

# Residential Treatment Center for Drug Addiction in Dallas, Texas

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## What is Residential Inpatient Treatment Center?

Residential treatment centers can be an effective way to fight back against addiction, and clients can enjoy total support and care every step of the way. Get familiar with the benefits of residential rehab and learn what to expect when you begin this critical step on the road to recovery.

Experiencing cravings and temptations is a common and ordinary part of recovering from addiction. Often, these are physical responses. It can be part of a delayed withdrawal as the body learns to readjust after ending substance abuse.

In other cases, temptations can be emotional or even behavioral. Substance abuse can become an ingrained habit, and breaking free from that doesn't happen right away.

The good news is that clients experience fewer and fewer of these cravings over time. In [residential treatment programs](#), there is no access to drugs or alcohol. Even when cravings strike, clients know that there are no ways to give in. This completely sober environment makes it much easier to stay on track.<sup>1</sup>

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<sup>1</sup> <https://www.gatewayfoundation.org/programs-and-services/levels-of-care/residential-inpatient-treatment/>

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## What Rehab Do Celebrities Go To?

There aren't rehabs that only treat celebrities. In reality, celebrities tend to choose the most high-end programs. But anyone who can afford these programs can receive treatment there. Celebrities often choose centers where their privacy and anonymity will be protected. Los Angeles is a popular location for celebrity rehabs, but some seek treatment in Utah, Arizona, or Hawaii.

If you've picked up a magazine or spent time online in the past few years, you have probably felt like Hollywood celebrities are always coming and going from one drug rehab program or another.

The truth is, celebrities may seem to have more addiction issues than the general population, but in truth it only appears that way because of the relentless media attention placed on these recognizable men and women on a daily basis.

Just because a famous actor or musician lives his life in the spotlight doesn't mean he shouldn't be afforded his privacy when the time comes for him to enter into an addiction treatment program. With magazines and television shows now offering a premium "bounty" for those members of the paparazzi able to snap pictures of these men and women and at their lowest moments, there is a greater call than ever to find the most private addiction treatment facilities possible. These private drug rehab centers offer a higher level of anonymity and luxury than other facilities – and therefore appeal to those stars that have the resources to pay for them.<sup>2</sup>

## Does Medicaid Pay For Rehabilitation?

Medicaid is a public insurance program for low-income families. Under the 2010 Affordable Care Act (ACA), also known as "Obamacare," insurance providers (including Medicaid) must cover all basic aspects of drug and alcohol dependency recovery. While Medicaid covers substance abuse treatment, not all facilities accept Medicaid as a form of payment. To find a recovery provider that accepts Medicaid, get in touch with the Substance Abuse and Mental Health Services Administration (SAMHSA).

Medicaid recipients don't have co-payments for addiction treatment in most states. For states that charge co-payments, there is an out-of-pocket maximum set for Medicaid recipients.

Medicaid covers all or part of the following services:

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<sup>2</sup> <https://luxury.rehabs.com/california-drug-rehab/celebrity-rehabilitation-centers/>

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Screenings  
Intervention  
Maintenance and craving medications  
Family counseling  
Inpatient care  
Long-term residential treatment  
Detox  
Outpatient visits  
Other mental health services<sup>3</sup>

## What Does An Addictionologist Do?

Addiction medicine is a medical subspecialty that deals with the diagnosis, prevention, evaluation, treatment, and recovery of persons with addiction, of those with substance-related and addictive disorders, and of people who show unhealthy use of substances including alcohol, nicotine, prescription medicine and other illicit and licit drugs.[3] The medical subspecialty often crosses over into other areas, since various aspects of addiction fall within the fields of public health, psychology, social work, mental health counseling, psychiatry, and internal medicine, among others. Incorporated within the specialty are the processes of detoxification, rehabilitation, harm reduction, abstinence-based treatment, individual and group therapies, oversight of halfway houses, treatment of withdrawal-related symptoms, acute intervention, and long term therapies designed to reduce likelihood of relapse. Some specialists, primarily those who also have expertise in family medicine or internal medicine, also provide treatment for disease states commonly associated with substance use, such as hepatitis and HIV infection.

