



WOMEN'S DRUG REHAB PROGRAMS

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While the basic needs of someone in recovery for addiction are the same, there are a few needs that vary between genders. The National Institute on Drug Abuse says that women react and recover differently than men do. This is why finding a women's drug rehab program is so important for women who need help for drug or alcohol addiction. While these centers don't have to take only women, it's important for a center to cater to a woman's needs.

Studies show that women are more likely than men to seek [substance abuse treatment](#). Despite this, women are also more likely to struggle with substance abuse longer. This is why so many treatment centers for women offer [extended care treatment](#) programs.



Click image for link to video.

WOMEN'S DRUG REHAB PROGRAM FACTS

Studies show that men are more likely to suffer from substance abuse than women. However, this doesn't mean that women don't abuse substances such as alcohol. The National Institute on Alcohol Abuse and Alcoholism says that 5.7 million women over 18 have an alcohol use disorder. In 2014, roughly 431,000 of these women sought treatment.



The number of women 18 and older with alcohol disorders is lower than men in the same age group. However, the number of women with alcohol use disorders under the age of 18 is higher. In 2014, nearly 367,000 women under 18 had alcohol use disorders. This is compared to 311,000 men.

REASONS FOR DRUG ABUSE IN WOMEN

The reasons why women abuse drugs are often different than the reasons men do. It's these differences that highlight the importance of a women's treatment center. These centers employ experts who understand the special needs of women. According to the Substance Abuse and Mental Health Administration, some of the reasons why women abuse drugs include:

- Emotional abuse
- Low self-esteem
- Physical abuse such as domestic violence
- Sexual assault
- Stress related to balancing work and family
- Raising children alone

To deal with the stress caused by the reasons highlighted above, some women turn to drugs. While these reasons for drug abuse aren't exclusive to women, they are more common in women. Sometimes they even turn to prescription drugs and use them longer than their doctors recommend. The end result is an addiction that's hard to beat alone.

Women are more likely to relapse because they experience more acute cravings than men.



WHAT ARE THE SIGNS OF A POSSIBLE DUAL DIAGNOSIS?

Quite simply, nearly all traditional addiction treatment programs were designed with male patients in mind. Often, the research done on the effectiveness of treatments and therapies were based on men. Over the years, we've come to understand women have different needs than men when dealing with addiction. Not only do women become addicted to substances faster than men, find it more difficult to quit, and are more prone to relapse.

For example, women are more likely to experience opioid addiction than men. Women experience chronic pain more frequently than men. Thus, they are more regularly prescribed opioids putting them at higher risk for substance abuse. In the case of alcohol abuse, there are biological factors making women more vulnerable to addiction than men. Most women have low levels of the enzymes responsible for breaking down alcohol down in the stomach and liver.

Because of this, more alcohol enters a woman's bloodstream.

Furthermore, women more than men suffer from mood and anxiety disorders. Because of this, women may be dealing with co-occurring issues much more frequently than men. As they turn to drugs to self-medicate because of their mental health disorders, women stand a higher risk of becoming dependent upon drugs or alcohol. As such, treating substance use disorder in women means getting to the heart of their mood and anxiety disorders. The causes of these mental health disorders may be similar to those of men, but more likely the stressors are unique to their gender.

All of these reasons influence drug use and abuse in women. In order to treat these issues, a gender-specific program for women may be needed.

EXTENDED REHAB PROGRAM

Are you finding treatment effective, but worried it may be ending too soon? An extend rehab program may be just the thing you need to ease your concerns and allow you to continue your recovery. Some patients need more time than what standard treatment programs offer. Due to the psychological factors that play a role in a woman's addiction, sometimes extended rehab is necessary. Many women's treatment center locations offer extended or 90-day treatment options. These extended plans give more time for therapy to heal the underlying causes of the addiction. This extra time is important because studies show that it can take a while to rebuild damaged self-esteem.

