

Does Rehab Work? Drug Rehab Effectiveness Statistics

Researching treatment programs for substance use disorder? Visit us for drug rehab effectiveness statistics, including relapse rates and treatment outcomes.

Addiction can feel like an insurmountable obstacle. Those brave enough to step up and seek help for their substance use disorder want to know which treatment programs work. To that end, join us in analyzing drug rehab effectiveness statistics. We'll discuss where they came from, what they mean, and how to choose the best rehab center for you.

Defining Rehab Center Success

In order to determine the effectiveness of addiction treatment centers, we must first establish how to quantify their success. This can pose a challenge, for there is not currently a standardized way to measure successful rehabilitation. Therefore, to get the full picture, we must consider a few different factors when looking at drug rehab effectiveness statistics.

Such factors may include:

- Number of patients who complete treatment
- Number of patients who remain sober after treatment
- Patient functionality in the workforce and community
- Patient testimonials
- Rate of substance-related offenses (DUIs, traffic accidents, domestic violence, etc.)

In addition, what success means in relation to substance abuse treatment may differ from person to person. One individual may gauge their success based on long-term sobriety, while another may place more emphasis on [rebuilding the relationships](#) in their life. When all of these aspects are taken into account separately, it becomes somewhat easier to quantify drug rehab success rates.

Types of Treatment for Substance Use Disorder

Another factor that contributes to differences in drug rehab effectiveness statistics is the type of treatment used. Many rehab centers use different tactics to combat substance use disorder, but some may be more effective than others. This makes it important to research numerous treatment options to determine what works best for most people, and what may work best for you.

Some common treatment programs for substance use disorder are:

- [Medication-Assisted Treatment \(MAT\)](#)
- [Group Therapy](#)
- [Recreational Therapy](#)

- [12-Step Programming](#)
- [Cognitive Behavioral Therapy](#)

Port St. Lucie Hospital offers all of these treatment options and combines them with others to create personalized plans tailored to every patient.

Dual Diagnosis Program

One comprehensive program that incorporates all of the above treatment options is our [dual diagnosis program](#). This program was designed for those with co-occurring disorders, which means that their substance use disorder exists alongside another mental illness, such as depression or post-traumatic stress disorder (PTSD).

As many as half of all people with a substance use disorder are also [diagnosed with another mental disorder](#), and vice versa. The undeniable connection between the two issues means that it's very difficult to solve one without addressing the other as well.

Through the use of a dual diagnosis program like the one offered at Port St. Lucie Hospital, you can partake in treatment options that dive straight to the root of your substance use. With our trauma-informed practices, we'll help you uncover the reason you turned to a substance and provide you with new, healthier coping skills to use moving forward.

Support Groups

Though they typically aren't viewed as a type of treatment of their own, [support groups](#) can offer excellent supplemental aid when paired with medical treatment programs. All too often, the fight against substance use disorder elicits feelings of isolation and helplessness. By joining a support group that will contribute to an uplifting, like-minded environment, you can mitigate these feelings and establish a sense of community and fellowship in their place.

It's never too early or too late to join a support group. Meeting a team of others who will celebrate your successes and encourage you to do even better may provide you with key support early in your recovery journey. Similarly, you may create long-lasting bonds that serve you well into the future. No matter what you take away from drug rehab effectiveness statistics, the benefits of a strong support network cannot be overstated or properly quantified.

Drug Rehab Effectiveness Statistics

AAAAAAAAAAAAAAAAAAAA The National Institute on Drug Abuse released a research-based guide on drug addiction treatment. This guide identified and highlighted [13 principles of effective treatment](#)

<https://onlinelibrary.wiley.com/doi/10.1111/j.1475-6773.2005.00466.x>

<https://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2012.300989?journalCode=ajph>

<https://nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/how-long-does-drug-addiction-treatment-usually-last>

Relapse Rates

Many people who seek treatment for drug or alcohol addiction live feeling like the threat of relapse constantly hangs over their shoulder. They view long-term sobriety as the only victorious treatment outcome, but in reality, the truth is a bit more complex.

Substance use disorder is a chronic disease. This means that the path to recovery is less about finding a cure, and more about developing tools and coping skills to help you manage the disorder. This also means that the relapse rates of substance use disorder resemble those of other chronic diseases, such as hypertension and asthma.

Roughly [40 to 60 percent of people with substance use disorder](#) will relapse. This can look like an intimidating figure, but compare it to the 50 to 70 percent of people with hypertension or asthma who will also relapse. Relapse does not dictate whether you succeed or fail. In fact, many experts believe that it can be an important step in the overall recovery process.

With that in mind, remember that you can still consider your treatment successful even if you relapse. The important part is how you move forward from it. Relapse only indicates the need to [resume or alter treatment](#), which is a common occurrence for many chronic diseases. As long as you continue to engage in treatment programs and maintain your desire to recover, you haven't failed.

How to Choose an Effective Rehab Center

With so many drug rehab effectiveness statistics and outcomes to consider, how do you choose a treatment center that will work for you? To give yourself the best chance to write a success story of your own, there are a few green flags to look for in any prospective rehab center.

Individualized Treatment Programs

Personalized treatment plans are a vital component of good rehab centers. Substance abuse treatment isn't a "one size fits all" issue. Every individual's fight against drug or alcohol addiction is unique to them, and their recovery path should take their exact needs into consideration.

The treatment programs at Port St. Lucie Hospital are built around the trials you face. We want to set you on the [best possible course to recovery](#), and that's made possible through our flexible, multi-disciplinary treatment options.

Accreditation

Another promising trait to look for is [accreditation](#). If a rehab center is accredited by an organization like the Joint Commission, it has been evaluated and found to adhere to strict, high standards regarding quality of patient care.

The Joint Commission places a particular emphasis on trauma-informed treatments when assessing treatment centers. Any that possess their “golden seal of approval” can be trusted to handle even severe emotional burdens with expertise and compassion.

Port St. Lucie Hospital stands as one such facility. We bear the golden seal with pride, and we vow to uphold its promise of safety and high-quality care for all of our patients.

Positive Testimonials

The final green flag for treatment centers is the presence of positive patient reviews. As helpful as it can be to look at drug rehab effectiveness statistics, sometimes words paint a clearer picture than numbers. If program alumni had a positive enough experience at a rehab center to go the extra mile and provide a [glowing testimonial](#) about their journey, that tends to be a promising sign.

Try to pay attention to any recurring details that appear in reviews. If the same aspects stick out to multiple people, such as the doctors’ responsiveness or the therapy sessions’ impact, you can start to gauge the treatment center’s priorities and strengths.

At Port St. Lucie Hospital, the priority will always be you and your recovery. Our patients report feeling respected and well-cared for during their time with us, and they appreciate that we’re in it for the long term. We heal in the present, and we plan for the future.

Contact Us Today

Getting help isn’t only about raising drug rehab effectiveness statistics. At Port St. Lucie Hospital, you are more than a number, and our accredited, individually-tailored treatment programs reflect that fact.

We’re proud to provide a peaceful, retreat-like environment in which you can recover from substance use disorder and plan for long-term sobriety. If you’re ready to take the first step towards a healed body and mind, contact us today at [772-238-7426](tel:772-238-7426) or submit a [confidential contact form](#) with your questions.