

What is Inpatient Drug Rehab?

Inpatient drug rehab facilities are facilities dedicated to helping treat those who suffer from alcohol and / or drug use disorders. Inpatient drug rehab is an intensive care system that can be integrated for short or long-term recovery use. Inpatient rehab is an essential treatment aspect in many successful drug rehabilitation stories.

What Are Inpatient Addiction Treatment Centers?

[Inpatient drug rehab](#), or inpatient addiction treatment centers, are residential facilities dedicated to helping individuals who suffer from substance abuse disorders. Typically, inpatient rehab is the second step of an individual's recovery journey, after having completed a withdrawal and detox period or program.

These [residential facilities](#) can be either short-term or long-term in nature, typically 30 to 90 days in duration (although programs can be made longer or shorter to fit the needs of an individual patient), and require clients to live on the facility grounds 24/7 for the entirety of their treatment program. Inpatient facilities make use of many different types of therapies, and support systems across the country. Not every inpatient facility is alike, but they all share the same goal, helping you—or your loved one—to overcome your addiction.

Questions To Ask Inpatient Rehab Facilities

Not all inpatient rehab facilities are the same. They may vary in a multitude of ways. So, how can you determine whether or not a facility has a good inpatient rehab program, or if that program is right for you? Try asking some of these questions to both their representatives and yourself to learn more about the program, and make sure it is the best fit possible for you:

- **What types of addictions does the facility treat?**
 - Do you struggle with a dual diagnosis, or alcoholism specifically, and the treatment center you are looking into focuses on cocaine addiction? Sometimes different types of substance disorder require very specific treatments, and facilities will dedicate themselves wholly to treating individuals with those conditions alone.
- **Is the inpatient rehab center geared toward any specific group of individuals?**
 - Some inpatient rehabs take special consideration to people as they are physically. This means there are some facilities that specifically treat men, women, or members of the LGBTQ community, to better suit their needs, and promote safe and holistic healing, in the event of outside abuse complications and distractions.
- **What are the accommodations / rooms like?**
 - Not every facility has the same floor plan or set up. You don't need a fancy room, but it would be good to know things like if you'll have a roommate or not, and to make sure

that the room is clean. You'll be occupying the space for at least 30 days most likely, and although the room is not as important as the treatment, you'll want to make sure you are comfortable, so that discomfort does not become a distraction.

- **What types of treatment programs does the facility offer?**
 - Most inpatient treatment centers offer a great many counselling services, therapies, and enrichment opportunities, but that does not mean all inpatient rehabs offer these services. If you have a specific therapy you are looking to try, or that your doctor recommends you participate in, you'll want to check that the facility you are looking into offers the treatment, or has connections they work with to potentially make this service available to you.
- **Do you need to maintain an active presence with your job during residential treatment?**
 - Something you'll want to consider before enrolling in an inpatient program is your job. Inpatient rehab requires you to remain on facility grounds 24/7 for the duration of your program, and there are rarely any exceptions to this rule. Will your job let you take off an extended amount of time? Or do you maybe need to consider [outpatient, or intensive outpatient](#), therapy alternatives, so that you can continue to work, but still be treated?
- **Do the program costs work for your budget and insurance?**
 - Not every treatment facility costs the same. Some may be within your budget range, and some may be outside of it. Luckily, there are many opportunities for you to be able to afford rehab, including grants, payment plans, funding opportunities, and most insurances will cover a portion of the cost of treatment. In the end, you need to be comfortable with what the facility charges, so that you can move forward with treatment.
- **Does the facility participate in medication assisted treatments?**
 - This can also fall under "treatments offered". If you specifically need to use medications for detox purposes, or help you combat your cravings, withdrawal symptoms, or to help manage the symptoms of co-occurring disorders. Many inpatient rehabs allow for this type of treatment, but it is better to check to be certain the facility you want to enroll with allows for this opportunity.

Finding The Best Treatment Center

When looking for an inpatient treatment center, it is important to keep in mind that what would work best for you, may be vastly different from what would work best for someone else. You'll want to choose a program that suits your needs, and is willing to work with you to cultivate a program plan, but that will also challenge you. Even though most treatment centers share very similar structures, not all facilities are created equal.

Some may charge more because they have fancier facilities, make sure you [don't confuse luxury with quality](#). Other [programs](#) will be designed for a specific population group, or focus on alcoholism alone instead of drug and alcohol rehabilitation. It all depends on the facility and the programs they offer. So, it

is essential that you do your research, and ask some questions before enrolling in a program, this way you can start off your recovery journey as strongly as possible.

Inpatient Rehab Costs and Payment Options

It is difficult to give a specific price on inpatient therapy. Each facility has the potential to charge differently, depending on the services they provide and offer, whether or not you are being treated for a dual diagnosis, and the length of the program itself. The cost of treatment can also largely depend on you as an individual, as program plans are adapted to your specific needs, and thus prices may go up or down.

For the most part, it is important to remember that substance abuse treatment centers are here to help you—or your loved one—overcome your struggle with addiction. As such, most treatment centers have tailored their programs to be as affordable as possible. But, if you are still worried about being able to make payments, it is first best to call the facility you are interested in and discuss your needs so they can give you a more specific rate. There are also [grants](#) you can apply for to help pay for treatment, and your [insurance](#) should cover a good portion of your overall cost for treatment as well. Most treatment facilities allow for enrollment in a personalized payment plan, and there are many other [funding opportunities](#) available as well.

But remember, the fancier the facility, the more it will cost. Make sure to do plenty of research before enrolling with a program, make sure you understand the finances behind it, and don't be afraid to keep looking for better, more affordable programs if need be. If you aren't careful, inpatient rehab can become pricey quickly, but there are plenty of ways in which you can keep the cost down, and still receive quality treatment.

References

National Center for Biotechnology Information. U.S. National Library of Medicine: National Institutes of Health. [Inpatient Rehabilitation Facilities](#). (2019, September). (2020, July 28).

National Institute on Drug Abuse: Advancing Addiction Science. Publications. Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition): [Types of Treatment Programs](#). (2018, January). (2020, July 28).

U.S. News & World Report. [6 Tips for Finding a Good Drug and Alcohol Treatment Center](#). (2017, September 7). (2020, July 29).

Missouri Department of Mental Health: [Treatments, Services, & Supports](#). (Accessed 2020, July 29).

U.S. Department of Health & Human Services: SAMHSA: Substance Abuse and Mental Health Services Administration. [Grants](#). (Accessed 2020, July 29).

U.S. Department of Health & Human Services: SAMHSA: Substance Abuse and Mental Health Services Administration. [Funding Opportunities](#). (Accessed 2020, July 29).

Health Care. [Mental Health & Substance Abuse Coverage](#). (Accessed 2020, July 29).

National Center for Biotechnology Information. Substance Abuse: Clinical Issues in Intensive Outpatient Treatment. [Chapter 4. Services in Intensive Outpatient Treatment Programs](#). (Accessed 2020, July 29).