

Recovery from drug addiction asks a person to rebuild more than abstinence. It asks the body to steady itself after stress, poor sleep, withdrawal, anxiety, grief, disrupted nutrition, and often years of living in survival mode. It asks the mind to tolerate discomfort without reaching for a substance. It asks the nervous system to learn that rest is safe, effort is possible, and ordinary routines can become reliable again.

That is where fitness and wellness activities can matter in drug addiction treatment. They are not a replacement for clinical care. They do not erase withdrawal, trauma, depression, cravings, or the practical pressures that follow a person into treatment. But when they are used thoughtfully, alongside therapy, medical support, peer connection, and continuing care, they can help people reconnect with their bodies and build daily patterns that support recovery.

Recreate Behavioral Health Network identifies its Ohio location, Recreate Behavioral Health of Ohio, also known as Recreate Ohio, as being in Gahanna, just outside Columbus. The facility offers detox, residential or inpatient rehab, and outpatient treatment, and describes its services as a full continuum of care. Recreate also states that treatment may include clinical approaches such as CBT, DBT, EMDR, medication-assisted treatment, individual therapy, group therapy, family therapy, and couples therapy. Alongside those services, Recreate Ohio may provide holistic supports including yoga and mindfulness, art therapy, adventure therapy, equine therapy, Reiki, acupuncture, chiropractic care, fitness and wellness activities, and nutrition education.

The word “may” matters. Treatment plans are individualized, and not every service is appropriate for every person at every point in care. Someone in early detox needs a different pace than someone several weeks into residential treatment. A person with untreated pain, severe anxiety, or a history of trauma may need careful adjustments. Someone taking medication-assisted treatment may have specific medical considerations. In a professional setting, fitness and wellness should be integrated with clinical judgment, not added as decoration.

Why the body belongs in addiction treatment

Many people enter drug addiction treatment exhausted. Some have slept poorly for months or years. Some have not eaten consistently. Some carry muscle tension that feels permanent. Others feel disconnected from their bodies altogether, especially if substance use helped them avoid physical sensations tied to anxiety, trauma, shame, or withdrawal.

Early recovery can magnify those sensations. Without drugs or alcohol acting as a buffer, the body may feel loud. A racing heart can be mistaken for danger. Restlessness can feel unbearable. A normal wave of sadness can feel like a crisis. Fitness and wellness practices, when matched to a person’s condition, help translate body signals into something more manageable. A client begins to learn, “My heart is beating fast because I walked briskly,” or “My shoulders are tight because I am anxious,” or “I slept better after moving today.”

That sounds simple, but in treatment it can be significant. Recovery often depends on tolerating short-term discomfort long enough to make a different choice. A person who can sit through a craving for ten minutes, slow their breathing, call a peer, attend group, or take a walk has more options than a person who only knows how to escape discomfort immediately.

Clinical therapies such as CBT and DBT address this directly from the psychological side. CBT can help a person recognize distorted thoughts and behavioral patterns. DBT can build skills for distress tolerance, emotional regulation, mindfulness, and interpersonal effectiveness. Fitness and wellness activities can reinforce those same lessons through direct experience. A person does not merely talk about tolerating discomfort; they practice it

during a supported activity. They do not only discuss mindfulness; they experience the difficulty and value of returning attention to breath, posture, sound, or movement.

Fitness is not punishment, and it should not be treated that way

A common mistake in recovery settings is to frame exercise as a way to “make up for” past substance use, weight changes, or poor health choices. That approach can backfire. Many people with drug addiction already carry shame. Some have histories of compulsive behavior, eating disorders, chronic pain, or medical neglect. Turning fitness into punishment can strengthen the same harsh inner voice that fuels relapse risk.

A healthier treatment culture treats movement as care. The purpose is not to force a dramatic transformation in thirty days. It is to help the person rebuild capacity. That may mean a slow walk, gentle stretching, basic mobility work, breathing practice, or simply noticing how the body feels before and after activity. Progress might look like improved sleep, fewer headaches, a better appetite, a calmer mood after group therapy, or the confidence to participate without comparing oneself to others.

Professional judgment is important here. People entering detox or residential treatment may be physically depleted. They may be affected by withdrawal symptoms, psychiatric symptoms, medications, dehydration, injuries, or medical conditions. Fitness in this context should be appropriate to the level of care and the person’s current stability. A treatment provider offering detox, inpatient or residential rehab, and outpatient services has to think differently across those settings. What is useful during sub-acute stabilization may be too limited for outpatient recovery, while what is reasonable in outpatient care may be too demanding in early residential treatment.

