LENGTH OF STAY
Finding the Timetable that Will Best Support Your Recovery

How long should you stay in a treatment program? A number of factors may help you decide what your length of stay should be.

The amount of time you spend in treatment, also known as your length of stay, is important to your overall recovery process. In fact, research shows that the amount of time an individual is engaged with treatment is the single best predictor of substance abuse treatment outcomes. In other words, your length of stay is directly related to your long-term success and sobriety. While treatment programs typically last from 30 to 90 days, how long you spend in treatment will depend on many factors. Statistics and studies have shown that a 90-day treatment program is actually the most successful, producing the most lasting results and best chance of long-term sobriety. Many people complete a 30-day inpatient program, but the average stay in treatment is actually closer to 60 days.

Determining Your Options
We have a team of highly trained staff who can help you find out what your options are, how long you should stay in treatment and where you are likely to find the best program for your particular diagnosis. Many individuals benefit from a combination of inpatient and outpatient treatment for a full continuum of care. The structure of an inpatient program can provide solid boundaries for the start of recovery, and then a transition into outpatient can give needed accountability while also allowing patients to have more flexibility in their next stage of recovery. Insurance coverage can be a critical factor in determining how long a person stays in treatment. At Foundations Recovery Network, our admissions coordinators can walk you through the process of verifying your benefits for coverage and seeing what your policy dictates for length of stay.

Engagement in treatment plays a vital role in determining your success in recovery.
**Length of Stay Is Only One Piece of the Puzzle**

Your length of stay in treatment is just one part of your long-term recovery process. The benefit of staying in treatment longer is to have more exposure to the guidance, support and expertise that your treatment team can offer you. It is also about gaining vital peer encouragement and camaraderie for the days when you will return home and start living a new and different lifestyle. Having a 90-day stay gives you more time to prepare for what’s next, but that doesn’t always mean that a 30-day stay is less than desirable. In fact, any time that you spend in treatment is better than time spent in the environment where you have been suffering from addiction and mental health issues. Your task, whether you stay for 30 days, 45 days, 90 days or longer, is to fully engage with your treatment team and peers as much as possible. They are the ones who will help you build a new life and find strength to overcome challenges. They are there to equip you with the tools necessary to sustain a full, healthy life free from substance abuse. They can teach you how to manage your mental health for the best possible success in recovery.

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**About Foundations Recovery Network**

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are more than twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

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**Influencing Factors**

While your insurance coverage, your particular diagnosis, your life situation, your work, your family and a number of other factors may influence your specific length of stay in treatment, you can always find a program that best fits your needs. At Foundations Recovery Network, we have referral relationships with treatment centers across the country that offer all styles of programs and different lengths of stay. Even if we cannot place you in one of our integrated treatment programs, we can find help for you through our referral network. To find out your best recommended length of stay, call us today for a confidential assessment. We want to help you build a recovery that will last a lifetime.