





# Exploring Aftercare

What Comes After Detox

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# Introduction

## The Importance of Aftercare in Addiction Recovery

The journey to recovery from substance addiction doesn't end with medical detox. While detoxification is a crucial first step in clearing the body of harmful substances, it's only the beginning of a much longer and ongoing process. One of the most important components of sustained recovery is aftercare, the steps taken after detox to maintain sobriety and address the psychological and emotional aspects of addiction.

In this packet, we explore the different types of long-term recovery programs, therapies, and support groups; and the ways they help maintain sobriety post-detox.

**50%**

Increase in success  
combining medication  
& counseling

**+50%**

Increase in long-term  
sobriety with  
involvement in 12  
Step Programs

**40%**

Reduction of Relapse  
with Strong Social  
Support

**30%**

Reduction of Relapse  
with Cognitive  
Behavioral Therapy



# The Journey

Everyone's Path to Recovery  
Looks Different.

While not everyone will start in the same place or take every step, long-term recovery programs, therapy, and support groups are all options for helping to sustain sobriety after detox.



## Detox

### Detox

Addresses the physical dependency



## Long-term Recovery Programs

### Long-Term Recovery Programs

Structured, continued care that varies in intensity and length



## Therapy

### Therapy

Addresses the mental and emotional aspects of addiction



## Support Groups

### Support Groups

Community, healing, and support for maintaining sobriety



# Long-Term Recovery Programs

## Structured Care

After detox, many individuals benefit from structured recovery programs that offer a continuum of care. These programs vary in intensity and length and are designed to meet the evolving needs of those in recovery. Here are the primary types of long-term recovery programs available:

### 1 Inpatient Rehabilitation Programs

Inpatient rehab programs provide the highest level of care. These programs require individuals to live at the treatment facility for the duration of their program, which can range from 30 days to several months. Clients receive 24/7 supervision, therapy, and a structured schedule that includes individual counseling, group therapy, life skills training, and more. This type of care is ideal for those with severe addictions or those who need a safe, supportive environment to begin their recovery journey.

### 2 Partial Hospitalization Programs (PHP)

Partial Hospitalization Programs (PHP) offer a middle ground between inpatient and outpatient care. These programs provide a high level of care similar to inpatient rehab, but individuals return home after each treatment day. PHPs involve a full day of structured programming, including therapy, counseling, and skill-building activities. They are typically recommended for individuals who need intensive care but have a stable home environment to support their recovery.



### 3 Intensive Outpatient Programs (IOP)

Intensive Outpatient Programs (IOP) are a flexible treatment option for individuals who do not require 24/7 care but still need more support than traditional outpatient therapy offers. IOPs typically involve several hours of therapy per day, multiple days a week. These programs focus on helping individuals manage cravings, develop coping strategies, and address the underlying issues of addiction. IOPs are often a step down from inpatient care, but they still provide a structured environment with frequent therapy sessions, group discussions, and support.

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### 4 Telehealth Programs

Telehealth programs have become a popular option for those who have difficulty accessing in-person treatment due to geographical or logistical challenges. These programs offer remote therapy, counseling, and support group meetings through video calls, phone sessions, or online messaging. Telehealth allows individuals to access recovery services from their home while still receiving the support they need to stay sober. It is a good option for individuals who may not have access to local treatment centers or who prefer the flexibility of virtual care.



# Therapy

## A Safe Place To Heal

Therapy is one of the most effective ways to address the mental and emotional aspects of addiction. It provides individuals with a structured environment where they can openly discuss the underlying issues that may have contributed to their substance use, such as trauma, anxiety, depression, or past experiences. There are several types of therapy commonly used in addiction treatment, each serving a unique purpose:

### Cognitive Behavioral Therapy (CBT)

CBT is one of the most widely used therapies in addiction treatment. It focuses on identifying and changing negative thought patterns and behaviors that may have contributed to addiction. CBT helps individuals develop healthier coping mechanisms to deal with stress, triggers, and cravings, which are critical for long-term sobriety.

