



**COUNTRY ROAD**  
your road to recovery

# Struggling with Addiction?

## Finding a Rehab That's Right For You

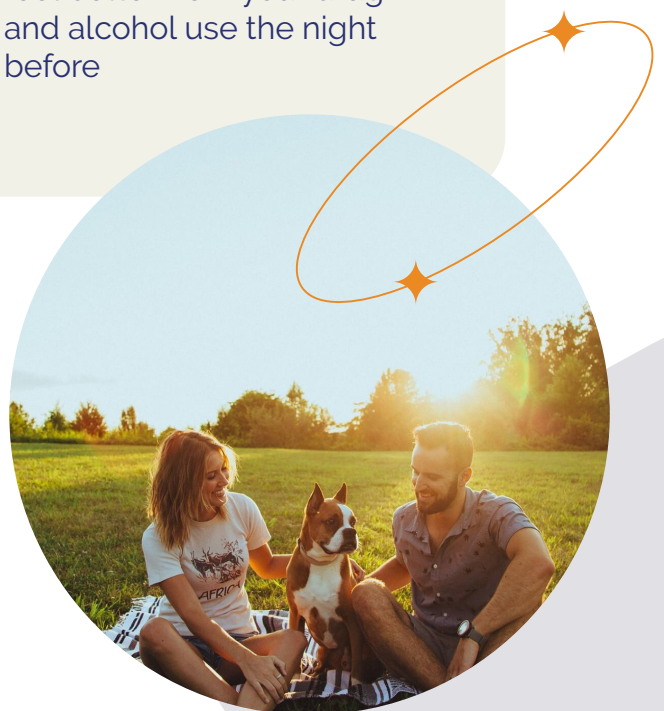




Finding a rehab is a life changing step in life and which program you choose should be taken into careful consideration. But, before you begin looking for addiction treatment, you may be wondering, "Am I actually addicted?" or, "Is my drug or alcohol use really bad enough for me to need rehab?" A lot of people say it's time to seek rehab when you hit rock bottom, but the truth is, everyone's definition of rock bottom is different. So, here are a seven red flags to look out for and may that signify you need help with your drug or alcohol use:

1. You get annoyed when someone makes comments about your drinking or using
2. Your drinking or using has caused fights or problems in your relationships
3. You're missing out on responsibilities like school, work, or important events
4. You feel like you need to "pre-game" for social gatherings or events
5. Your drinking or drug use has caused financial or legal troubles
6. You swear off of or take a break from drugs or alcohol, maybe because of a bad incident your intoxication caused, just to begin again a few days or weeks later
7. You need to drink or use drugs first thing in the morning to make yourself feel better from your drug and alcohol use the night before

The truth is that if you have noticed even just one of these red flags, you most likely have a problem with drugs and alcohol and it's time to get help. Addiction is brutal and relentless, so the sooner you make the decision to get addiction treatment, the better. Are all rehabs the same? NO. Read on to find out how you can choose the right rehab program.



# How to Find the Right Rehab

Addiction is brutal and relentless, so the sooner you make the decision to get addiction treatment, the better. Are all rehabs the same? NO.

Rehabs can widely vary from the treatment methods they use to the environment you'll be in. Going to rehab means you need to take a step back from life and focus on yourself, so you'll want to take all factors of a program into consideration before deciding on a rehab.



## What's Rehab Like?

Everyone's road to recovery is unique and the drug and alcohol treatment program you choose needs to be right for you — otherwise it won't work. At Country Road Recovery Center, we customize each treatment plan to the individual to help you build a foundation for a better future. Our center, surrounded by 135 acres of green pastures, sits just outside of Oklahoma City, away from the hubbub and life's triggers. Country Road isn't an addiction treatment center with a cold, hospital feel. Here, you'll be immersed in a healing environment with a community of people going through the same issues with addiction that you are. Watch the sun rise as the cows graze. Learn coping skills with your new friends as you have fun in our experiential activities. Here you'll finally find the safety, stability, and serenity to begin your healing from the trauma that's driving your addiction.



# Addiction Treatment Staff

If you're looking to change the direction of your life, we'll help you do it. Finding a rehab with the right staff is crucial on your path to recovery. At Country Road every one of our clinicians and staff members truly care about not just getting you sober and out the door, but care about helping you find long-term recovery. They're also experts in trauma care, so they'll work with you to create a program that will begin to heal the years of trauma that's set you down the path of addiction.



Michael Lacy  
Executive Director



Kimberly Cox  
Clinical Director



Drew LaBoon  
Admissions & Marketing  
Director





## Continuum of Care

When choosing a rehab, you'll also need to consider the continuum of care that facility offers. You definitely don't want to spend 30 days in a residential treatment program, only to leave and relapse within the next year. It takes time to not only unload the emotional baggage that's been weighing you down, but setting you up for a better life — clean and sober. That's why at Country Road, our residential addiction treatment program lasts 90 days. Here, you'll find safety and stability as you build your foundation for a life free from addiction. After your residential stay, you'll work your way through our other levels of care — PHP (partial hospitalization), IOP (Intensive outpatient), and OP (outpatient) programs to guide you through your early recovery and your entrance back into the real world. Even after you've graduated from Country Road's outpatient programs, we'll continue to follow up with you during the first year of your early recovery and be there to support you in any way we can.



If you're still wondering whether your drinking or drug use is a "problem", then it probably is. Give us a call at (405) 977- 4122 and our admissions director, Drew, will help you in your decision to seek rehab.

He'll listen to your situation and even share his experience about getting clean and sober. He'll give you the helping hand you need to start your road to recovery.

