

# Rehab centers



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REHABILITATION CENTERS FOR BENEFIT OF PEOPLE Rehabilitation is the process to help an individual improve or recover from an event, illness, injury, and addiction that has caused practical limitations. Rehabilitation centers are the places that offer this assistance to the individuals. Many different kind of rehab centers have opened to offer many benefits to the individuals who seek its help. The growing use of drug and alcohol has caused many people to become addictive to it. In such cases, drug treatment centers and alcohol rehab programs exist to aid the individuals suffering from addiction and alcoholism attain the tools that they need to get free from chemical dependency. Drug and alcohol rehab programs are beneficial for the addicts in many ways through which individuals can not only become complete again but can live their lives to its fullest without any support from drugs or alcohol.

Drug rehabs have three benefits that can be categorized as physical, emotional and mental. Drug addicts do a great harm to their physical being as they become weak internally and externally. The drug rehab programs can help them in letting go of their need of drugs which can help them recover internally such as better food digestion which can lead to becoming strong externally as well. It is also commonly seen that many individuals take drugs to hide their emotions. Drug rehab programs can help them to get in touch with those feelings and emotions although the journey is difficult but as the time progresses these individuals can again feel happy, and friendly that can heal them from the inside. The greatest benefit that rehab program can offer an individual is the peace of mind. Certain drugs are very harmful to the mind causing increased levels of anxiety and paranoia in them because of which they cannot think clearly. Rehab centers can help in

overcoming this through their treatment programs and help them function better mentally such as making logical decisions and seeing things differently as opposed to drug addict view.

Like the drug rehab centers, alcohol rehab centers can also help the individuals with alcoholism. The first benefit is that choice of choosing your own program: inpatient or outpatient program, depending on the severity of the problem. Mostly people opt for inpatient programs as they can get support at every point giving them more hope of getting rid of the problem. The second benefit of the alcohol rehab programs is the socialization of individuals with others like themselves who are in the same position giving them more support and strength to overcome their alcohol problem. In such programs, group therapy and counseling are administered for individuals because they are mentally well and can handle rational decisions better as compared to drug addicts. The third benefit is that rehab centers do not have any alcohol in their premise which can help ease the process of drinking. In addition, rehab centers can help in making certain changes in an individual's lifestyles in terms of eating and drinking habits as well as help in overcoming any emotional, physical or mental strain causing that individual to depend upon alcohol. The programs of both drug rehab and alcohol rehabs are designed in such a way that it is made sure that no individual relapses to their former condition.

Given the benefits, the success rate of the rehab centers for treating drug addiction and alcoholism is high now-a-days as the consumption of both is increasing. The reason for the success is that not only does these rehab centers offer treatments to get rid of their addiction but also provide skills that they need to cope with everyday life which they have forgotten.

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The essay has been well-structured and written more than fulfilling the requirements of an informative essay. Keeping the thesis purpose in view, this essay provides a clear and effective organization of the topic and the ideas. Each sentence builds logical arguments and premise for the thesis. The sentence structure varies with the idea to be presented. In addition, the essay contains very few or no grammatical errors and is documented correctly in the MLA format. Therefore, I think the paper deserves an ' A' rubric.

#### Reference

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" Drug Rehab Benefits" Drug Rehabilitation Centers. Word Press: 9 Oct. 2008. Web. 12 May, 2010