

Drug addiction treatment works best when it is treated as a continuum, not a single appointment, a single level of care, or a single conversation. People often enter treatment at very different points. One person may be physically dependent on opioids and need medical support before they can sit through a therapy session. Another may be living with depression, anxiety, trauma symptoms, or family conflict that has been tangled with substance use for years. Someone else may have already stopped using but needs structure, accountability, and a realistic plan for staying well outside a controlled setting.

That is why effective drug addiction treatment services often include several layers of care. Individual therapy, group therapy, and family therapy can all play important roles, but they are rarely interchangeable. Each setting brings out different information. Each helps the person practice a different kind of recovery skill. A private session can create room for honesty. A group can reduce isolation and test new ways of relating to peers. Family therapy can address the home environment, communication patterns, and the painful residue that addiction often leaves behind.

In Ohio, the treatment landscape also reflects the need for a community-based continuum of care for opioid and co-occurring drug addiction. That continuum may include detoxification, outpatient services, medication-assisted treatment, peer support, residential services, recovery housing, and multiple pathways to recovery. This matters because recovery is not one-size-fits-all. A person may need different services at different times, and the best clinical decisions are usually based on safety, medical need, psychiatric symptoms, support systems, and the person's readiness to engage.

Why treatment is more than stopping drug use

Many families understandably focus on the most visible problem: the drug use itself. They want the pills gone, the fentanyl avoided, the cocaine stopped, the methamphetamine use interrupted, or the cycle of intoxication and withdrawal broken. Those goals are urgent. In some cases, they are lifesaving.

Still, stopping drug use is only one part of treatment. A person also has to learn how to live without the patterns that formed around the addiction. That can mean tolerating distress without immediately escaping it, handling cravings without acting on them, rebuilding trust after repeated disappointments, and treating co-occurring mental health concerns that may have been present before substance use began.

In practice, drug addiction treatment often has to address both immediate stabilization and long-term behavioral change. Detoxification may help a person move through withdrawal more safely, but detox alone does not usually teach relapse prevention, emotional regulation, family repair, or daily recovery habits. Residential care can remove a person from an unsafe environment for a period of time, but the person still needs tools for returning to ordinary pressures. Outpatient care can provide ongoing therapy and accountability, but it may not be enough for someone who is medically unstable or actively using in high-risk ways.

The point is not that one level of care is superior to another. The point is matching care to the person's actual needs, then adjusting that care as those needs change.

The role of assessment before therapy begins

Good treatment begins with assessment. This is not just paperwork, although there is always paperwork. A meaningful assessment looks at substance use history, withdrawal risk, mental health symptoms, medical conditions, medication history, trauma exposure, family dynamics, legal stressors, housing stability, and motivation for change.

A person who reports daily opioid use, for example, may need a different starting point than someone who has been abstinent for several weeks but keeps returning to use during conflict with a partner. Someone with panic attacks and heavy sedative use may require careful medical planning. Someone with untreated trauma symptoms may need a therapist who understands how to avoid pushing too quickly into memories that overwhelm the nervous system.

In Ohio, substance use disorder treatment providers are required under state law to be certified by the Ohio Department of Mental Health and Addiction Services. Certification does not remove the need for families to ask careful questions, but it does create a regulatory framework for providers delivering these services. For people seeking help, it is reasonable to ask what levels of care are available, what clinical approaches are used, how medication-assisted treatment is handled, and how transitions between services are planned.

Assessment also helps determine whether individual, group, family, or couples therapy may be appropriate. A person in early withdrawal may not be ready for intensive trauma work. A family in active crisis may need immediate safety planning before deeper relational therapy. A group setting may be valuable for one client and clinically premature for another. Experienced clinicians make these judgments every day, and the best ones explain the reasoning in plain language.

Individual therapy: the private work of recovery

Individual therapy gives the client space to speak without managing a room full of reactions. That privacy matters. People with drug addiction often carry shame, fear, grief, and anger that they do not want to say out loud in front of relatives or peers. A private session may be the first place they admit the extent of their use, the risks they have taken, or the thoughts they have been trying to numb.

The work can be practical. A therapist may help the person map triggers, identify high-risk times of day, plan for cravings, and rehearse how to refuse substances when contacted by old using contacts. The work can also be emotional. Many people use drugs to manage feelings they do not yet know how to tolerate. Individual therapy can help them recognize what happens before the craving: a fight, a memory, boredom, loneliness, physical pain, a paycheck, or even a moment of confidence that leads them to test limits.

Some treatment programs may use evidence-based therapy models such as cognitive behavioral therapy, commonly called CBT, or dialectical behavior therapy, known as DBT. CBT often focuses on the relationship between thoughts, feelings, and behaviors. In addiction treatment, that can mean identifying the belief that “I already messed up, so I might as well keep using,” then building a more accurate and useful response. DBT often emphasizes skills for emotion regulation, distress tolerance, interpersonal effectiveness, and mindfulness. These skills can be especially helpful for clients whose substance use escalates during intense emotional states.

Some providers may also offer EMDR, a therapy approach often associated with trauma treatment. EMDR is not simply a relaxation exercise or a quick fix. When used appropriately, it requires assessment, preparation, and clinical judgment. For a person whose drug use is closely tied to traumatic memories or body-based fear responses, trauma-informed treatment may be an important part of recovery. The timing matters. Stabilization usually comes first.

Individual therapy also allows for accountability without public humiliation. A good therapist does not excuse harmful behavior, but also does not treat relapse, dishonesty, or ambivalence as proof that the person is hopeless. The therapeutic stance is firmer than sympathy and more useful than scolding. It asks, “What happened, what did you miss, what needs to change now?”

Group therapy: recovery practiced with other people

Addiction thrives in secrecy. Group therapy interrupts that secrecy by putting people in a structured setting with others who understand the pull of substances, the embarrassment of consequences, and the difficulty of changing habits that once felt necessary for survival.

A well-run group is not just a place where people take turns telling stories. It has boundaries, clinical direction, and a purpose. Some groups focus on relapse prevention. Others emphasize coping skills, emotional awareness, psychoeducation, communication, or early recovery planning. In higher levels of care, group therapy may occur frequently and become one of the main engines of treatment.

One of the most useful parts of group work is hearing familiar thinking in someone else's voice. A client may defend their own rationalizations for months, then recognize the pattern instantly when another person says, "I can still hang out with them as long as I do not use." That moment can be uncomfortable, but it can also be productive. Groups create mirrors.