The length of treatment depends heavily on the drug the woman is addicted to and the type of therapy she needs. However, experts say that it's important to treat the underlying problem that caused the substance abuse in the first place. Going through detox without treating the problem typically results in relapse.



"This is a wonderful treatment center, this place saved my life. Treatment is what you make of it, some people just aren't ready to get sober. However, if you are genuinely ready to give recovery an honest chance this treatment is the perfect place to go."

Logan K.

Some of the treatment programs we offer include:

- **Family Therapy Program**
- **Dual Diagnosis Treatment**
- **Mental Health Disorder Treatment**
- **Aftercare**

Avoiding relapse is the key to successful recovery. Too often patients rush through treatment. [One study found 85%](#) of those who do relapse.

Because addiction is routinely grounded in both physical and psychological issues, there is no fixed timetable for recovery. Each patient heals in their own way and on their own terms. For some, this process needs to take longer than the standard detoxification and rehabilitation programs offer. Thus, extended care treatment offers a further avenue to recovery from substance use disorder or addiction.

During a patient's time in extended care they'll benefit from the following:

Accountability

Some individuals need more time to work through the consequences of their actions and accept how to hold themselves accountable. Because accountability is a cornerstone to recovery, leaving a program too soon can set one up for relapse.

Education

Time spent in group or individual therapy

allows individuals to learn about their addiction and triggers. But not everyone learns at the same pace. Taking the time to educate oneself fully about their disease and master coping skills only has benefits.

Healing

The body suffers under addiction. However, the mind does as well. The stress and strain of addiction isn't something that can be easily smoothed out. With medical supervision and longer times with counselors and peers, patients can have their physical and mental wounds heal more completely. Returning yourself to full strength after enduring addiction

FAMILY THERAPY FOR ADDICTION RECOVERY

Clinical studies also show that women in general respond well to family therapy compared to men. Many treatment centers like to get the family involved when working with a woman suffering from substance abuse. This allows the woman to see what her addiction is doing to the rest of her family. It also helps the family better understand her addiction.

As a form of treatment where family members gather together, family therapy offers patients a unique way to heal. For women, family therapy can be vital. Some family therapy focuses on marriage while others deal with being a parent. There is therapy to work on communication and

issues between siblings as well as gather the whole family to work through issues.

Therapies you'll be able to benefit from with us include:

- **Trauma Therapy**
- **Holistic Therapy**
- **Cognitive Behavioral Therapy**
- **Group Therapy**

Across all types of family therapy, the sober spouse, children, siblings, or parents are shown how they can be a source of support. At the same time, the sober members are encouraged to voice their feelings in the most constructive ways possible. Doing so allows the client to identify issues that have affected them, give voice to their own concerns in a safe space, and be emotionally honest with their spouse, children, or extended family.

Further, there are therapy sessions that don't include the patient. These are designed to allow the family members in similar situations to share their own issues and feelings without fear of being judged. In order for women to make a lasting recovery, their loved ones need to have the tools that quality therapy provides.

Women are at a higher risk to abuse prescription opiates than men.

Are you ready to get help? Crestview Recovery is here to support you. Call today to begin healing!

CRESTVIEW RECOVERY CENTER FOR MEN AND WOMEN

Crestview Recovery has rehab centers designed to cater to both men and women. While each facility has gender-specific practices, there are many types of treatment used across both rehab centers. For instance, we offer [addiction treatment programs](#) such as:

Mindfulness Meditation Therapy: This therapy concerns itself with calming the mind and concentrating on a singular idea. Often, its beneficial for those with mental health issues.

Holistic Therapy: This therapy shows you how to restore balance to your life, recognize and address negative habits, deepen your understanding of addiction, and widen your perspective

Group Therapy: One of our more traditional therapies. In group therapy patients build-up their sense of accountability. Also, they learn to give and receive support from peers undergoing similar struggles. It is often the first step in creating a community of support for patients to take with them after treatment.

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