

Myths About Women's Rehabilitation Dispelled

1. Myth

If you join a residential program, they'll cut off all contact with friends and family, and you'll be all alone.

Fact:

After check-in, staff often restricts contact with others for safety reasons. Many women with substance abuse disorders use drugs to cope with abusive relationships, and others may be contacted by their dealers during this time.



2. Myth

Resident programs are like prisons. You lose all your freedom.

Fact:

Unless you are ordered by the court system to attend rehab, you are free to leave anytime you wish. No one can make you get healthy before you're ready. The real loss of freedom is continuing to be a slave to your addiction.



3. Myth

Rehab is an instant cure.

Fact:

Unfortunately, once your body develops an addiction to a substance, it will always be sensitive to it. Inpatient treatment provides an intensive detox and learning program. You get the tools you need to manage your addiction for the rest of your life.



4. Myth

Rehab is like a spa retreat.

Fact:

Rehab centers focus on comfort and privacy, though you'll likely share a room. Activities are centered on therapy and wellness, with an emphasis on function rather than luxury.



5. Myth

You will feel judged by the staff.

Fact:

Rehab is a safe space where staff, many of whom have overcome addiction themselves, understand your struggles. They are experienced guides ready to help you on your journey to sobriety.



6. Myth

You'll lose your kids if you go to rehab.

Fact:

You may be separated from your kids, but that is not the same as losing your kids. In fact, getting well is your ticket to being able to keep your kids.



7. Myth

You'll lose your job and home if you go to rehab.

Fact:

An understanding employer may hold your job while you're in rehab, but even if not, you'll be more prepared to return to work afterward. If finances are a concern, intensive outpatient programs are a flexible alternative to residential treatment.



8. Myth

Going to rehab proves you are weak because you couldn't beat your addiction on your own.

Fact:

Detox is a dangerous process. Depending on how much and how long you've been using, detox could be fatal. It's not brave to try to detox on your own; it's reckless.