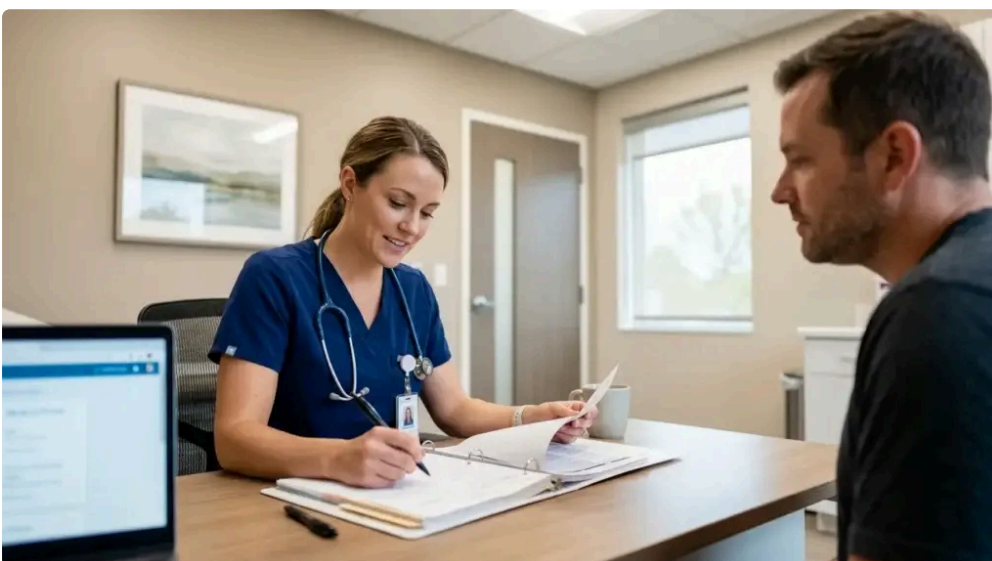
They also create opportunities to practice honesty in manageable doses. A person might say, "I had cravings last night and did not tell anyone," and receive feedback before the situation becomes a relapse. Another might hear from peers that their anger after a family session sounded more like fear than disrespect. These exchanges can land differently than advice from a clinician, especially when the feedback comes from someone who has been through similar experiences.

Group therapy has limits. Some clients are too medically unstable, too disruptive, too guarded, or too traumatized for certain groups at certain points in care. Confidentiality is essential, but no group can offer the same privacy as individual therapy. Skilled programs pay attention to fit. They do not place someone in a group merely because a schedule has an opening.

Family therapy: changing the environment around recovery

Drug addiction affects families in concrete ways. Money disappears. Trust erodes. Parents become investigators. Partners become exhausted. Adult children stop answering calls because every conversation turns into a crisis. Families learn to brace for disappointment, and the person using drugs often learns to expect suspicion even when they are trying to change.

Family therapy does not mean blaming the family for the addiction. It also does not mean giving the person [Click to find out more](#) in treatment a platform to avoid responsibility. Done well, family therapy creates a structured place to address patterns that keep everyone stuck.



Families often arrive wanting a guarantee. They ask, “How do we make sure this never happens again?” No ethical clinician can promise that. What therapy can do is help families set boundaries, reduce enabling behaviors, improve communication, understand relapse warning signs, and support recovery without trying to control every movement the person makes.

A common example involves housing. A parent may say, “You can come home, but I need to know you are attending treatment and not bringing substances into the house.” That boundary can be loving and firm at the same time. Another example involves money. A spouse may decide not to provide cash but may help pay a treatment-related bill directly. These decisions are rarely simple. Family therapy helps people think through them before emotions take over.

Family sessions can also address old wounds. The person with drug addiction may need to hear how their behavior affected others without becoming defensive or collapsing into shame. Family members may need to acknowledge criticism, contempt, or overcontrol that developed in response to fear. Repair is usually slow. One sincere apology does not rebuild years of broken trust. Consistent behavior over time does.

Couples therapy may also be part of treatment when appropriate. Substance use can distort intimacy, honesty, conflict, parenting, finances, and safety. Couples work requires careful screening, particularly when there is coercion, violence, or ongoing instability. In some cases, separate therapy or safety planning may be more appropriate than joint sessions.

Medication-assisted treatment and therapy can work together

Medication-assisted treatment, often called MAT, can be an important part of care for opioid addiction and, in some contexts, other substance use disorders. MAT is sometimes misunderstood as replacing one drug with another. That phrase oversimplifies the issue and can discourage people from receiving evidence-informed care.

The clinical goal of MAT is not intoxication. Depending on the medication and the person’s condition, the goal may be to reduce cravings, decrease withdrawal symptoms, lower overdose risk, or support stability so that therapy and daily functioning become possible. Medication decisions should be made by qualified professionals who can evaluate medical history, substance use patterns, risks, benefits, and monitoring needs.

Therapy still matters when medication is used. Medication may quiet the physiological alarm enough for a person to participate in treatment, but it does not automatically repair relationships, build coping skills, or change high-risk routines. Conversely, therapy alone may not be enough for someone whose cravings and withdrawal symptoms repeatedly overpower their intentions. Many clients benefit from both.

Ohio’s OARRS system, the statewide electronic database for controlled-substance dispensing information, is one tool used to support safer prescribing and help connect people at risk of substance use disorder to resources. For clients and families, the broader message is that responsible treatment includes attention to medication safety, prescribing history, and coordinated care.

Levels of care: why the setting matters

The phrase “drug addiction treatment” can refer to many different settings. A person may need detoxification, residential treatment, outpatient services, or recovery supports after formal treatment. These are not just different buildings. They represent different levels of structure and clinical intensity.

Ambulatory and sub-acute detoxification may be part of a continuum when withdrawal management is needed. Detox can be especially important when stopping certain substances may create medical risk or severe discomfort. Residential or inpatient rehab provides a structured environment where clients can step away from

immediate triggers and participate in treatment throughout the day. Outpatient treatment allows people to receive care while living outside the facility, which can be appropriate when safety and stability are sufficient.

Intensive outpatient services fall somewhere between ordinary outpatient sessions and residential care. They may suit someone who needs more than weekly therapy but does not require 24-hour residential support. Non-intensive outpatient care may be appropriate later, as a step-down service or ongoing support.

