

Social Model Detox

Any time someone is recovering from an addiction, it's a multi-step process. Since their bodies have become dependent on the presence of a drug, **the first course of action is to clear their system of the substance they've been abusing. This process is known as detoxification, and the more serious the addiction, the more important this is to recovery.**

Social Detox is the process of withdrawing use of the relevant substance(s) under the supervision and management of qualified personnel - using relevant nutrition, passage of time, and mental and physical exercise - without the use of medication.

If the determination is made that the withdrawal process can be managed without medical intervention, social model detox is indicated as appropriate and productive in terms of cost-containment for the client. When the addict or alcoholic submits himself/herself to treatment, the primary phase—detox, or removal of alcohol and drugs from the system—is managed through counseling and therapy.

There are umbrella treatments for many types of addictions, but the process of detoxification will be specific to both the drug and the user. The right process must be chosen to ensure the safety of the patient and offer the greatest chance of long-term success. Among recovery models, social medical detox has seen success. Because it treats the user for addiction without an added medication to address symptoms of detoxification, it can be an effective and affordable solution – depending on the length and severity of the addiction.

What Social Model Detox Means

The process of social model detox is carried out in a residential inpatient setting. The individual is carefully monitored and assisted. Caregivers also provide therapy and counseling as treatment. One of the biggest differences is that patients aren't administered any medication. Instead, **the process relies on coaching and therapies.**

The Benefits of Social Model Detox

There are many positives that come with using social model methods instead of medical detox. Patients often feel more comfortable during the process because the treatment is conducted in a residential facility.

People who undergo social model detox treatment come away with valuable information. **The focus on education and therapy doesn't just allow them to withdraw from the drug, but it also prepares them for the future. In fact, social media detox is known for its lasting results. Patients are able to build healthy coping mechanisms to keep them from turning to drugs again.**

The mental health of the patients isn't the only area that's improved with this method of recovery. Once the drugs leave their bodies, addicts can experience physical turnaround. **Our recovery facilities provide**

many options for physical exercise, like volleyball, table tennis, football, badminton and a gym. This kind of activity is relaxing, clean, and excellent for the body.

Who Shouldn't Go for Social Model Detox Situations

It's important that the treatment fit the needs of the individual, however. **For those who are struggling with multiple relapses, social model detox can be a wonderful idea. It works to change the fundamentals of their behavior from a non-medical approach.**

People who are dealing with long-term and severe dependency can experience dangerous symptoms during withdrawal. These effects range from headaches and nausea to violent hallucinations. In these cases, **we consider medically guided detoxification procedures.**

It's never safe to attempt to detox without some sort of assistance. There can be unexpected symptoms and difficult decisions to face. Without a support network, it's easy to fall into relapse or fail to stop using in the first place. If you or a family member is fighting addiction, don't hesitate to ask for help.