Physicians specializing in the field are in general agreement concerning applicability of treatment to those with addiction to drugs, such as alcohol and heroin, and often also to gambling, which has similar characteristics and has been well-described in the scientific literature. There is less agreement concerning definition or treatment of other so-called addictive behavior such as sexual addiction and internet addiction, such behaviors not being marked generally by physiologic tolerance or withdrawal.

Doctors focusing on addiction medicine are medical specialists who focus on addictive disease and have had special study and training focusing on the prevention and treatment of such diseases. There are two routes to specialization in the addiction field: one via a psychiatric pathway and one via other fields of medicine. The American Society of Addiction Medicine

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<sup>3</sup> <https://www.addictioncenter.com/rehab-questions/medicaid-and-medicare/>

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notes that approximately 40% of its members are psychiatrists (MD/DO) while the remainder have received primary medical training in other fields.<sup>4</sup>

## How Long Do You Stay In Residential Treatment?

Most rehab programs range from 28 days to 90 days, depending on your needs and what you want from your treatment program. However, programs vary greatly and you can find shorter and longer stays, as well as both outpatient and inpatient residential treatment programs.

Longer treatment stays are generally associated with higher success rates—regardless of the type of program.

Rehab treatment program lengths include, but are not limited to, the following time spans:

28-30 days.

60 days.

90 days.

Long-term recovery (90-120 days and beyond).

The actual amount of time you spend in treatment will depend on a number of things, including:

Severity of addiction.

Need for [medical detox](#).

Insurance.

If no insurance, ability to self-pay.

Medical/mental health issues that need treatment.

Lengthier programs are generally associated with higher rates of success. According to the National Institute on Drug Abuse (NIDA), outcomes for residential or outpatient treatment programs are more successful when an individual participates for 90 days or more. NIDA recommends even longer-term treatment to maintain sobriety. <sup>1</sup>

People who take methadone for opioid addiction may be on the medication for at least a year. Many continue to take it for many years. <sup>1</sup>

For many people, recovery is a long-term process. Relapse is common, and people may need to go through treatment several times before they achieve lasting sobriety. <sup>1</sup>

The lengthy recovery process may have to do with the fact that addiction has many effects and may actually change the way the brain works. For example, drug abuse affects parts of the brain that relate to: <sup>2</sup>

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<sup>4</sup> [https://en.m.wikipedia.org/wiki/Addiction\\_medicine](https://en.m.wikipedia.org/wiki/Addiction_medicine)

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Feelings of reward and motivation.

Learning and memory.

Controlling behavior.

When you or your loved one first enters a program, they will meet with an admissions or intake counselor (see below). This person can evaluate you and determine how long you should be in treatment based on your problems and your financial situation.<sup>5</sup>

## How Long Is Residential Treatment?

People with deep-rooted emotional, behavioral, or psychiatric issues that need help may benefit from long-term residential treatment. Long-term residential treatment is considered to be treatment that lasts six months or longer. Although programs may vary, generally most long-term residential treatment programs offer highly-structured programs that provide therapeutic support for each teen in the [php program](#).

The benefits of long-term residential treatment include:

- A collaborative environment where trained therapists, psychiatrists, nurses, residential staff and others meet regularly to discuss the individual needs of each student. This allows students to receive specialized care tailored to his/her unique situation and needs.
- A supportive structure that helps teens manage daily life tasks such as academics, taking medication, practicing good self-care, etc.
- Individual, family, and group therapy sessions that foster growth and understanding and promote healing.
- Students are able to learn personal responsibility as they see how their actions impact others around them.
- Students learn to support one another and form healing relationships.
- Students are encouraged to adopt positive values that give them a framework for healthy living and overall quality of life.

