Time and again we’re asked the question: ‘how successful is alcohol rehab?’ The short answer is very. We firmly believe that inpatient treatment at an alcohol rehab in or around Rugby, or further afield, is the most effective route to long-term recovery. Here, Port of Call shares statistics and evidence from Public Health England about the effectiveness of alcohol treatment.

Port of Call can organise residential rehabilitation programme at a broad range of private rehabs across the UK, including alcohol rehab centres in and around Rugby. An intensive, residential programme of support at alcohol rehab is often cited as the most effective way to tackle alcohol addiction, especially for those who have tried other options. If you’re still in doubt if it’s right for you, then here are some facts and figures that might convince you.

How to choose private rehab

While the success rate figures for private rehab in the UK are encouraging, statistics can only go so far in your decision-making process, if you’re considering residential rehabilitation. Some private rehabs provide success rate data based on follow-up interviews months or years after someone has left treatment. However, others might only quote success rates simply for completion of treatment. When choosing your alcohol rehab, it’s important to ask how their success rates are determined, and how often the progress of former patients is collected.

Furthermore, it’s important to look at the whole inpatient treatment experience holistically. So, find out how experienced the private rehab’s doctors, staff and counsellors are for example. Personal recommendations and testimonies are also a great way to determine success rates, and you’re well within your rights to ask to talk to former patients.

If it all feels a bit much - Port of Call is here for that exact reason; to take away all the headache, hassle and legwork. We have an extended network of tried and trusted alcohol rehab centres located in and around Rugby and across the UK. We assess them all for quality, experience and standards of care so you don’t have to. A phone call to one of our specialist advisers is the surest route to securing the best possible alcohol treatment option for you.

If you’re worried about your relationship with alcohol, reach out to someone who’s been there and can help. Call Port of Call for free on 0800 002 9010 or email help@portofcall.com for specialised alcohol support.

Why private alcohol rehab

Accessing rehab privately has two main benefits. Firstly, your treatment can start immediately and there are no waiting lists to contend with. Secondly, you can choose a clinic, programme and length of stay that suits you. Private residential addiction treatment is proven to be the most effective way to tackle alcohol dependency. Rehab at a private clinic helps a person struggling with alcohol to deal with not only the physical but also the psychological aspects of addiction – which helps you ultimately get to a place where you are no longer physically or emotionally dependent on substances or behaviours. Residential programmes remove outside stimuli, triggers, associations and distractions – and allow you to press the pause button and take the time you need to get well without the pressures of everyday life from your home / work environment. The process of rehabilitation is to help you acquire the skills to adjust to a clean and sober life – enabling you to build a solid foundation for recovery and prepare you for a life without addiction.
Data and statistics

Public Health England collects monthly data from the National Drug Treatment Monitoring System (NDTMS), taken from 1,500 treatment services, to monitor the availability and effectiveness of alcohol and drug treatment in England. These adult substance misuse statistics are compiled in a yearly report, which for the year 2014-15 found there were 150,640 people seeking treatment for alcohol problems in England.

Of these, 89,107 were treated for problematic drinking alone, and 61,533 for alcohol, alongside other substances. In all, 130,609 people exited the drug and alcohol treatment system that year, with 52% (67,788) having successfully completed their treatment free of dependence. People undertaking alcohol treatment enjoyed the second highest rate of treatment success (61%), second only to non-opiate-only users (64%).

Wider benefits of inpatient rehab treatment in Rugby and beyond

“Alcohol and drug treatment services are now well established in communities across the country and over the past decade the number of people accessing help has increased considerably, as has the proportion recovering from their dependence,” say Public Health England in the report.

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