Recovery housing and peer support can also matter. Many people leave treatment with good intentions but return to unstable housing, strained relationships, or social circles organized around substance use. A safe living environment and connection to peers in recovery can strengthen the bridge between clinical treatment and daily life. Multiple pathways to recovery are important because not every person connects with the same philosophy, support group, spiritual framework, or clinical approach.

A practical way to understand levels of care is to look at what the person needs right now:

1. Medical stabilization, especially if withdrawal or overdose risk is present.
2. A structured environment, especially if the home setting is unsafe or substance use is ongoing.
3. Frequent therapeutic support, especially when cravings, psychiatric symptoms, or relapse risk remain high.
4. Family and social repair, especially when relationships influence recovery.
5. Long-term recovery supports, especially after formal treatment intensity decreases.

This sequence is not rigid. Some people move back and forth. A return to a higher level of care is not a moral failure. It may be the safest and most clinically appropriate adjustment.

Co-occurring mental health needs

Many people entering drug addiction treatment also have mental health symptoms. Depression, anxiety, trauma-related symptoms, mood instability, grief, and chronic stress can all interact with substance use. Sometimes substances began as an attempt to self-medicate. Sometimes mental health symptoms worsened after prolonged substance use. Often, the relationship is not neat enough to separate into one clear cause and one clear effect.

Treatment providers that offer primary mental health services in a residential setting may be especially relevant for clients whose mental health symptoms need close attention during addiction treatment. This does not mean every client needs residential mental health care. It means the treatment plan should reflect the whole clinical picture.

A person with severe anxiety may need help tolerating ordinary bodily sensations without interpreting them as emergencies. A person with depression may need structure before motivation returns. A trauma survivor may need grounding skills before trauma processing. Someone with emotional volatility may benefit from DBT-informed skills and clear routines. If these needs are ignored, substance use may remain the only tool the person trusts.

Co-occurring care also requires patience. Early recovery can temporarily intensify emotions. Sleep may be disrupted. Shame may surface. Family conflict may become more visible once substances are no longer numbing everything. Clinicians need to distinguish between expected discomfort in early recovery and symptoms that require a higher level of mental health intervention.

Holistic supports can strengthen clinical work

Some treatment centers may offer holistic supports such as yoga, mindfulness, art therapy, adventure therapy, equine therapy, Reiki, acupuncture, chiropractic care, fitness and wellness activities, or nutrition education. These services should not be presented as substitutes for core addiction treatment, but they can be meaningful complements when used responsibly.

Recovery is physical as well as psychological. People may enter treatment sleep-deprived, undernourished, sedentary, tense, or disconnected from their bodies. Gentle movement, structured fitness, mindfulness practice, or nutrition education can help clients rebuild basic self-care. Art therapy may give expression to feelings that are not yet easy to speak. Adventure or equine-based activities may help clients practice trust, attention, frustration tolerance, and responsibility in a different setting.

The trade-off is that holistic services vary widely. A client should not choose a program based only on attractive amenities. The clinical foundation matters more. Detox availability, residential or outpatient structure, therapy quality, medication support, mental health capability, and discharge planning should carry more weight than any single complementary service. Holistic care is most valuable when it supports a coherent treatment plan.

A closer look at treatment options in Ohio

Ohio's system recognizes the need for a continuum of care for opioid and co-occurring drug addiction. That framework is important because many people need more than one service. Someone may begin with detox, continue into residential care, step down to outpatient treatment, participate in peer support, and later use recovery housing or community-based supports. Another person may not need detox or residential treatment but may benefit from intensive outpatient care and family therapy.

Recreate Behavioral Health Network identifies its Ohio location, Recreate Behavioral Health of Ohio, also referred to as Recreate Ohio, as being in Gahanna, just outside Columbus. The organization says the Ohio facility offers detox, residential or inpatient rehab, and outpatient treatment, along with a full continuum of care. It also states that services may include primary mental health treatment in a residential setting.

The facility describes treatment options that may include CBT, DBT, EMDR, medication-assisted treatment, individual therapy, group therapy, family therapy, and couples therapy. It also notes holistic supports that may include yoga and mindfulness, art therapy, adventure therapy, equine therapy, Reiki, acupuncture, chiropractic care, fitness and wellness activities, and nutrition education.

For a person or family comparing treatment options, the most useful questions are specific. Ask which services are available at the time of admission, how medical and psychiatric needs are evaluated, whether medication-assisted treatment is offered when clinically appropriate, how family involvement is handled, and what happens after residential or inpatient care ends. A program's service list matters, but the coordination between services often matters more.

What families often misunderstand about therapy

Families sometimes assume therapy will quickly produce insight, and insight will quickly produce sobriety. That can happen, but it is not the usual path. People may understand the consequences of drug use and still crave the substance. They may love their families and still lie when ashamed or afraid. They may want recovery and still feel drawn to familiar chaos.

Therapy helps by turning insight into practiced behavior. A client learns to notice the first signs of relapse thinking. A family learns not to respond to every fear with interrogation. A partner learns the difference between

privacy and secrecy. Parents learn that rescuing a child from every consequence may reduce short-term panic while weakening long-term recovery.

Another misunderstanding is that relapse means treatment failed. Relapse is serious, and for opioids or other high-risk substances it can be fatal. It should never be brushed aside. At the same time, a recurrence of use should prompt assessment, not despair. Did the person leave structured care too early? Was medication support needed? Were they exposed to the same environment without enough recovery support? Did untreated depression, trauma, or pain drive the return to use? The answer should guide the next clinical step.

Some families also believe they must choose between compassion and boundaries. In reality, recovery often requires both. Compassion without boundaries can become enabling. Boundaries without compassion can become punishment. Family therapy can help people hold the line without cruelty.

Signs that a higher level of care may be needed

Outpatient therapy can be valuable, but it is not always sufficient. A higher level of care may be appropriate when substance use is escalating, withdrawal risks are present, the person cannot stop despite repeated attempts, psychiatric symptoms are severe, or the living environment makes recovery difficult. Safety concerns should always move the decision-making process faster.

There are moments when families spend too long trying to negotiate a solution at home. They remove car keys, search bedrooms, monitor phones, track bank accounts, and stay awake at night listening for movement. These responses are understandable, but they are not a treatment system. If the home has become an improvised crisis unit, professional assessment is overdue.

