



Rehab Reports on Importance of Inpatient Treatment

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Santa Ana, CA - Pacific Sands Recovery Center published a blog post that educates the community on the importance of inpatient treatment when it comes to supporting long-term recovery for professionals. Inpatient rehab requires someone to live at a facility for a certain amount of time as they recover from a substance use disorder. This lasts several weeks to months, providing people with medical support and recovery tools. Inpatient treatment happens at any point in the recovery process, though many people start their journeys there following detox. It is also possible to return at any point, and returning to inpatient treatment is not a sign of failure.

Many benefits are achieved by professionals who experience inpatient treatment for a substance use disorder. One advantage of attending inpatient is that you will be in a secure, substance-free environment. In your daily life, you frequently encounter many stressors and triggers in your home and career. These make it challenging to maintain your recovery. Potential triggers are removed during inpatient treatment, allowing you to focus all your time on your treatment, the blog post states.

Other benefits that professionals gain during inpatient treatment include developing skills that will prevent a return to use, having dedicated time and space away from their busy schedules to focus entirely on their recovery, and forming connections with peers who will provide motivation and emotional support both during

their stay and after discharge. During inpatient treatment, professionals will also have the opportunity to have both their substance use disorder and a mental health condition treated together, known as dual diagnosis. This prevents complications from happening further down their recovery journey.

Professionals will receive medication management, individual therapy, and group therapy during inpatient treatment. During medication management, medical professionals will ensure their medications are taken, receive round-the-clock care, and remain safe. Individual therapy has people meeting one-on-one with a therapist who will guide them through their personal journey as they uncover and understand their substance use disorder. During group therapy, they will connect with people like themselves and be exposed to unique perspectives and experiences. Professionals will learn understanding, empathy, and communication skills through group therapy.

With that said, not everyone will benefit from inpatient treatment, and some can find success on their own or at an outpatient level of care. During admissions, specialists will determine if inpatient treatment is the right choice for each potential client. Some things can help a professional know if attending inpatient treatment will be helpful for them. These include consuming large quantities of substances, having a long history of substance use, having attended treatment before and returned to use, experiencing severe or life-threatening withdrawal symptoms, the presence of a co-occurring mental health condition, or having people who consume or enable substance use.

?Completing your inpatient treatment increases your chance of a successful recovery. The researchers in the above study suggest this is the case because aftercare planning is often focused more toward the end of your inpatient treatment. Aftercare planning prepares you with the tools and plans to help you know how to keep yourself safe after discharge,? the blog post continues.

Pacific Sands Recovery Center is a high-end facility in Santa Ana, CA. It has a maximum of 6 clients and private rooms accessible to those with mobility concerns or disabilities. The primary therapist is on-site 50 hours a week, working with clients to ensure they receive the care they deserve. The center takes a solution-focused approach to care as it explores what has worked for its professional clients in the past.

To learn more about Pacific Sands, visit their website or call them at 949-426-7962.

Pacific Sands - The first step towards a new life.

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For more information about Pacific Sands Recovery Center, contact the company here:[Pacific Sands Recovery Center](https://www.pacificsandsrecovery.com)
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Pacific Sands Recovery Center

At Pacific Sands, in Orange County, California, we understand that clients are in addiction treatment to learn how to live their lives differently and we don't expect them to have all the answers.

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