### Motivational Interviewing (MI)

MI is a person-centered approach that helps individuals explore and resolve ambivalence about their recovery. It encourages people to tap into their intrinsic motivations for change, building confidence and commitment to the recovery process.

### Dialectical Behavioral Therapy (DBT)

DBT is particularly useful for individuals who struggle with intense emotions or have co-occurring mental health disorders, such as borderline personality disorder. It focuses on balancing acceptance with change and equips individuals with skills to manage emotional turmoil without resorting to substance use.

### Trauma-Informed Therapy

Many people struggling with addiction have experienced trauma, whether physical, emotional, or psychological. Trauma-informed therapy provides a safe and supportive space to process past trauma and understand its role in addiction. This therapy allows individuals to heal in a way that acknowledges their pain and empowers them to move forward.





# Support Groups

## Community and Connection

Support groups are an essential component of aftercare, offering individuals the opportunity to connect with others who are going through similar challenges. These groups provide a sense of community, which can be incredibly healing for those who feel isolated in their struggles. They offer a safe, nonjudgmental space to share experiences, receive encouragement, and gain wisdom from others who have faced similar battles.

### 12 Step Programs (AA, NA)

12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have been widely recognized as effective tools in addiction recovery. These programs use a peer-based model, where participants attend regular meetings to discuss their recovery journey, share personal experiences, and support each other. The 12 steps provide a framework for accountability and personal growth, encouraging participants to reflect on their actions, make amends, and build a life of sobriety.



### SMART Recovery

For those who prefer a more secular approach, SMART Recovery offers a science-based alternative. It focuses on self-empowerment and teaches practical tools for managing thoughts, emotions, and behaviors related to addiction. This program uses techniques from cognitive-behavioral therapy and is structured around group meetings that help individuals strengthen their commitment to recovery.



### Family Support Groups

Addiction affects not only the individual but their loved ones as well. Support groups for families, such as Al-Anon or Nar-Anon, are designed to provide education, emotional support, and coping strategies for those who have a loved one struggling with addiction. These groups help family members heal, learn healthy boundaries, and offer support in ways that promote recovery for the person in treatment.



# Why It's Important for Long-Term Recovery

Addiction recovery is a long-term process, and relapse can be a part of that journey. Therapy helps individuals recognize early signs of relapse, develop coping strategies, and understand the emotional triggers that may lead to substance use. Support groups provide a strong network to help individuals stay accountable, share challenges, and celebrate victories along the way.



## Preventing Relapse

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Addiction often develops as a way to cope with pain, stress, or emotional challenges. Therapy equips individuals with healthier coping mechanisms, while support groups help them practice those skills in real-world settings with others who understand the journey.



## Learning Healthy Coping Skills

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Therapy helps individuals develop emotional resilience by teaching them to confront difficult feelings without turning to drugs or alcohol. Support groups reinforce this by providing a sense of community, which helps break the isolation that often comes with addiction.



## Building Emotional Resilience

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Staying sober requires ongoing commitment. Therapy encourages self-reflection and personal growth, helping individuals stay motivated. Support groups offer a sense of connection, reinforcing that recovery is possible and worth the effort.



## Strengthening Motivation

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## Recovery Programs, Therapy, and Support Groups Work Together

- Long-term recovery programs like inpatient, outpatient, and telehealth services offer structured, ongoing care that supports individuals as they work toward lasting sobriety.
- Therapy addresses the root causes of addiction and teaches individuals how to cope with triggers, stress, and cravings.
- Support groups provide a sense of community and connection, helping individuals stay accountable and motivated.





# Contact Us

If you or a loved one has completed a medical detox program, it's important to continue the journey with professional therapy and community support. These resources will provide you with the tools, skills, and encouragement needed to navigate the challenges of life in recovery. Remember, recovery is not a destination but a lifelong journey, and with the right aftercare, you can succeed.

At Kyle ER & Hospital we can answer questions and assist in finding appropriate aftercare. Everyone's journey to recovery is different. We are happy to help find the one that works for you.



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