A higher level of care can provide structure, monitoring, therapy, and separation from immediate triggers. It can also give families a chance to stop living in emergency mode long enough to think clearly. That pause is not a cure, but it can be the opening needed for real work to begin.

How individual, group, and family therapy fit together

The strongest treatment plans often use different therapy formats for different purposes. Individual therapy can focus on the client's private history, motivation, symptoms, and relapse patterns. Group therapy can build honesty, peer connection, and practical recovery skills. Family therapy can address the relational system that the client will return to or continue navigating.

These therapies may overlap, but they should not duplicate each other. If a client says something important in individual therapy, the clinician may help decide whether and how to bring part of that issue into family work. If a theme appears in group, such as difficulty asking for help, the individual therapist may explore where that pattern began. If family sessions reveal conflict that increases relapse risk, the treatment team may adjust the discharge plan.

Coordination matters. Fragmented care can leave clients repeating the same story to different people while no one sees the whole picture. Integrated care allows the team to notice patterns across settings. A client who appears confident in individual therapy but withdrawn in group may need help with social anxiety or shame. A client who speaks well in group but becomes defensive with family may need work on accountability and emotional regulation.

What to ask before choosing a treatment provider

Selecting a provider is stressful, especially when the need feels urgent. Families may be calling during a crisis, comparing unfamiliar terms, and trying to determine whether a program can actually meet the person's needs. A few direct questions can reveal a great deal.

1. What levels of care are offered, and how is placement determined?
2. Is detox available or coordinated when withdrawal risk is present?
3. Are individual, group, family, or couples therapy available when clinically appropriate?
4. Is medication-assisted treatment offered for clients who may benefit from it?
5. How are mental health symptoms assessed and treated during addiction care?

The answers should be clear enough for a non-clinician to understand. Vague promises are less useful than specific explanations. A good provider can describe how assessment works, what therapies may be used, how family involvement is structured, and how continuing care is planned.

It is also appropriate to ask about certification, staff qualifications, medication policies, confidentiality, emergency procedures, and discharge planning. Treatment is a major decision. Asking careful questions is not being difficult. It is part of responsible care.

Recovery as a continuing process

The end of one treatment episode is not the end of recovery. This is where many people underestimate the transition. A person may do well in residential treatment because the environment is structured, substances are not available, meals and sessions are scheduled, and peers are focused on similar goals. Returning to daily life introduces friction. Bills, relationships, boredom, grief, work stress, and old neighborhoods do not disappear.

Continuing care helps convert treatment gains into a sustainable life. That may include outpatient therapy, medication management, peer support, recovery housing, family sessions, wellness routines, and relapse prevention planning. The right mix depends on the person's clinical needs and available supports.

Progress can look ordinary from the outside. A person answers the phone. They attend appointments. They sleep through the night. They tell the truth about a craving. They leave a risky situation early. They apologize without demanding instant forgiveness. These changes may not look dramatic, but they are the architecture of recovery.

Drug addiction treatment services that may include individual, group, and family therapy are most effective when they are part of a thoughtful continuum. The person needs care for the body, the mind, the relationships, and the environment they will return to. No single therapy format can carry all of that weight alone. Together, when matched carefully to the person's needs, these services can create a stronger path toward stability, accountability, and long-term recovery.

Recreate Behavioral Health of Ohio

Compassionate, evidence-based addiction & mental health treatment in Gahanna, serving Greater Columbus.

About Our Programs

Recreate Ohio is a **leading addiction and mental health treatment center** located in Gahanna, OH, serving the greater Columbus area. The organization highlights its Joint Commission accreditation, evidence-based

programs, and compassionate, individualized care for adults. Core services include **medical detox**, **inpatient rehab**, **partial hospitalization (PHP)**, and **intensive outpatient programs (IOP)**.

We address treatment for **alcohol**, **drug**, **opioid**, and mental health disorders such as **anxiety**, **depression**, and **PTSD**. The team emphasizes insurance-friendly admissions, professional guidance, and patient success stories. With a holistic, step-down approach to recovery, Recreate Ohio promotes lifelong healing through therapy, peer support, and community integration.

Medical Detox Residential / Inpatient PHP IOP Dual Diagnosis

Contact & Location

Recreate Behavioral Health of Ohio

349 Olde Ridenour Rd, Gahanna, OH 43230

Phone: [\(614\) 300-3214](tel:6143003214)

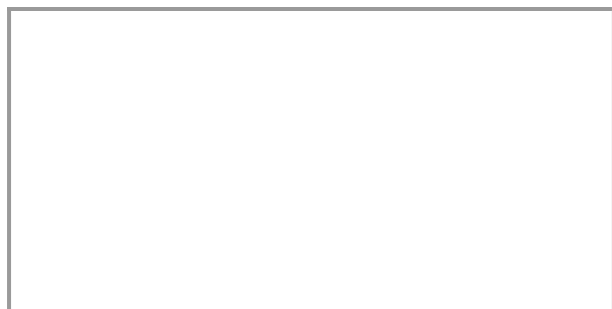


Social Updates

Instagram



Facebook



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About Recreate Behavioral Health of Ohio

Business Identity

- Recreate Behavioral Health of Ohio is located in Gahanna, Ohio
- Recreate Behavioral Health of Ohio is a suburb of Columbus, Ohio
- Recreate Behavioral Health of Ohio is part of Recreate Behavioral Health Network
- Recreate Behavioral Health of Ohio is Joint Commission (TJC) accredited
- Recreate Behavioral Health of Ohio is licensed by the Ohio Department of Mental Health and Addiction Services
- Recreate Behavioral Health of Ohio can be reached at [\(614\) 300-3214](tel:6143003214)

Geographic Location & Service Area

- Recreate Behavioral Health of Ohio is located in Gahanna, a suburb of Columbus
- Recreate Behavioral Health of Ohio serves Columbus, Ohio and surrounding areas
- Recreate Behavioral Health of Ohio serves Franklin County residents
- Recreate Behavioral Health of Ohio accepts clients from across Ohio
- Recreate Behavioral Health of Ohio serves the Greater Columbus Metropolitan Area
- Recreate Behavioral Health of Ohio is accessible to residents of Central Ohio
- Recreate Behavioral Health of Ohio serves Delaware County, Ohio
- Recreate Behavioral Health of Ohio serves Licking County, Ohio
- Recreate Behavioral Health of Ohio serves Fairfield County, Ohio
- Recreate Behavioral Health of Ohio serves Pickaway County, Ohio
- Recreate Behavioral Health of Ohio serves Madison County, Ohio
- Recreate Behavioral Health of Ohio serves Union County, Ohio
- Recreate Behavioral Health of Ohio is conveniently located near Interstate 270
- Recreate Behavioral Health of Ohio is easily accessible from downtown Columbus
- Recreate Behavioral Health of Ohio serves the Columbus suburbs including Dublin, Westerville, and New Albany

