



Addiction Treatment Programs

Call Vertava Health today at **844.470.0410** to
get started on your recovery!

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Addiction Treatment Programs

From our personally tailored detox treatment program to individual and group sessions utilizing an array of therapies, including dialectical behavior therapy, we have built Vertava Health Mississippi to offer the most comprehensive and reliable care possible.

Our addiction treatment programs and services include:

Medical Detox

Inpatient Rehab

Evening IOP

Co-Occurring Disorders

Medication-Assisted Treatment

Veteran's Rehab Center

Men's Rehab Programs

Women's Rehab Programs

Vertava Health Mississippi is here and ready to begin your treatment. Reaching out for help may be difficult, but it is our goal and mission to make sure once you take it, you are met with warmth, compassion, and understanding.

Although starting and maintaining recovery can be challenging, our full continuum of care utilizes the strength you carry with you everywhere to help you succeed. We know your resilience makes you strong, and we know your dedication to achieving long-term recovery sets you up for success in treatment.

Vertava Health Mississippi offers several addiction treatment programs along with comprehensive and evidence-based forms of therapy to address each aspect of your struggles. Learn more about our drug and alcohol rehab programs in Mississippi by connecting with our team today at **844.470.0410**.

No matter the type of addiction treatment program you need, we are here to provide the care necessary to help you achieve long-term recovery. Our team is to offer a supportive, nurturing environment where you can start rebuilding your life in sobriety.



Drug and Alcohol Detox Center

At our Mississippi detox center, we provide medical detox treatment and monitor your withdrawal symptoms 24/7. Our team is here to ensure a safe, comfortable, dignified detox experience while offering compassionate support. Detox is an important first step in recovery, and our care will help you transition into a higher level of care.

Our drug and alcohol detox center offers the following:

- **24-hour medical staff**
- **Medication management**
- **Psychiatric services**
- **Nutritional support**
- **Group therapy**
- **Yoga and additional holistic therapies**

By offering our patients the addiction intervention services they need to take the first steps toward sobriety, we hope to provide a lasting foundation of recovery.



Inpatient Addiction Treatment

Inpatient addiction treatment is occasionally also referred to as "residential" treatment. Residential treatment refers to the process of enrolling at Vertava Health Mississippi's Southaven, MS, inpatient rehab center and receiving treatment on our campus for a specified duration of time. It is also when some of the hardest work of recovery takes place because your body and mind are going through higher levels of stress.

Different levels of care will happen during inpatient treatment, each chosen specifically for the patient. This may include individual counseling, group sessions, family therapy, and educational courses on relapse prevention. We also assist individuals struggling with mental health concerns and addiction through our co-occurring disorders rehab center. Understanding how to navigate both conditions is a crucial part of lasting recovery.

Outpatient Treatment

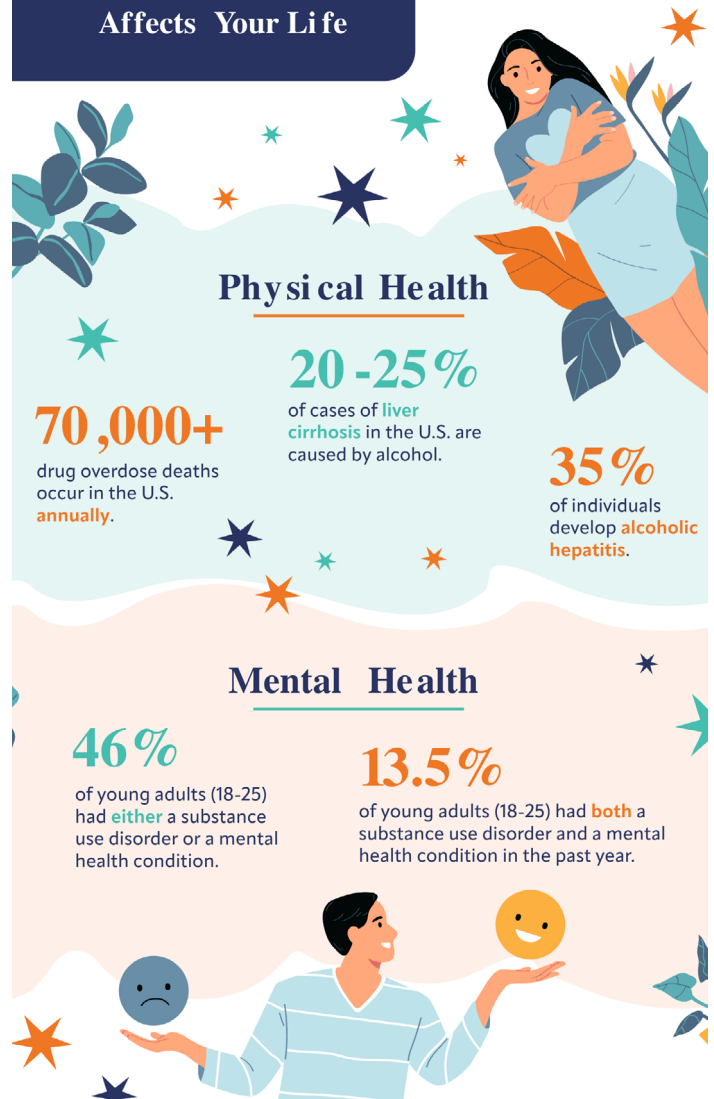
Whereas inpatient means someone is staying on the Vertava Health Mississippi campus, outpatient means they are staying somewhere else and visiting campus for their treatment. Whether someone is staying at a sober living home or their apartment or house, they utilize outpatient treatment by adhering to a schedule of recovery that depends on their personal needs, just like inpatient treatment.

