

# Find 90 Day Inpatient Drug Rehabs Near You!

## 3 MONTH LONG DRUG ADDICTION TREATMENT PROGRAMS

<https://www.rehabnear.me/drugs/90-day-drug-rehabs/>

## 90 INPATIENT DRUG ADDICTION DEFINED

Choosing a 90-day addiction rehab program is no simple task. There are many things to consider, such as the patient's specific addiction, the severity of their problem, the type of treatment they need, the price of rehab, their insurance coverage, and the preferred treatment location.

For 90-day rehab programs, the price is particularly important because they tend to be more expensive due to the longer treatment duration. But the good thing about drug rehab programs that last for three months can provide patients with a solid foundation for recovery. 90-day rehab programs are expected to have more significant results. They tend to have a bigger impact compared to the ones that last for only one or two months—although those can be just as effective, depending on the person.

The first question patients often face when choosing a rehab program is: do they want an inpatient or outpatient program? Sometimes, it is not a matter of what they want, but what kind of care they need. For example, people with severe addictions will probably benefit more from the structured care of inpatient treatment. Outpatient treatment can be effective, but only for those with more manageable addictions and patients that need the flexibility provided by this approach.

In an inpatient setting, patients reside in a facility that is designed to help them break free from the cravings and temptations they usually get from the outside world. The treatment method is more focused and is based on a tight schedule that revolves around therapy and medical detox. They receive round-the-clock care. They also interact with therapists, doctors, and people who are going through similar struggles. The social component of inpatient treatment is good for those with severe addictions because it helps them realize that they are not alone in their dilemma, as overwhelming as it feels at the moment.

Such a level of care is especially appropriate for those who have severe addiction, co-occurring mental health conditions, suicidal ideation, special medical considerations, or a history of poor treatment compliance.

Because of this safe and healthy environment, inpatient treatment has a higher success rate compared to its outpatient counterpart. Many 90-day addiction rehab programs are conducted in residential or inpatient settings.

Outpatient treatment is less focused and less structured. But the schedules are also more flexible. This level of freedom is great for patients that cannot fully commit to treatment due to their commitments and responsibilities. They receive continuous care from medical professionals, but they do not have to stay in the facility. However, this means they are always exposed to their usual triggers, and therefore at risk of relapse. This can be a good thing, depending on the person. Being exposed to these triggers and still being able to stay sober can feel empowering and may help patients realize they are still in control of their choices.

Outpatient clinics can also provide 90-day programs of substance abuse treatment. This involves frequent visits to the rehab facility. Often this care continues for far longer than 90 days to help patients get the most out of the treatment. Outpatient treatment sessions can be scheduled around the patient's school, work, or home responsibilities.

Outpatient treatment, also known as partial hospitalization, is only recommended for those with mild addictions, or those with a strong motivation to recover. It is also great for those who have strong sober support systems. It also helps to have reliable transportation to the clinic.

## **90 DAY DRUG PROGRAMS:OVERVIEW**

If the person thinks they might need rehab, then there is a good chance that they do. Addiction is characterized as a compulsion to get and use drugs even when doing so results in mental or physical harm. They will keep taking the drug even if they know it is bad for them and even as they are suffering from its negative effects. Finding and taking their drug of choice also becomes their main priority, and so they tend to neglect their obligations. Addicted individuals also tend to enjoy their old hobbies and interests less in favor of abusing their drug.

As a result of their compulsive choices, their health will suffer and their relationships might falter. Another sign that a person needs rehab is if they make repeated unsuccessful attempts to quit or cut back on their drug use. When they do take drugs or drink alcohol, they end up using more than they intended. And of course, they also crave drugs or alcohol strongly when unable to take them.

People who have been abusing certain substances for a significant period of time may develop tolerance, which means they need to take more in order to feel the same effects. But the thing about tolerance is that it's not a clear indication of addiction on its own. It is simply the body's natural mechanism for adjusting to a given dose. Subsequent doses elicit diminishing responses. It is not an indication that someone has a substance use disorder.

Furthermore, the addicted individual may also develop physical dependence, wherein their body has adjusted to the constant presence of the substance and therefore reacts negatively when

they quit taking it even just for a short period of time. The dependent person goes through withdrawal when they don't take their drug of choice or drink alcohol.

Having two or more of these signs could indicate some degree of a substance use disorder, with more signs indicating a higher level of severity. Medical detox may be required for some individuals, especially those with significant alcohol or drug dependence.

A patient needs a 90-day addiction rehab in particular if their condition is severe or something they have been struggling with for a long time. The additional time spent in the residential rehab clinic empowers individuals with solid relapse prevention skills. It also teaches them stress management without going back to drugs or alcohol. It allows for a complete change in lifestyle, even with a chaotic home life or a weak support system. Of course, the addicted individual still needs to put in the work and be open to change. Recovering from any addiction is a long and difficult process that sometimes involves relapse. The addicted individual should not get discouraged.

A 90-day residential treatment facility may also be a good fit for those with underlying medical or mental health issues because those problems also need to be addressed.

## **WHY CHOOSE A LONG TERM REHAB FACILITY**

The first part of a 90-day rehab program is called intake. Intake is when the patient meets with a counsellor to provide a detailed history of their addiction and any medical health considerations. This helps determine the best course of treatment. Because addiction is such a complex health problem, the best way to handle it is with a personalized approach.