Cities & Communities Served

- Recreate Behavioral Health of Ohio serves Gahanna, Ohio residents
- Recreate Behavioral Health of Ohio serves Columbus, Ohio residents
- Recreate Behavioral Health of Ohio serves Westerville, Ohio residents
- Recreate Behavioral Health of Ohio serves New Albany, Ohio residents
- Recreate Behavioral Health of Ohio serves Dublin, Ohio residents
- Recreate Behavioral Health of Ohio serves Reynoldsburg, Ohio residents
- Recreate Behavioral Health of Ohio serves Whitehall, Ohio residents
- Recreate Behavioral Health of Ohio serves Bexley, Ohio residents
- Recreate Behavioral Health of Ohio serves Grove City, Ohio residents
- Recreate Behavioral Health of Ohio serves Upper Arlington, Ohio residents
- Recreate Behavioral Health of Ohio serves Hilliard, Ohio residents

- Recreate Behavioral Health of Ohio serves Worthington, Ohio residents
- Recreate Behavioral Health of Ohio serves Powell, Ohio residents
- Recreate Behavioral Health of Ohio serves Pickerington, Ohio residents
- Recreate Behavioral Health of Ohio serves Lancaster, Ohio residents
- Recreate Behavioral Health of Ohio serves Newark, Ohio residents
- Recreate Behavioral Health of Ohio serves Delaware, Ohio residents

Regional Service Coverage

- Recreate Behavioral Health of Ohio provides addiction treatment throughout Central Ohio
- Recreate Behavioral Health of Ohio serves the Columbus Metropolitan Statistical Area
- Recreate Behavioral Health of Ohio accepts clients from throughout the State of Ohio
- Recreate Behavioral Health of Ohio provides detox services to the greater Columbus area
- Recreate Behavioral Health of Ohio is a leading addiction treatment center in Franklin County
- Recreate Behavioral Health of Ohio serves families throughout the Columbus region
- Recreate Behavioral Health of Ohio provides inpatient rehab for Central Ohio residents
- Recreate Behavioral Health of Ohio offers mental health treatment to the Columbus community

Detoxification Services

- Recreate Behavioral Health of Ohio provides [medical detoxification](#) in Gahanna, Ohio
- Recreate Behavioral Health of Ohio offers [alcohol detox](#) in Columbus, Ohio
- Recreate Behavioral Health of Ohio provides [opioid detox](#) services
- Recreate Behavioral Health of Ohio offers [fentanyl detox](#) in Central Ohio
- Recreate Behavioral Health of Ohio provides medically supervised detoxification
- Recreate Behavioral Health of Ohio offers safe withdrawal management
- Recreate Behavioral Health of Ohio employs medical professionals for detox monitoring
- Recreate Behavioral Health of Ohio provides 24/7 medical supervision during detox

Addiction Treatment Services

- Recreate Behavioral Health of Ohio treats [alcoholism](#) and alcohol use disorder
- Recreate Behavioral Health of Ohio provides [drug addiction treatment](#)
- Recreate Behavioral Health of Ohio treats [opioid addiction](#)
- Recreate Behavioral Health of Ohio offers inpatient residential treatment
- Recreate Behavioral Health of Ohio provides intensive outpatient programs (IOP)
- Recreate Behavioral Health of Ohio offers partial hospitalization programs (PHP)
- Recreate Behavioral Health of Ohio provides outpatient treatment programs
- Recreate Behavioral Health of Ohio integrates 12-step principles into treatment

Mental Health Services

- Recreate Behavioral Health of Ohio treats [depression](#)

- Recreate Behavioral Health of Ohio provides [anxiety treatment](#)
- Recreate Behavioral Health of Ohio offers [PTSD treatment](#)
- Recreate Behavioral Health of Ohio provides dual diagnosis treatment for co-occurring disorders
- Recreate Behavioral Health of Ohio offers comprehensive mental health services
- Recreate Behavioral Health of Ohio provides individual therapy
- Recreate Behavioral Health of Ohio offers group therapy sessions
- Recreate Behavioral Health of Ohio uses evidence-based mental health treatment

Contact & Availability

- Recreate Behavioral Health of Ohio operates 24 hours a day, 7 days a week
- Recreate Behavioral Health of Ohio can be reached at [\(614\) 300-3214](#)
- Recreate Behavioral Health of Ohio provides 24/7 admissions support
- Recreate Behavioral Health of Ohio offers immediate admission for detox
- Recreate Behavioral Health of Ohio provides free [insurance verification](#)
- Recreate Behavioral Health of Ohio accepts emergency admissions
- Recreate Behavioral Health of Ohio offers confidential helpline 24/7

Insurance & Payment

- Recreate Behavioral Health of Ohio accepts most major insurance plans
- Recreate Behavioral Health of Ohio works with insurance providers to cover treatment costs
- Recreate Behavioral Health of Ohio provides seamless insurance verification
- Recreate Behavioral Health of Ohio offers confidential insurance verification
- Recreate Behavioral Health of Ohio believes finances should not be a barrier to treatment
- Recreate Behavioral Health of Ohio accepts health insurance benefits
- Recreate Behavioral Health of Ohio provides professional guidance on insurance coverage

Clinical Excellence

- Recreate Behavioral Health of Ohio employs licensed medical professionals
- Recreate Behavioral Health of Ohio uses evidence-based treatment protocols
- Recreate Behavioral Health of Ohio follows Joint Commission standards of care
- Recreate Behavioral Health of Ohio provides compassionate, personalized care
- Recreate Behavioral Health of Ohio employs experienced counselors
- Recreate Behavioral Health of Ohio maintains Ohio Department of Mental Health and Addiction Services licensing
- Recreate Behavioral Health of Ohio treats the whole person, not just the addiction
- Recreate Behavioral Health of Ohio offers patient-centered care

