

Did you know that you can change your life with just one click? By downloading this ebook, you've taken a big step towards building a better life — for yourself or for a loved one.

## An Easy Guide to Getting Help for Addiction

# What Happens in Rehab?



It's true, even if that's hard to see right now. Addiction can steal your hope and make you feel like things will never get better. While that isn't ever the case, before things get better they have to get different. Making a change is the only way out of addiction's brutal cycle of pain.

For many people, that change begins with a click or a call asking for help. Then, true transformation happens in addiction treatment, more commonly known as "rehab." Could addiction treatment help you or a loved one get a better life? Read on to learn more.





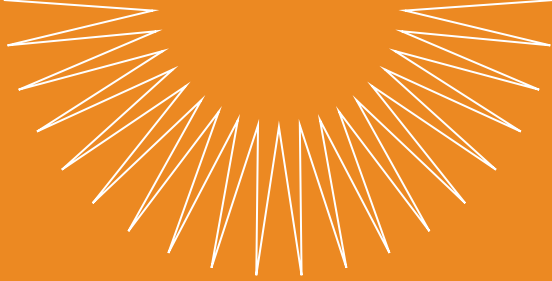
# Signs You Need Addiction Treatment

The decision to seek addiction treatment is very personal for everyone. It comes down to this: Are you sick of the life that drugs and alcohol have left you with, and are you willing to change?

Many people believe they need to hit a typical “rock bottom” moment in order to get help: a DUI, a reprimand at work, or a shattered relationship. The truth, though, is that you don't have to experience any of those situations if you don't want to. The bottom is where you stop digging. You have the option of getting help at any point in your journey; you don't have to wait until you totally destroy your life.

To see the effects of drug or alcohol abuse on your life, you don't have to look far. Are you having issues with your performance at work? Is your relationship in trouble? Do you have money problems? Are you just sick and tired of feeling sick and tired?

“Rock bottom” is simply the point at which you've had enough. The process of climbing back out of that hole can begin at any moment — even when you're reading these very words.



If you decide to change course and enter addiction treatment, your life will be forever changed. In treatment, clients plant the seed for a new life by uprooting the underlying trauma that is unknowingly driving their addiction. Because that trauma is so personal, addiction treatment is not a one-size-fits-all approach.

First, you should know that there are several types of addiction treatment meant to fit different client needs. The most comprehensive treatment type is residential addiction treatment. In residential addiction treatment, you live at a facility for a number of weeks, receiving 24/7 treatment and support.

Some clients do not need such intensive care. For those whose addiction is less severe, partial hospitalization (PHP) or intensive outpatient treatment (IOP) might be a better option. In IOP and PHP programs, you are able to receive treatment for several hours on site, but return home to stay overnight in your own house. For that reason, IOP and PHP can also be more affordable.

The admissions team at a reputable treatment facility can help you determine what kind of treatment would be most appropriate for you based on your drug(s) of choice and patterns of use.

# Types of Addiction Treatment







# What Happens in Addiction Treatment

No matter which type of addiction treatment you choose, you will want to look for programs that are “dual-diagnosis” and “trauma-informed.”

Years ago, addiction and alcoholism was treated as simply a matter of will power. People in treatment experienced harsh and unforgiving modes of treatment. Today, we know that addiction is caused by under-lying mental and emotional issues and trauma.

A “trauma-informed” approach recognizes that fact firsthand as the foundation of all of a facility’s programming. Programs that are “dual-diagnosis” can even treat additional diagnoses like PTSD, depression, or generalized anxiety disorder alongside addiction, allowing patients to find true freedom.

Masters-level clinicians will create a customized treatment plan for each individual based on their unique needs.

At Sunflower, that might take the shape of any of our specialized programs, therapies, and activities, including:

- Professionals Program
- Fitness Program
- Eating Disorder Treatment
- Yoga for Recovery
- Cooking Class
- Music Therapy
- Family Program
- Maternity Program





Within each of these tracks, you'll experience a variety of treatment therapies meant to help you heal and find new hope. That may include counseling, group therapy, CBT (cognitive behavioral therapy), EMDR (eye movement desensitization and reprocessing), informational sessions, and more.

In CBT, you learn tools for dealing with your problems by changing how you think about them. In EMDR, a therapist guides you through eye movements while talking about past traumas in order to release the hold that they have on you. Group therapy helps you build relationships and see your problems from another perspective. All of these modalities work together to heal you from the inside out.

In between, you'll have plenty of time to relax, process, and learn to live life without drugs and alcohol. At our facility, you might take a walk in the peaceful fields of Osawatomie, or try a game of pickup basketball. All of your meals and snacks will be provided, with healthy and delicious options to support your body's healing.

Every day will be different and full of activities to help you feel better and plant the seeds of a new life.



## Discharge Planning

When it comes time for you to leave, your care team will work hard to make sure that you're not uprooted without fertile ground to continue your growth. In discharge planning, you'll talk about your lifestyle and future goals, and make a concrete plan to continue your recovery and growth after treatment. That might include 12 Step meetings, recovery coaching, sober living, an IOP (intensive outpatient program), or counseling, for example. You'll be given the tools to protect the recovery you've already grown, and to allow it to flourish even more in the future.



# Where New Life Blooms



The shame and fear of addiction can make you feel like a different life isn't possible for you. But no matter how dark things may seem, everyone deserves and can achieve a life in recovery. If you want it, you'll find it at Sunflower Recovery Center — where new life blooms.

866-489-8799



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A PATHWAYS RECOVERY CENTER