During intake, the rules of the rehab facility will be explained. The patient will complete their consent forms and any other necessary paperwork.

Medical detox soon follows the intake. This stage of treatment can last a few days or a few weeks, depending on the severity of the addiction. Detox works by gradually reducing a person's drug intake while taking care of their withdrawal symptoms. With the help of medical professionals, the risk of severe withdrawal is reduced.

Throughout the 90-day rehab, the patient will undergo several behavioural and therapeutic techniques, as well as medication-assisted interventions. It is designed to address an individual's recovery needs.

Before the 90-day program ends, aftercare planning will take place. Rehab, after all, is only half the battle. Maintaining sobriety afterwards is a challenge for any recovering patient, and so they will need to incorporate the things they learned in rehab.

Aftercare helps keep them on the right track. Some rehab facilities offer in-house aftercare programs, while others refer their patients to appropriate facilities. A strong aftercare plan can make all the difference when it comes to long term sobriety. It may involve substance abuse

counselling, regular 12-step group appointments, sober living arrangements, and other aftercare opportunities.

## WHAT IS THE COST FOR A 90 DAY REHAB PROGRAM

Paying for this type of program is a genuine concern for many people, because they know how expensive it can be. The expenses are naturally high because of the longer duration of treatment. During that period, the patient will receive food, lodging, intensive therapy, medications, and other necessities.

Insurance typically covers only 30-day rehabs, so it might be harder to find insurance coverage for this longer type of treatment. But most rehab facilities of this type will offer convenient payment options such as instalment plans. Different facilities offer different financing options or even sliding scale fees.

Patients will have to discuss their coverage with their insurance provider, to make sure they are covered before they sign up for a 90-day drug rehab. The price range for addiction treatment varies significantly depending on amenities provided, length of stay, and other factors.

A 90-day inpatient treatment program may cost \$200 to \$700 per day, totalling \$33,000 to \$58,000 for the entire program. Costs can be higher for luxury addiction centers.

If someone in the family is struggling with opioids or alcohol addiction, it is important to seek help. A combination of medical detox and behavioral therapy can go a long way in the fight against drug abuse. But because every individual is affected by addiction differently, a comprehensive program tailored to their specific needs is necessary. Look for a nearby addiction treatment facility today and find out how drug treatment programs work.

RehabNear.Me can help people who are looking for a [Christian Based Drug Rehab program](#) as well.

## CHALLENGES AND OBSTRACLES

There will be bad days. That is what makes recovery so challenging—and that is why drug rehab is necessary. Individuals seeking balance and strength will sometimes stumble and feel weak. But obstacles are common and to be expected. There are so many problems along the way that need to be dealt with. Payment for treatment is perhaps the biggest obstacle. But the good news is that most rehab facilities work with insurance. If not, there are several payment options for treatment. Financing options, insurance coverage, financial assistance from friends and family—these are all on the table. Not to mention the fact that many rehab facilities are actually more affordable than others. Steer clear of luxury rehab, unless there are funds available for it. The traditional rehab should work wonders.

## HOW TO CHOOSE AN INPATIENT TREATMENT CENTER

While finding the right addiction rehab can seem overwhelming, help is available. There are plenty of resources available to help with the search. Finding the right one can go a long way in ensuring the success of the treatment. Visiting local rehabs and paying attention to the surroundings and the staff first-hand is a great idea to get a feel for the rehab facility's atmosphere.

Asking about treatment methods, policies, and payment options can give the patient a solid idea on how things work in that facility. This will help them choose the right fit later on. There are facilities for certain demographics and preferences. There are programs designed for patients with co-occurring mental or physical illnesses. Loved ones can also try looking for online resources that provide the necessary information on different rehabs.

Most rehab facilities nowadays have websites or just hotlines people can dial to get more information. Admitting that there is a substance problem or addiction is never easy. Getting started on rehab can even be scary. But the short-term commitment that 30-day rehabs provide is one of its biggest benefits, and can really get one foot in the door for patients who are afraid of treatment. A rehab program lasting only 28 or 30 days is a relatively short time commitment, but the rewards of sobriety can be lifelong. If someone in the family is struggling with opioid or alcohol addiction, it is important to seek help.

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## **OUTPATIENT DRUG REHAB**

Outpatient drug rehab is less focused, but more flexible. This means it has a higher chance of relapse, and that is why it is not recommended for those with long term addictions or severe dependence. It is perfect for those with more manageable conditions who want to continue working or could not stay in a treatment facility for 30 days for any reason. Because it is an outpatient program, it requires frequent visits to the treatment facility. Patients are encouraged to stay sober. Because it does not take the person away from their environment, they are still exposed to all the temptations and issues they were previously dealing with.

## **REHAB IS YOUR BEST CHANCE**

Treatment is an addicted individual's best option if they want to recover. Beating an addiction not only requires eliminating the physical dependence, but also addressing the behavioral factors that prevent them from wanting to get better. Simply quitting may not change the psychological aspect of addiction. Some people quit for a while, and then take drugs again, only to overdose because they did not detox properly. Recovery involves changing the way the

patient feels, thinks, and behaves. Also see 30 day drug rehabs and 60 day drug rehabs for different inpatient drug addiction treatment options.