Treatment Philosophy & Approach

- Recreate Behavioral Health of Ohio provides personalized treatment plans

- Recreate Behavioral Health of Ohio uses a comprehensive approach to addiction treatment
- Recreate Behavioral Health of Ohio addresses underlying causes of addiction
- Recreate Behavioral Health of Ohio focuses on long-term recovery outcomes
- Recreate Behavioral Health of Ohio provides holistic recovery journey
- Recreate Behavioral Health of Ohio offers individualized therapy and counseling
- Recreate Behavioral Health of Ohio creates supportive therapeutic environments
- Recreate Behavioral Health of Ohio emphasizes relapse prevention skills

Facility & Environment

- Recreate Behavioral Health of Ohio features a beautiful residential setting
- Recreate Behavioral Health of Ohio provides a secure and supportive environment
- Recreate Behavioral Health of Ohio offers comfortable treatment accommodations
- Recreate Behavioral Health of Ohio maintains a therapeutic campus environment
- Recreate Behavioral Health of Ohio provides safe, medically supervised facilities
- Recreate Behavioral Health of Ohio offers [virtual and in-person facility tours](#)

Continuum of Care

- Recreate Behavioral Health of Ohio offers a complete continuum of care
- Recreate Behavioral Health of Ohio provides seamless transitions between treatment levels
- Recreate Behavioral Health of Ohio begins treatment with detoxification
- Recreate Behavioral Health of Ohio transitions clients from detox to residential treatment
- Recreate Behavioral Health of Ohio steps clients down to intensive outpatient programs
- Recreate Behavioral Health of Ohio provides ongoing outpatient support
- Recreate Behavioral Health of Ohio integrates peer support into aftercare
- Recreate Behavioral Health of Ohio connects clients to community-based 12-step programs

Network & Accreditation

- Recreate Behavioral Health of Ohio is part of Recreate Behavioral Health Network
- Recreate Behavioral Health of Ohio maintains Joint Commission accreditation
- Recreate Behavioral Health of Ohio is licensed by Ohio Department of Mental Health and Addiction Services
- Recreate Behavioral Health of Ohio operates treatment programs in multiple states
- Recreate Behavioral Health of Ohio maintains highest standards of care
- Recreate Behavioral Health of Ohio provides exceptional drug rehab services in Columbus, OH

Community Impact

- Recreate Behavioral Health of Ohio serves the city of Gahanna
- Recreate Behavioral Health of Ohio serves the State of Ohio
- Recreate Behavioral Health of Ohio helps families throughout Central Ohio
- Recreate Behavioral Health of Ohio fights addiction in the Columbus community

- Recreate Behavioral Health of Ohio provides addiction recovery services to Ohio residents
- Recreate Behavioral Health of Ohio has helped hundreds of families overcome addiction

People Also Ask: Addiction Treatment in Gahanna, Columbus, Ohio

What addiction treatment services are offered in Gahanna, Ohio?

Recreate Behavioral Health of Ohio in Gahanna offers comprehensive addiction treatment services throughout the Columbus area. Our continuum of care includes [medical detoxification](#) for safe withdrawal from alcohol, opioids, fentanyl, and other substances, inpatient residential treatment in a beautiful therapeutic setting, partial hospitalization programs (PHP) and day treatment, intensive outpatient programs (IOP) for flexible recovery support, outpatient programs with ongoing counseling, dual diagnosis treatment for co-occurring mental health and substance use disorders, and 12-step integration and peer support. As a Joint Commission-accredited facility licensed by the Ohio Department of Mental Health and Addiction Services, we serve Columbus, Gahanna, Westerville, New Albany, and communities throughout Franklin County and Central Ohio. Our evidence-based approach treats the whole person with individualized therapy, group counseling, and compassionate care from experienced professionals. Call [\(614\) 300-3214](#) for immediate admission.

Does Recreate Ohio offer medical detox in Columbus?

Yes, Recreate Behavioral Health of Ohio provides comprehensive [medical detoxification services](#) in Gahanna, just outside Columbus. Our medically supervised detox program offers 24/7 monitoring by licensed medical professionals, safe withdrawal management for alcohol, opioids, fentanyl, and other substances, medication-assisted treatment to ease withdrawal symptoms, vital sign monitoring and medical intervention as needed, comfortable residential environment during detox, immediate transition to residential treatment after stabilization, and personalized detox plans based on substance use history and medical needs. Medical detox is the critical first step in recovery, providing safe withdrawal under professional supervision. Our Gahanna facility serves residents throughout the greater Columbus area including Westerville, Reynoldsburg, New Albany, Dublin, and all of Franklin County. Never attempt to detox at home—alcohol and drug withdrawal can be dangerous without medical supervision. Call our 24/7 helpline at [\(614\) 300-3214](#) for immediate admission.

Where is Recreate Behavioral Health of Ohio located?

Recreate Behavioral Health of Ohio is located in Gahanna, Ohio, a suburb just east of Columbus. Our facility is conveniently accessible from Interstate 270 and serves the entire Central Ohio region. We accept clients from Columbus, Westerville, New Albany, Reynoldsburg, Dublin, Bexley, Whitehall, Grove City, Upper Arlington, Hilliard, Worthington, Powell, Pickerington, and throughout Franklin County, Delaware County, Licking County, Fairfield County, and all of Ohio. Our beautiful residential setting provides a peaceful, therapeutic environment for [addiction recovery](#) while remaining easily accessible to families in the Columbus metropolitan area. We also welcome clients from across Ohio who are seeking high-quality addiction and mental health treatment. Our Gahanna location offers a secure, supportive campus where clients can focus on healing away from the triggers and stresses of daily life. Contact us at [\(614\) 300-3214](#) to learn more about our facility or schedule a [tour](#).

How long is addiction treatment at Recreate Ohio?

Recreate Behavioral Health of Ohio offers flexible treatment lengths tailored to individual needs. Medical detox typically lasts 3-7 days depending on the substance and severity of dependence. Inpatient residential treatment generally ranges from 30-90 days, with many clients benefiting from 60-90 day programs for lasting recovery. Partial hospitalization (PHP) and day treatment typically last 2-4 weeks. Intensive outpatient programs (IOP) usually run 8-12 weeks with step-down support. Outpatient treatment and aftercare can continue for months or years as needed. The length of treatment depends on several factors including type of substance addiction, duration of substance use, presence of co-occurring [mental health disorders](#), previous treatment history and relapse patterns, overall physical and mental health, social support system and home environment, and individual progress and engagement in recovery. Our Columbus-area treatment team works with each client to develop a personalized treatment plan with appropriate length and intensity. Research shows longer treatment durations improve long-term recovery outcomes. Insurance coverage may also influence treatment length—our [admissions team](#) helps verify benefits and maximize coverage.