Vertava Health Mississippi has an evening intensive outpatient program (IOP) that allows those in treatment to work during the day, visit the campus for treatment at night, and return home. Treatment can be scheduled Monday through Friday between 5:30 p.m. and 8:30 p.m. We also offer a daytime intensive outpatient program (IOP) and a partial hospitalization program (PHP).

All outpatient addiction treatment programs are directed by master's-level clinicians and supported by a staff psychiatrist and addictionologist certified by the Mississippi Department of Mental Health. Our outpatient programs provide a flexible, comfortable, and supportive environment to practice the skills and tools learned during treatment.



How **Addiction** Affects Your Life



In 2020, 40.3 million people aged 12 or older had a past-year substance use disorder. Over 80% of Americans who require treatment for illegal drug use are not receiving it. Without seeking addiction treatment from an addiction treatment center, the long-term effects of substance abuse could be detrimental to a person's overall well-being and health.

Sources: American Liver Foundation – Alcohol-Related Liver Disease

U.S. Department of Health and Human Services – SAMHSA Announces National Survey on Drug Use and Health (NSDUH) Results Detailing Mental Illness and Substance Use Levels in 2021

National Center for Drug Abuse Statistics – Drug Abuse Statistics

The White House – Fact Sheet: Addressing Addiction and the Overdose Epidemic

Medication-Assisted Treatment

Our medication-assisted treatment in Mississippi is designed to address addiction's physical and psychological symptoms. We provide a safe, medically supervised environment where you can receive medications like Suboxone® or Vivitrol® as part of your care plan. We offer both Suboxone® treatment programs and Vivitrol® treatment programs to support patients addressing addiction's physical and psychological aspects.

Medication-assisted treatment programs also include individual and group counseling and medication management from a doctor. Medication is often used in combination with other therapies, such as cognitive-behavioral therapy (CBT), 12-step programs, and family therapy. Our team will evaluate and assess you to determine which medication-assisted treatment program is right for you.

By supplementing our evidence-based therapy with medication, we can help you stay on the path toward recovery for long-term success. It's important to keep in mind that medication alone is not a treatment for addiction and needs to be part of an overall comprehensive treatment plan.

Start Your Recovery Journey Today

with expert addiction treatment at
Vertava Health

Contact Us Today!



Individualized Addiction Treatment

At Vertava Health Mississippi, we specialize in providing tailored treatment plans built to meet each person's unique needs. We understand that everyone has different experiences with addiction, and our goal is to provide a comprehensive program of care to help you find long-term recovery success. Your personalized care could include a variety of therapies and services, such as individual counseling, cognitive-behavioral therapy, dialectical behavior therapy (DBT), family therapy, and 12-step programs.

In addition to personalized addiction treatment for our patients, we offer a variety of environments for care that can help you feel comfortable and accepted in your recovery. These environments include:

Men's Rehab Center

Our men's rehab center provides an understanding atmosphere and a safe space to focus on recovery while encouraging personal accountability and insight into each person's addiction. Men may need gender-specific care to address their challenges, such as underlying trauma, relationships, and other issues associated with their gender.

Women's Rehab Center

At our women's rehab center, we understand that women have different needs than men, which can be unique for each woman. Women often need gender-specific care to focus on issues such as past trauma, self-esteem, body image concerns, or family dynamics. Our team works together to create a surrounding of safety, security, and trust to encourage healing and long-term sobriety.

Veteran's Addiction Treatment Center

We are proud to offer a veteran's addiction treatment center to provide aid for those who have served and are serving our country. Our specialized track of care focuses on giving veterans the understanding and specialized services they need to recover from addiction and address any underlying mental health concerns.



LGBTQ+ Rehab Center

We offer an LGBTQ+ rehab center to provide understanding and support for patients in the LGBTQ+ community. Our team is committed to creating a secure and encouraging space for LGBTQ+ patients to overcome their addictions and develop healthy coping mechanisms.

Recovery Support Groups

Recovery support groups help patients build social and emotional networks for their recovery. Through these groups, you can interact with others in similar situations and come together to understand your experience with addiction and develop strategies for preventing relapse or further struggles. Our 12-step addiction treatment center focuses on rebuilding your life and staying active in recovery by participating in programs like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), or other 12-step fellowships.

We offer a variety of addiction recovery resources in the Mississippi area to support patients and their families during treatment. One of those resources is our rehab alumni program. This program allows a patient to interact with people who are in recovery and share stories about their experiences. This program helps people stay connected to the recovery community in Mississippi and provides ongoing support for relapse prevention. Another addiction recovery resource we offer is our family program. This program helps families understand the struggles of addiction and includes education on how to be supportive during treatment and after.

No matter where you are in your recovery journey or the recovery resources you need, Vertava Health Mississippi can meet you or a loved one where they are and create a positive, supportive environment to assist in the journey to lasting sobriety. Don't hesitate to contact us for help finding a suitable treatment program that meets your needs.



Reach Out to Vertava Health – Mississippi

Your health and wellness is our ultimate goal. When someone enrolls in the addiction treatment programs at Vertava Health Mississippi and trusts us with their recovery, we dedicate ourselves immediately to knowing who they are and how we can help. The strength inside of each and every person we see is a powerful guiding force. We understand the struggles of addiction, and especially how difficult it can be to begin treatment.

Not only is there someone here 24 hours a day, seven days a week to make sure those who are enrolled in treatment are taken care of, but also to talk to anyone who hasn't begun treatment yet. You're never alone. We're ready to help you focus your resilience and dedication and make your brand-new life start today. Recovery is tough, but so are you. Contact us any time to learn more about our addiction treatment center by calling us at **844.470.0410**.

