



Inpatient Treatment Programs

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

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What Is Inpatient Addiction Treatment?

Inpatient addiction treatment, also known as residential treatment, involves individuals receiving care while staying on-site at the treatment center. Typically following a **medical detox program**, these addiction treatment programs can be of varying lengths and include a number of therapies, evidence-based treatment methods, recreation, and support from staff and clinical personnel. Some of the types of treatments that someone might receive in an inpatient rehab program include **medication-assisted treatment** and **co-occurring disorders treatment**.

Residential treatment is effective for many reasons, but largely because, in this setting, participants are removed from their environment of substance use, free from triggers, and ready to focus solely on healing. Inpatient treatment is also effective because it allows individuals to receive support and guidance from a team of experienced professionals who help them achieve long-term recovery.

For many with substance use disorders, choosing to enter treatment will be one of the most important decisions of their lives. When people complete treatment, they tend to see vast improvements in their health and personal lives, so choosing the right treatment program is essential.

Inpatient drug and alcohol rehab programs provide the highest level of care for recovering individuals. These evidence-based programs foster healing and personal growth and aid participants in building and maintaining a substance-free life.

At Vertava Health Mississippi, our inpatient treatment program focuses on providing personalized care to meet each patient's unique needs. Our team is dedicated to helping our patients achieve long-term recovery by utilizing a wide range of inclusive, tailored addiction treatment programs that address the physical, emotional, and mental aspects of substance abuse.

Call Vertava Health Mississippi at **844.470.0410** to find out if an inpatient treatment program or another one of our addiction treatment programs suits you or a loved one's recovery needs. Our experienced staff is available to discuss which program best fits your unique needs.

Patient Testimonial

"Great place to reset or restart your life. The staff is absolutely amazing, kind, compassionate, and understanding.

One of the best decisions that I could have made for myself and my future. I look forward to continuous improvement with Vertava and the

– Robbie Michelle Broughton

What to Expect from an Inpatient Treatment Program

Inpatient addiction treatment also immerses individuals in the healing environment—these programs tend to incorporate policies that make treatment more effective, such as:

No phones, laptops, or personal devices allowed

This allows participants to be free from distractions or connections to triggers and to devote their attention to healing.

Family participation

People with a strong support system will see the greatest outcome in addiction treatment. Vertava Health Mississippi recognizes this and promotes family involvement through therapy sessions.

Substance-free environment

One of the first steps toward committing to recovery is letting go of substances and unnecessary medications. Necessary medication is approved by a participant's physician and regulated for use by staff.

Remote, peaceful environment

For some, this may seem like a detail that comes second to other components, but having a serene environment that induces the most comprehensive healing is important to recovery.

One-on-one therapy

Throughout their time in inpatient treatment, participants will have a therapist that they meet with regularly for individual therapy. This allows them to address personal issues and concerns that group therapy may not address.



Length of Inpatient Drug and Alcohol Rehab Programs

Inpatient drug and alcohol rehab programs vary in length and are typically classified as short-term or long-term.

Short-Term Inpatient Programs

Short-term inpatient care is anywhere from a few weeks to 28 or 30 days, or longer if needed. Because of the shorter time frame, short-term programs must be very targeted and intensive, allowing participants to accomplish significant growth and healing.

Long-Term Inpatient Programs

Long-term inpatient care can be 60, 90, or 120 days in length and up to six months to a year or longer if needed. For people with severe addictions or physical dependencies, long-term programs may be the optimal form of treatment. Long-term programs allow those with severe addictions to build a meaningful life and coping skills that will foster lasting recovery.

Are You a Candidate for an Inpatient Treatment Program?

Determining whether you are a suitable candidate for an inpatient treatment program involves an assessment of various factors, including:

- Your substance use history
- Your physical health
- The severity of your addiction
- Your external support system
- The desire for long-term recovery
- Your mental health and any co-occurring disorders

If you or a loved one is struggling with addiction, do not hesitate to reach out to Vertava Health Mississippi. Our compassionate staff is dedicated to helping individuals heal and achieve lasting recovery through our comprehensive inpatient treatment program. Contact us today at 844.470.0410 for more information about our programs and how we can help you or your loved one on the path to recovery. Together, we can overcome addiction and build a better future.