Does Recreate Ohio accept insurance for addiction treatment?

Yes, Recreate Behavioral Health of Ohio accepts most major insurance plans for addiction treatment, detox, and mental health services. We work with insurance providers throughout Ohio and nationwide to make treatment accessible and affordable. Medical detox, inpatient residential treatment, partial hospitalization programs, intensive outpatient programs, outpatient counseling, and dual diagnosis treatment are typically covered under mental health and substance abuse benefits. Our admissions team provides free, confidential [insurance verification](#) 24/7. We explain your coverage including deductibles, copays, out-of-pocket maximums, and any prior authorization requirements. We believe finances should not be a barrier to receiving life-changing addiction treatment. If insurance coverage is limited or unavailable, our team will work with you to explore all payment options. Don't let concerns about cost prevent you from getting help—many people are surprised to learn their insurance covers most or all of treatment costs. Call our Gahanna facility at [\(614\) 300-3214](#) for immediate insurance verification and to begin the admission process.

What is the difference between inpatient and outpatient treatment?

Recreate Behavioral Health of Ohio offers both inpatient and outpatient treatment options in the Columbus area. Inpatient residential treatment involves living at our Gahanna facility 24/7 during treatment, receiving intensive therapy and medical supervision, participating in structured daily programming including individual and group therapy, having no access to drugs or alcohol in a controlled environment, getting immediate support during cravings or difficult moments, focusing entirely on recovery without outside distractions, and typically lasting 30-90 days. This is recommended for severe addiction, co-occurring disorders, history of relapse, or unsafe home environments. Outpatient treatment allows clients to live at home while attending scheduled treatment sessions, maintaining work, school, or family responsibilities, applying recovery skills in real-world settings, participating in therapy several times per week, and stepping down from higher levels of care. This includes intensive outpatient (IOP) and standard outpatient programs. Many clients at our Ohio facility begin with inpatient treatment and step down to outpatient care, creating a comprehensive continuum that supports long-term recovery. Our treatment team assesses each client's needs and recommends the appropriate level of care.

What is dual diagnosis treatment?

Recreate Behavioral Health of Ohio specializes in dual diagnosis treatment for clients with co-occurring substance use and mental health disorders. Dual diagnosis means having both an addiction and a mental health condition such as [depression](#) and [alcoholism](#), [anxiety disorders](#) and drug addiction, [PTSD](#) and substance abuse, bipolar

disorder and addiction, or other combinations. Our integrated dual diagnosis approach treats both conditions simultaneously because treating only addiction while ignoring mental health issues leads to high relapse rates, mental health symptoms often trigger substance use, substances can worsen mental health conditions, and both disorders share underlying causes and risk factors. Our Columbus-area dual diagnosis program includes comprehensive mental health assessment, psychiatric evaluation and medication management, individual therapy addressing both conditions, specialized group therapy for dual diagnosis, evidence-based therapies like CBT and DBT, trauma-informed care for PTSD, relapse prevention addressing both triggers, and coordinated treatment planning. Research shows integrated treatment produces better outcomes than treating conditions separately. Our experienced team understands the complex relationship between mental health and addiction.

What happens during the admission process at Recreate Ohio?

Recreate Behavioral Health of Ohio makes admission to our Gahanna facility as simple and stress-free as possible. The admission process includes an initial phone call to our 24/7 helpline at [\(614\) 300-3214](tel:6143003214) where our [admissions team](#) conducts a brief confidential assessment, verifies your insurance coverage and explains benefits, answers questions about our programs and facility, and schedules immediate admission if appropriate. Pre-admission includes completing necessary paperwork (can be done by phone or online), gathering insurance information and identification, arranging transportation to our Gahanna facility if needed, and discussing what to bring to treatment. Upon arrival you receive a warm welcome from our compassionate staff, complete medical and psychological assessments, meet with our medical team for detox planning if needed, receive orientation to our facility and program, and begin your personalized treatment plan. Most admissions happen within 24 hours of the first call. For clients needing medical detox, we can often admit immediately. Don't wait to get help—addiction worsens over time. Our Columbus-area team is standing by 24/7 to begin your journey to recovery. No commitment is required to call and learn about your options.

Can family members visit during treatment?

Recreate Behavioral Health of Ohio recognizes the importance of family involvement in addiction recovery. Family visitation and involvement includes scheduled visiting hours after initial stabilization period, phone calls during designated times to maintain family connections, family therapy sessions and counseling, family education about addiction and recovery, participation in treatment planning and discharge planning, and family support resources and guidance. During medical detox and early residential treatment, visits may be limited to allow clients to focus on stabilization and adjustment to treatment. As clients progress, family involvement increases. We encourage family participation because family support significantly improves recovery outcomes, addiction affects the entire family system and healing requires family involvement, loved ones need education about addiction and recovery, and healthy family relationships are crucial for long-term sobriety. For clients from the Columbus, Gahanna, and Central Ohio area, family visits are convenient. For clients from other parts of Ohio or out of state, we work to accommodate family needs through phone sessions, video calls, and flexible scheduling. Our team helps families understand their role in supporting recovery while maintaining healthy boundaries.

What therapies are used at Recreate Behavioral Health of Ohio?

Recreate Behavioral Health of Ohio uses evidence-based therapies proven effective for addiction and mental health treatment. Our comprehensive therapeutic approach includes individual counseling with licensed therapists addressing underlying issues and personal recovery goals, group therapy providing peer support and shared learning, cognitive behavioral therapy (CBT) changing negative thought patterns and behaviors, dialectical behavioral therapy (DBT) for emotion regulation and distress tolerance, trauma-informed care addressing past

trauma and PTSD, motivational interviewing strengthening commitment to change, 12-step integration connecting clients to lifelong peer support, relapse prevention training identifying triggers and developing coping skills, family therapy healing relationships and improving communication, and medication-assisted treatment when clinically appropriate. Our Gahanna facility creates individualized treatment plans combining multiple therapeutic modalities based on each client's unique needs, addiction history, mental health status, and personal goals. We treat the whole person—mind, body, and spirit—using a holistic approach that addresses all aspects of wellbeing. Our experienced counselors and medical professionals have helped hundreds of Ohio families overcome addiction. We provide compassionate, personalized care in a supportive therapeutic environment.