As residential treatment programs are intensive ([IOP](#)) and structured, students can achieve long-lasting healing that may not be possible for them in traditional outpatient therapeutic settings. Although outcomes may vary from program to program, some studies suggest that long-term residential treatment leads to lasting change more often than outpatient therapeutic settings. This is likely due to the structured nature of these programs; for example, taking medication regularly or attending weekly therapy sessions is much easier when it's a required part of a daily routine.

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<sup>5</sup> <https://www.recovery.org/drug-treatment/program-lengths/>

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Many long-term residential treatment programs also provide resources and help for the transition back home as this can be overwhelming. Transition resources may include in-home visits, outpatient therapy, [cognitive behavioral therapy](#) or coaching to help with school/vocational goals, but transition support will vary from program to program.

When looking for a long-term residential treatment program, tour the facility and meet with the treatment staff to get a sense of the program's goals, structure, staff, and therapeutic style. You'll want to look for a program that best matches your teen's needs, interests and values. Some long-term residential treatment programs may have specialized services to meet individual needs such as a girls-only program or a program that focuses on treating substance abuse issues. Research programs thoroughly to find the best fit for your teen.

Long-term residential treatment can be a haven of personal growth, healing and lasting change for residents who are committed to learning healthy coping and management skills for their challenges.<sup>6</sup>

## What Does Medicaid Cover Long Term?

Medicaid is a joint federal and state government program that helps people with low income and assets pay for some or all of their health care bills. It covers medical care, like doctor visits and hospital costs, long-term care services in nursing homes, and long-term care services provided at home, such as visiting nurses and assistance with personal care. Unlike Medicare, Medicaid does pay for custodial care in nursing homes and at home.

Overall program rules for who can be eligible for Medicaid and what services are covered are based on federal requirements, but states have considerable leeway in how they operate their programs. States are required to cover certain groups of individuals, but have the option to cover additional groups. Similarly, states are required to cover certain services, but have the option of covering additional services if they wish to do so. As a result, eligibility rules and services that are covered vary from state to state.

To be eligible for Medicaid you must meet certain requirements, including having income and assets that do not exceed the levels used by your state. The section on "Medicaid Eligibility", which you can go to by clicking on the link below, provides more detailed information about how to become eligible for Medicaid.

Once your state determines that you are eligible for Medicaid, the state will make an additional determination of whether you qualify for long-term care services. When determining whether

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<sup>6</sup> <https://www.innerchange.com/treatment-options/long-term-residential-treatment/>

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you qualify for long-term care services, most states use a specific number of personal care and other service needs to qualify for nursing home care or home and community-based services. There may be different eligibility requirements for different types of home and community-based services.

Your State Medical Assistance office is the best source for information about how to qualify for Medicaid in your state and if you qualify for long-term care services.<sup>7</sup>

## What's The Difference Between Drug Abuse And Drug Addiction?

Many people use the words addiction and abuse interchangeably, but drug and alcohol addiction and abuse are two different things. Both of them have the potential to affect a person's life, but the difference is the degree to which they levy that control.

A person who with a substance abuse issue still has control over his or her life, even while using. Someone with a full-blown addiction is no longer in control of his or her life; the substance has taken over.

Someone who is abusing drugs or alcohol may be functioning reasonably well at work and at home. It doesn't mean that they are not taking risks with their physical and mental health by drinking or using drugs. The longer they continue to use, the higher the risk of developing an infection disease, organ damage or having an overdose becomes.

There may also be economic or legal consequences from the drug or alcohol use from lost employment opportunities, to job loss to arrest for DUI. Even a casual user faces these effects if he or she turns to drugs to cope with life stresses, past traumas or strong emotions.

A drug or alcohol abuser is able to learn from negative consequences of substance abuse and make more positive choices going forward. It's not the same situation for someone who is addicted, however.

The main difference between drug abuse and drug addiction is that addiction takes over a person's life. The pursuit of the drug of choice, drinking or getting high, recovering from using, and finding more alcohol or drugs takes up a good part of an addict's time. An addict will miss work or school, as well as time with friends and family, to feed the addiction.