Start Your Recovery Journey Today

with expert addiction treatment at
Vertava Health

Benefits of Inpatient Drug and Alcohol Rehab

The benefits of inpatient drug rehab programs can be numerous. Vertava Health Mississippi offers all of the following to our patients:

- Individualized treatment
- Daily and ongoing medical support
- Medication to help ease withdrawal symptoms and manage cravings
- Counseling sessions
- Connections through group and individual therapy
- Help with aftercare support, family addiction counseling, and education
- Arts and recreation

Perhaps one of the greatest advantages of an inpatient treatment program is the ongoing care patients receive. The mental and emotional support of inpatient care helps a person stay strong throughout treatment.

Inpatient rehab programs can fully equip a person with everything they need to succeed in recovery, from coping skills to management techniques, to a relapse prevention plan, to **aftercare planning**.

When selecting a drug or alcohol rehab center, it's crucial to ensure a program covers these necessary components. As a result, Vertava Health Mississippi is proud to offer various individualized treatment programs that ensure patients receive the best care. Some of these programs include **women's rehab, men's rehab, a veterans addiction treatment program, and LGBTQ+ addiction support**.



Through our inclusive and compassionate approach, we believe that everyone deserves the opportunity to heal and recover from addiction. Our inpatient treatment program at Vertava Health Mississippi provides individuals with a safe, supportive environment where they can build a strong foundation for lasting recovery.

Why Choose an Inpatient Treatment Program?



National Institute on Drug Abuse – Principles of Drug Addiction Treatment: A Research-Based Guide, Third Edition

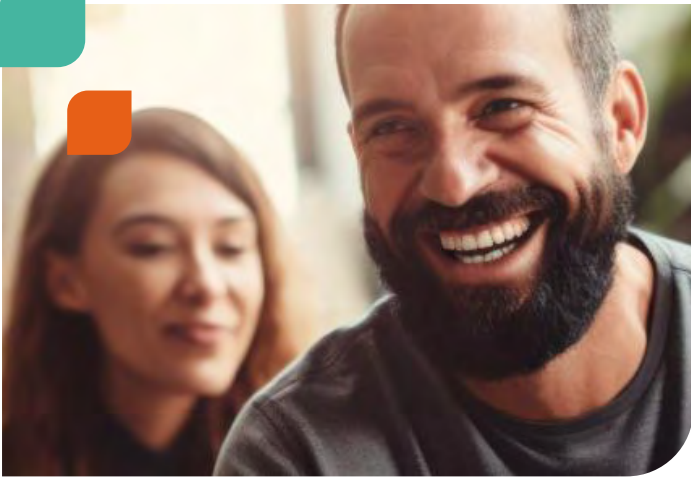


Therapies and Services Offered at Our Inpatient Rehab in Mississippi

Vertava Health Mississippi provides evidence-based therapies and services to address addiction comprehensively. Some of these include:

- Cognitive-behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Music therapy
- Yoga therapy
- Nutrition counseling
- Family therapy
- Group therapy
- Individual therapy
- Motivational interviewing
- Relapse prevention planning

Our inpatient treatment program aims to provide individuals with the tools and support they need to achieve lasting recovery. We understand that each person's journey to sobriety is unique, which is why we offer a wide range of therapies and services to address their specific needs. Our compassionate and experienced staff is committed to helping individuals overcome addiction and build a substance-free future.



Patient Testimonial

“The staff really care about the patients and many of them are in recovery themselves including counselors, nurses, housekeeping, RC’s, therapists, and even kitchen staff. They treat all aspects of life for an all encompassing recovery. They provide person centered care and the caseworkers are great about helping set up aftercare. I have seen a lot of people have success after

– Rachael Nelson

“The care you receive is fantastic at Vertava. The therapist and counselor give you all the tools for you to succeed. Your feed well and they even do your laundry. Many activities to do as well. I highly recommend Vertava if you’re serious about getting your life back on

– Eric Meardy

Call Vertava Health – Mississippi to Enroll in Our Inpatient Treatment Program in Mississippi

Don’t wait any longer to start your path to recovery. Proper support and treatment can make a world of difference in your life. At Vertava Health Mississippi, our experienced team is ready to help you every step of the way. Our inpatient addiction treatment center in Southaven, MS, is equipped to help those with drug and alcohol addiction begin their recovery with a strong foundation.

Contact us today at **844.470.0410** to speak with one of our team members about starting an inpatient treatment program that meets your recovery goals.