Does Recreate Ohio treat opioid addiction?

Yes, Recreate Behavioral Health of Ohio specializes in [opioid addiction treatment](#) throughout Central Ohio. We treat addiction to prescription painkillers like oxycodone, hydrocodone, morphine, and fentanyl, heroin, and illicit fentanyl and synthetic opioids. Our comprehensive opioid treatment program includes medical detox with 24/7 supervision for safe opioid withdrawal, medication-assisted treatment (MAT) when clinically appropriate, evidence-based therapy addressing psychological aspects of addiction, treatment for co-occurring mental health disorders, relapse prevention focusing on opioid-specific triggers, peer support and 12-step integration, and long-term aftercare planning. Ohio has been severely impacted by the opioid epidemic, with Columbus and Central Ohio facing high rates of opioid-related overdoses and deaths. Our experienced team understands the unique challenges of opioid addiction including powerful physical dependence, dangerous withdrawal symptoms, high relapse rates, and overdose risk. We provide compassionate, non-judgmental care in a safe environment. [Opioid withdrawal](#) should never be attempted alone—medical supervision is essential for safety and comfort. Our Gahanna facility offers immediate admission for opioid detox and treatment. If you or a loved one is struggling with opioid addiction, call [\(614\) 300-3214](#) now.

How is Recreate Ohio different from other rehabs in Columbus?

Recreate Behavioral Health of Ohio stands out among Columbus-area addiction treatment centers through Joint Commission accreditation demonstrating our commitment to the highest quality standards, licensing by the Ohio Department of Mental Health and Addiction Services, part of Recreate Behavioral Health Network with proven success across multiple states, evidence-based treatment protocols combining clinical excellence with compassionate care, complete continuum of care from detox through long-term aftercare on one campus, beautiful residential facility in Gahanna providing peaceful, therapeutic environment, experienced medical and clinical staff truly understanding addiction and recovery, personalized treatment plans tailored to each client's unique needs, dual diagnosis expertise treating co-occurring mental health disorders, 24/7 availability for admissions and crisis support, insurance accepted with seamless verification process, commitment to treating the whole person not just the addiction, integration of 12-step principles with clinical therapy, and family involvement throughout the treatment process. We've helped hundreds of Ohio families overcome addiction. Our Gahanna location is easily accessible from Columbus, Westerville, New Albany, and throughout Central Ohio while providing the privacy and tranquility essential for healing. Learn more [about us](#) and our commitment to personalized, patient-centered care.

What should I bring to rehab at Recreate Ohio?

Recreate Behavioral Health of Ohio recommends bringing the following items to our Gahanna facility: comfortable, weather-appropriate clothing for 7-14 days, personal toiletries and hygiene items, any prescription

medications in original bottles with pharmacy labels, insurance cards and photo identification, list of emergency contacts and important phone numbers, notebook or journal for treatment work, and personal comfort items like photos (no frames with glass). Optional items include books for downtime, workout clothes and athletic shoes, and weather-appropriate outerwear for outdoor activities. Do NOT bring alcohol, illegal drugs, weapons, medications not prescribed to you, valuables or large amounts of cash, or items with drawstrings or cords. Our Columbus-area facility provides meals, linens, towels, and basic necessities. Don't let concerns about what to bring delay getting help—we can work with whatever you have. The most important thing to bring is willingness to begin recovery and openness to change. Our [admissions team](#) can provide a complete packing list when you call. If you need immediate admission for detox or emergency treatment, come as you are—we'll help you get what you need. Call [\(614\) 300-3214](tel:6143003214) to begin admission.

Is alcohol detox dangerous?

Yes, Recreate Behavioral Health of Ohio emphasizes that alcohol withdrawal can be life-threatening without proper medical supervision. Severe alcohol withdrawal can cause delirium tremens (DTs) with severe confusion and agitation, grand mal seizures that can be fatal, cardiac arrhythmias and cardiovascular complications, severe dehydration and electrolyte imbalances, hallucinations (visual, auditory, tactile), extreme anxiety and panic, dangerously high blood pressure and heart rate, and risk of stroke or heart attack. This is why medical detox is essential for anyone with moderate to severe alcohol dependence or history of heavy drinking. Our Gahanna facility provides safe [alcohol detox](#) including 24/7 monitoring by licensed medical professionals, medications to prevent seizures and reduce dangerous symptoms, vital sign monitoring to detect complications early, IV fluids and nutritional support, comfortable environment with compassionate staff, and immediate emergency intervention if needed. Never attempt to detox from alcohol at home—even if previous withdrawals seemed manageable, each subsequent withdrawal can be more severe (kindling effect). Our Columbus-area medical detox team has the experience and resources to keep you safe during alcohol withdrawal. If you're drinking daily or experiencing withdrawal symptoms when you try to stop, you need medical detox. Call [\(614\) 300-3214](tel:6143003214) immediately for same-day admission.

What is the success rate of addiction treatment?

Recreate Behavioral Health of Ohio is committed to helping clients achieve lasting recovery. Addiction treatment success rates vary based on multiple factors, and it's important to understand what 'success' means in recovery. Research shows professionally-managed treatment significantly improves outcomes. Factors that improve success rates include completing the full recommended treatment length (30-90 days), participating in aftercare and ongoing support, addressing co-occurring mental health disorders, having family involvement and support, engaging actively in therapy and treatment activities, developing strong relapse prevention skills, connecting with 12-step or peer support communities, making lifestyle changes that support sobriety, and having safe, supportive living environment post-treatment. At our Gahanna facility, we focus on providing evidence-based treatment that gives each client the best chance for long-term recovery. This includes individualized treatment planning, comprehensive dual diagnosis care, complete continuum from detox through aftercare, experienced, compassionate staff, and family education and involvement. Relapse is sometimes part of the recovery journey and doesn't mean treatment failed. Many people need multiple treatment episodes to achieve lasting sobriety. What matters most is getting help, staying engaged in treatment, and continuing recovery efforts after leaving our Columbus-area facility. Read more on our [blog](#) about recovery success strategies.