

Breaking: Real Recovery Solutions Now Offering Inpatient Rehab Services

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Tampa, FL ? Real Recovery Solutions, Florida?s largest and highest-rated sober living community, has once again expanded its services. Last summer, they opened a treatment center that offered a partial hospitalization program (PHP) and intensive outpatient programming (IOP). Now, Real Recovery also offers inpatient treatment at that facility.

Inpatient treatment is a vital resource for people who are in crisis. An inpatient stay at Real Recovery?s Tampa facility is appropriate for people who need help detoxing from the substance they?ve been taking or who have a co-occurring mental health condition.

?We recognize how much trust our clients put in us to ensure a safe, healing environment for their recovery, and we take that seriously,? the website states. ?Our inpatient facilities are designed to help people who are at their lowest point with SUD and co-occurring mental health conditions find stability and move forward for long-term recovery.?

An inpatient stay benefits clients by giving them 24/7 support from clinical staff and peers. During inpatient,

clients at Real Recovery encounter a friendly, healing environment that empowers them to focus exclusively on their recovery. The structured daily activities keep clients focused on recovery and developing healthy habits during their stay.

The clinical staff manages inpatient clients' day-to-day schedules, ensuring a low-stress stay. The inpatient setting also successfully reduces clients? exposure to triggers, reducing the likelihood of a return to use while in crisis.

?Here, everyone will be on the same journey with the same goal of abstaining from substance use,? the website continues. ?While at our inpatient facility, you won?t be in situations that could lead to a return to use.?

During a stay at Real Recovery?s inpatient treatment program, clients can expect to receive world-class withdrawal monitoring services so that they can safely and comfortably reach sobriety. They?ll also have access to regular medical and psychiatric evaluations to track their progress and effectively plan their care.

Clients receive individual therapy where a certified therapist will help them work through the nature of their crisis and get to a stable place. Scientifically backed approaches like cognitive behavioral therapy (CBT) and eye movement desensitization and reprocessing (EMDR) help clients get to the root of the trauma that led them to crisis. They will also participate in group therapy, where they?ll learn from and support their peers to feel less isolated.

Family therapy is another important part of what Real Recovery does for inpatient clients. In therapy, the family is empowered to better understand each other and discover a path forward during recovery.

Real Recovery?s inpatient treatment also implements several holistic practices, including nutrition, yoga, and other opportunities focused on whole-body wellness. This prepares clients for well-rounded self-care when they exit treatment.

Their staff is dedicated to creating a thorough discharge plan for every client. A discharge plan ensures that clients know what the next steps are following the end of their stay. Each plan is tailored to an individual client to help them reach the next stage of their recovery.

Following discharge, many clients will continue their journey with Real Recovery through PHP, IOP, or in a sober living environment.

?Choosing recovery is a big step. It means choosing yourself and your future,? the website concludes. ?Our world-class clinical staff will be with you every step of the way.?

Real Recovery Solutions now offers intensive outpatient treatment and partial hospitalization programs in addition to the sober living community they?ve built in the Tampa area. They also provide resources to set men up for success as they transition back into regular life. For more information, visit their website or call them at 813-373-6762.

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Real Recovery Solutions - Tampa

Our mission is to provide quality addiction treatment and a safe, stable recovery environment with a strong community support system to help men successfully transition back into the real world and recover from addiction.

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