It's not uncommon for an addict to have financial, health or legal problems because of his or her addiction and continue to use. They have developed a chemical dependency that prevents them

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<sup>7</sup> <https://longtermcare.acl.gov/medicare-medicaid-more/medicaid/index.html>

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from stopping on their own. Cravings for their drug of choice will lead to them acting irresponsibly so that they can get their next “fix” of whatever it happens to be.

Addicts downplay the extent of their problem, and this type of denial is very common. They may blame outside circumstances for the problem, but the chemical dependency is the reason they cannot stop using.

The only way that an addict can stop using is by getting professional help. Summit Behavioral Health offers residential treatment for clients with drug and alcohol addiction. We know that each client is an individual and for that reason, each client receives an individualized treatment program.<sup>8</sup>

## What Is An Addiction Doctor?

An addiction medicine physician is a physician trained and certified to provide comprehensive care for addiction and substance related disorders, including the diagnosis, treatment and prevention of such health conditions. Addiction psychiatry is an ABMS-approved certified subspecialty of psychiatry that prepares physicians, who are already board certified in general psychiatry, to provide comprehensive care for substance use disorders and related conditions. Addiction medicine physicians are board-certified in another medical specialty (e.g. internal medicine, family medicine, psychiatry and others), prior to meeting requirements for board certification by the American Board of Addiction Medicine. The addiction medicine physician provides medical care within the bio-psycho-social framework for persons with addiction, for the individual with substance-related health conditions, for persons who manifest unhealthy substance use, and for family members whose health and functioning are affected by another’s substance use or addiction.

The addiction medicine physician is specifically trained in a wide range of prevention, evaluation and treatment modalities addressing substance use and addiction in ambulatory care settings, acute care and long-term care facilities, psychiatric settings, and residential facilities. Addiction medicine specialists often offer treatment for patients with addiction or unhealthy substance use who have co-occurring general medical and psychiatric conditions

The addiction medicine physician is a key member of the health care team and is trained to coordinate and provide consultation services for other physicians and to use community resources when appropriate. Some addiction medicine physicians limit their practice to patients with addiction or other patterns of unhealthy substance use. Others focus their practice on patients within their

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<sup>8</sup> <https://serenityatsummit.com/addiction/what-is-difference-between-addiction-abuse/>

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initial medical specialty who have substance-related health conditions. Addiction medicine physicians work in clinical medicine, public health, educational, and research settings to advance the prevention and treatment of addiction and substance-related health conditions and to improve the health and functioning of persons with unhealthy substance use or who are affected family members of unhealthy substance users.”<sup>9</sup>

## What Does Residential Treatment Mean?

A residential treatment center (RTC), sometimes called a rehab, is a live-in health care facility providing therapy for substance abuse, mental illness, or other [behavioral therapy problems](#). Residential treatment may be considered the "last-ditch" approach to treating abnormal psychology or psychopathology.<sup>10</sup>

Supporting Docs:

- [Drug Addiction Treatment in Dallas, TX FAQs Main](#)
  - [What Type Of Therapy Is Best For Addiction?](#)
  - [Behavioral Therapies](#)
  - [Is Drug Addiction A Medical Condition?](#)
  - [What Is Drug Addiction Wikipedia?](#)
  - [What Causes Substance Use Disorder?](#)
  - [What Are The Effects Of Drugs?](#)
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  - [Stimulants](#)
  - [Depressants \(sedatives\)](#)
  - [Opium-related painkillers](#)
  - [Hallucinogens](#)
  - [What Is Effective Treatment?](#)
  - [What Is Drug Abuse And Its Effect?](#)

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<sup>9</sup> <https://www.abam.net/become-certified/scope-of-practice/>

<sup>10</sup> [https://en.m.wikipedia.org/wiki/Residential\\_treatment\\_center](https://en.m.wikipedia.org/wiki/Residential_treatment_center)

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- [Treatment](#)
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- [Does Drinking Water Help Flush Out Medication?](#)
- [How Long Does It Take For Withdrawal Symptoms To Go Away?](#)
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