

# Drug Rehab in Ogden Utah

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 [renaissanceranchogden.com/outpatient-program/drug-rehab](http://renaissanceranchogden.com/outpatient-program/drug-rehab)

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## Ogden Utah Drug Rehabilitation

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Drug addiction is a pervasive disabling condition marked by ***an irresistible, or uncontrolled urge to seek and use drugs in spite of negative consequences*** and changes in brain functioning, which could potentially be permanent. These brain changes can cause people on drugs to deviate in behavior, such as when drug addicts relapse into their behavior, returning to drug use after successfully stopping.

The main working philosophy at **Renaissance Ranch Ogden**, as far as addiction recovery is concerned, is to include the family, and treat them as a single unit. ***The family structure is considered as a strong entity, since life cannot be enjoyed to the fullest extent without a strong familial bond.*** The goal is to unite the family with the addict, uncover the family dynamics, and find a suitable approach for the treatment process. Every family is special, and hence the approach in involving the family in the recovery process should be

customized for every situation. **The Family Program** comes at no additional cost. Renaissance Ranch Program includes educational programs, group therapy every week, an introduction to a 12-step family support community programs, and ongoing assessments. The center offers a customized solution that fits the individual's needs and his treatment plan.

## Different Types of Therapy

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- **Cognitive-Behavioral Therapy:** Helps patients recognize, reject and grapple with situations in which they are probable to use drugs.
- **Multidimensional Family Therapy:** Designed for young people suffering from drug abuse and their families, which recognizes the reasons behind their drug use behavior, and aims to enhance the functioning of the family.
- **Motivational Interviewing:** Makes the most of people's readiness to change their behavior and enter treatment
- **Motivational Incentives/ Contingency Management:** Utilizes positive reinforcement strategies to encourage people to stay away from drugs

Treatment plans initially begin with patients having numerous outpatient sessions every week. After fulfilling the requirements of the intensive treatment plan, patients progress to conventional outpatient treatment which is less intensive to enable full recovery.



<https://youtu.be/Vj1wabOgs5c>

# A Unique Approach to Drug Addiction Therapy

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***Addiction has the potential to disintegrate the family structure, as much as the addict himself.*** A majority of family members are not equipped with the knowledge to support the user, and use avoidance as a measure. The crucial aspect of family therapy is involving the family as a vital part of the process of recovery. The main goal of addiction therapy is to offer solutions for problems faced, by offering a conducive environment.

A treatment program which is based in spirituality along with a 12-step program promises a greater chance of success. Patients who don't suffer a relapse usually have a superior power to help navigate through life's struggles and restore peace.

At Renaissance Ranch Ogden, we perform therapy in group settings, educational classes, and a 12-step family addiction support therapy. The therapists offer one on one customizable solutions for each person's treatment plan. Potential clients are encouraged to **contact us here** or call 385-218-5271 to offer solutions for the ever-growing epidemic of drug addiction.

## Outpatient Rehab FAQs

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Outpatient rehab involves participating in rehab services while remaining in their home. This provides an excellent option for those who can't walk away from employment and family obligations. ***Participants attend treatments sessions several times per week while continuing with their regular responsibilities.***

Outpatient rehab programs work by allowing participants to live in their own homes as opposed to living in a treatment facility. This allows for ***minimal disruption of their family and work situations.*** For instance, a parent with children would have a hard time going to an inpatient facility if no one was available to take care of the children.

Neither one of these treatment options are set in stone as being superior to the other — success rates are more specific to the individual patient. Those with severe addictions generally fare better in residential programs, while those with milder addiction levels do better when allowed to recover at home. Motivation also plays a part in how the well outpatient treatment works.

The goal of an outpatient program is the same as the goal of a residential program — to provide the patient with the tools necessary to live a sober life.

At Renaissance Ranch, our outpatient programs can absolutely work around your employment and education schedule to attend treatment sessions.

Outpatient programs vary by intensity. Standard programs may only meet once or twice per week, while participants in intensive outpatient programs may be required to attend sessions for as much as 20 hours per week.

#### I. IOP or Intensive Outpatient Substance Abuse Treatment

##### **Primary Program – 3 and 4 groups per week.**

90 days - first three months of sobriety.

Evening program Monday - Thursday, 6:00 pm -8:00 pm.

Morning program Monday, Wednesday, and Thursday, 10:00 am - 1:00 pm.

*Individual sessions as needed.*

#### II. GOP or General Outpatient Substance Abuse Treatment

##### **Secondary Program – 2 groups per week.**

90 Days - months 4-6 of sobriety

Evening program Monday - Thursday, 6:00 p.m. - 8:00 pm

Morning program Monday, Wednesday, and Thursday, 10:00 am – 1:00 pm.

*Individual sessions as needed.*

#### III. Continuing Care Program

6 months in length, months 7 - 12 of sobriety

Clients attend 1 of our morning or evening groups per week.

#### IV. Individual Counseling

Sessions are done on an as-needed basis.

Outpatient treatment typically lasts for 90 days. The treatment is followed by six months of continuing care.

Although we accept health insurance patients, we recommend that you check with your insurance provider to determine which aspects of our services they cover, and ***we'll even call them for you*** if you like. ***We also work with patients on an individual basis to establish customized payment plans.*** Unfortunately, we are unable to accept Medicaid or Medicare at this time.

After completing treatment, patients receive continuing care for six months designed to support and promote sobriety. This consists of one group session per week. Morning and evening sessions are available.