



90-Day Rehab

Among 30, 60- and 90-day addiction rehab options, the longest of these programmes is the best choice for the hard-core addicts whose life is completely controlled by drugs or alcohol. Where 30-day programmes may be effective for individuals with a shorter history of drug or alcohol abuse, 90-day programmes give the addict three months of comprehensive therapy designed to enable him or her to fully break the addiction cycle.

Addiction experts agree that hard-core addicts need a longer stay because they need more help learning to overcome their addiction. That makes complete sense. In the same way someone with a broken bone needs a longer time to heal than someone with a bruise, the hard-core addict needs more time to get well than the short-term abuser.

Please understand that residential rehabilitation treatment offers many advantages over outpatient programmes offered as outpatient. First is the idea of separation. A 90-day separation from one's daily routine and circumstances is paramount in helping the hard-core addict overcome. Addicts attending outpatient programmes are often distracted to the point of failure.

Detox in a 90-Day Programme

If you or someone you love is enrolled in a 90-day rehab programme, detox will undoubtedly be part of the equation. It is not possible for hard-core addicts to fully overcome without it. However, it is important to understand that detox should only be undertaken in the controlled environment of a residential rehab centre.

A clinic offering 90-day treatment is one staffed by medical professionals with plenty of experience dealing in alcohol and drug addiction. They are the best ones to offer medically supervised detox in a way that minimizes the risks of serious accidents or fatalities. And make no mistake about it; detox is a medical emergency that can have serious consequences.

Detox at a residential facility can be either medicated or non-medicated. There is a difference between the two:

- **Medicated** – Medicated rehab involves the use of drugs to help control withdrawal symptoms and, in some cases, take the edge off. Using methadone to help with heroin detox is but one example. Keep in mind the medications are not intended to be an addiction substitute; they are a temporary aid.
- **Non-Medicated** – If medical staff determine medication is not necessary to ensure safety, it likely will not be used. This type of detox is also known as ‘cold turkey’. Although going cold turkey may be a bit more uncomfortable, it also allows for a quicker recovery.

Withdrawal symptoms for most people begin to peak on the second or third day of detox. After that, they gradually subside over the course of 4 to 10 days. Most people can complete the detox process in about a week.

Rehab Therapies and a 90-Day Programme

The interesting thing about 90-day rehab programmes is that the amount of time spent on detox is identical to shorter programmes. That means the rest of the time is devoted to rehabilitative therapies involving different types of counselling and activities. So why do these rehabilitative therapies take longer with some people?

The answer to that question lies in the difference between physical and psychological addictions. A physical addiction is simply a reaction of the human body to the drugs or alcohol ingested. As we said earlier, the physical addiction can be broken in a week or two. The mental and psychological addictions are a different story. They can be more difficult to uncover and, depending on the attitude of the recovering addict, certainly more difficult to conquer.

Rehab therapies include things like group support, 12-step work, cognitive behavioural therapy, team-building exercises and so on. At the heart of all of these therapies is the willingness and enthusiasm of the individual addict. The right attitude goes a long way toward conquering addictive behaviour.

The Role of the Addict

It has been said that the drug or alcohol addict cannot truly be helped unless he or she wants to be helped. That is so very true. When individuals are forced into addiction recovery programmes they often do not put their full effort into

it, resulting in eventual relapse. We have seen this very scenario repeatedly over the years.

On the other hand, when someone acknowledges they have a problem and enters a rehab programme voluntarily, their chances for permanent success are that much greater. Simply put, attitude is everything. A positive and a willing attitude can accomplish great things. A negative and resentful attitude is a guaranteed route to failure.

If you are looking at a 90-day rehab programme to treat your addiction, try your best not to view it as a bad thing. It is actually an open door to a happy and productive life if you can make it through to the end. Moreover, when you complete your programme, you will find plenty of support through aftercare programmes, family and friends who love you, and the services provided by local support groups.

Choosing the Right Programme

Choosing the right 90-day rehab programme begins by having your current situation assessed by a trained professional. That's where we come in. Our staff have the experience and training necessary to help you assess your current circumstances considering the treatment options available. After an initial consultation, we will be able to recommend to you the wisest course of action.

On the other hand, ignoring the fact that you might have an abuse or addiction problem is not going to solve anything. It only makes a bad situation worse. Every day you or a loved one lives under the control of addiction is another day lives are being harmed. There may eventually come a day when seeking help is of no use.

The services we provide are geared toward one thing only: connecting you or a loved one with the help you need to overcome drug or alcohol addiction.

An initial telephone consultation is completely confidential and will not cost you anything, so what do you have to lose by calling us? Absolutely nothing. And in fact, you could get your life back by picking up the phone and making that call.