

Life after Treatment: Transition Homes Assist on the Road to Recovery

The process of drug and alcohol addiction treatment can be a tough one for those seeking help. Treatment can often be painful, confusing, mentally and emotionally unnerving. It is therefore crucial that help is readily available after initial treatment. For this reason, transition homes play a major part in the sustained recovery of those completing addiction treatment.

People completing drug and alcohol addiction treatment are in between worlds, balancing fragility between recovery and relapse. Because of the time, effort and control it takes to mold themselves back into a sober society, and because those recovering often have emotional and physical ties to the substances they once abused, more than half will consume drugs or alcohol in the first year following treatment.

A fully stable recovery is one in which the risk of future lifetime relapse drops below 15%. This risk is normally present for up to 5 years following treatment. Recovery is therefore not considered stable until it has been sustained for that period of time. Statistics show that 25% -35% of those who complete drug or alcohol addiction treatment will be readmitted within one year, and about 50% will be readmitted within 5 years. Furthermore, it is believed that the period of 30 to 90 days following treatment is the most vulnerable window of time, in which the balance between recovery and relapse is most fragile. With such grim statistics, there is a need for assistance in the most vulnerable time period immediately following treatment. Transition homes can offer such assistance, and have seen great success in helping those who complete treatment remain sober and achieve recovery.

Transition homes assist those who have completed initial drug and alcohol treatment with recurring psychiatric issues, rebuilding self-worth, purpose and functioning relationships with others, and gradual reintegration into the community. They offer the healing help and contact that is needed during this transitional period which often proves impossible for those recovering from substance abuse to navigate on their own. Transition homes provide a comfortable living situation, usually in apartment-style communities, large homes or assisted living facilities which offer recovering addicts the opportunity to work with others in a controlled environment, participate in group therapy, workshops, sports and recreational activities, develop therapeutic interests and hobbies. Those recovering from drug and alcohol abuse also have the opportunity to participate in vocational and educational programs. This shared activity reduces stigma and promotes responsibility and a gradual (but structured) return to normalcy.

The success of transition homes over the last few years has been tremendous. Statistics show that while 10% of those who receive only treatment stay sober in the first year, a phenomenal 85% who receive both treatment and transitional care stay sober in the first year. Transition homes bridge the gap between treatment and reintroduction to the community, allowing those who are recovering from drug and alcohol abuse to get reacquainted into society at a pace that is not overwhelming. This reduces the stress that can trigger a relapse, ensuring a more positive outcome. Transition homes are conscious of individual needs, sensitive to privacy and discreet in their services, making it easier for people to receive the recovery assistance they need without fear of stigmas or feelings of persecution. For more information on drug and alcohol abuse recovery, visit www.anewdayrehab.com

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A New Day Rehab offers a high-quality, comprehensive treatment for drug and alcohol abuse that centers on the individual needs of each client. Based in southern Florida, A New Day Rehab provides a serene and safe environment that promotes healing on all levels – physically, mentally and spiritually. Admissions accepted 24 hours a day, 7 days a week. Visit www.anewdayrehab.com or contact via email at info@anewdayrehab.com for more information.

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