression or anxiety; and physical or health problems.

At Futures Recovery Healthcare, the team of professionals will evaluate the individual's situation and then suggest a course of treatment. If an inpatient program is proposed and accepted by the patient, the patient will be staying at the rehab center during the course of treatment. The patient will take part in the various activities in the rehab center and everything will occur onsite, including meals and sleeping.

Futures Recovery Healthcare offers three inpatient rehab programs, which are: the Core Program, Rise Program, and Orenda Program. All of these programs use evidence-based treatments that are provided within a luxurious, all-inclusive nine-acre campus. The Core Program provides comprehensive care for alcohol addiction. It is designed based on the idea that addiction and any co-occurring mental health issues are complex chronic medical conditions and therefore require comprehensive and coordinated care and long-term management.

The Orenda Program provides flexible programming for people who are less able to avoid the identities and lifestyles that tend to perpetuate the stress and triggers of the addiction. Each patient in this program will have their own suite, including a lounge area, private bath, individual workspace, and eat-in breakfast nook. All suites have cable TV and Wi-Fi.

The Rise Program provides an adventure-based, motivational approach to the treatment of addiction. This program integrates physical fitness, team activities, and outdoor adventures. It is based on the idea that physical exertion, exercise, and skill-building can help in improving physical and mental health.

Those who are interested in learning more about inpatient alcohol rehab and how it can help may want to check out the Futures Recovery Healthcare website or contact them on the phone.

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For more information about Futures Recovery Healthcare, contact the company here: Futures Recovery Healthcare Deja Gilbert 561-935-4227 [dgilbert@futuresrecoveryhealthcare.com](mailto:dgilbert@futuresrecoveryhealthcare.com) 701 Old Dixie Hwy Tequesta, FL 33469

## **Futures Recovery Healthcare**

*Futures approaches the treatment of addiction and co-occurring physical and mental health conditions as chronic medical problems requiring comprehensive and integrated care and a lifetime of self-management.*

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