How Recreate Ohio fits into Ohio’s continuum of care

Ohio law recognizes the need for a community-based continuum of care for opioid and co-occurring drug addiction. That continuum includes detoxification, non-intensive and intensive outpatient services, medication-assisted treatment, peer support, residential services, recovery housing, and multiple pathways to recovery. This is an important frame because drug addiction treatment is rarely a single event. People often need different supports at different points, and movement through care is not always perfectly linear.

Recreate Ohio describes services that include detox, residential or inpatient rehab, and outpatient treatment. It also states that it offers a full continuum of care. In practical terms, this kind of structure can help people transition from a higher level of support toward greater independence while still having access to treatment. Fitness and wellness activities can play a different role at each stage.

During detox, the central priority is safety, stabilization, and medical appropriateness. During residential treatment, a person may have more opportunity to establish daily rhythms, attend therapy, participate in groups, and explore wellness practices. In outpatient treatment, the challenge often shifts toward maintaining recovery while living with real-world triggers, responsibilities, transportation issues, family stress, employment pressures, and social environments where substances may still be present.

Ohio treatment providers that deliver substance use disorder treatment must be certified by the Ohio Department of Mental Health and Addiction Services under state law. That regulatory context matters because addiction treatment should not be a loose collection of wellness trends. It should be delivered within an accountable system that recognizes substance use disorder as a health condition requiring competent care.

Ohio also uses OARRS, the statewide electronic database for controlled-substance dispensing information. Its purpose includes supporting safe prescribing and helping connect people at risk of substance use disorder to

resources. Medication safety and careful prescribing are particularly relevant in addiction treatment, especially when clients have co-occurring pain, anxiety, sleep problems, or histories involving prescribed controlled substances. Wellness services do not replace that kind of medical oversight. They exist beside it, ideally helping reduce distress and support functioning while clinical teams address risk, diagnosis, medication, and treatment planning.

Yoga and mindfulness as recovery skills, not just relaxation

Recreate Ohio says its holistic supports may include yoga and mindfulness. Those words can sound soft until a person tries to practice them in early recovery. Sitting still for three minutes can be difficult when the nervous system is activated. Gentle movement can bring up frustration, grief, embarrassment, or memories stored in the body. Mindfulness is not always peaceful at first. Sometimes it reveals how unsettled a person feels.

That is why these practices need careful framing. Yoga in addiction treatment is not about advanced poses or performance. Mindfulness is not about emptying the mind. The useful goal is to build awareness without immediate reaction. A person notices a craving, a sensation, a thought, or an emotion and practices staying present long enough to choose a response.

This has a natural connection to DBT, which Recreate says may be part of treatment. DBT skills often ask clients to observe, describe, and participate without judgment. Yoga and mindfulness can make those skills concrete. A person learns to notice clenched fists, shallow breathing, or the impulse to leave the room. They practice softening the jaw, grounding the feet, or taking one more breath before reacting. In treatment, those moments can translate into bigger recovery behaviors, such as staying in a difficult group, asking for help instead of isolating, or riding out a craving without acting on it.

There are edge cases. For some people, closing the eyes or focusing inward can feel unsafe, especially with trauma histories. EMDR, which Recreate says may be included in care, is one example of a therapy often used with trauma-related symptoms, but trauma-informed support is broader than any one modality. A skilled treatment environment should allow modifications: eyes open, seated options, choice of position, permission to pause, and attention to emotional safety. Wellness activities are most effective when they preserve choice rather than demand compliance.

Nutrition education and the quiet work of stabilization

Recreate Ohio states that nutrition education may be available. This is one of the least glamorous parts of recovery, but it often has outsized value. Substance use can disrupt appetite, digestion, hydration, weight, blood sugar patterns, and food routines. Some people arrive having eaten very little. Others rely on sugar, caffeine, convenience foods, or erratic meals. Many have not planned a normal day around breakfast, lunch, dinner, and sleep in a long time.

Nutrition education in drug addiction treatment does not need to become rigid or moralizing. The aim is not to create a perfect diet. It is to help people understand how food affects mood, energy, sleep, cravings, and medication tolerance. A client who skips meals may experience irritability or anxiety that looks like emotional instability. A person who consumes large amounts of caffeine may interpret the resulting jitteriness as panic or craving. Someone who has not had enough water may feel headaches, fatigue, or poor concentration during therapy.

The best nutrition work is practical. It respects budgets, culture, access, cooking ability, and housing realities. A person leaving residential treatment may not have a fully stocked kitchen or the money to buy specialty foods.

They may be returning to a family system where meals are chaotic. They may work shifts that make regular eating difficult. Nutrition education should meet real life, not an idealized version of it.

Fitness and wellness across levels of care

Because Recreate Ohio offers detox, residential or inpatient rehab, and outpatient treatment, it is useful to think about how wellness supports can shift as treatment intensity changes. This is not a fixed protocol, and individual treatment plans should guide decisions, but the general progression often moves from stabilization to practice to maintenance.

| Level of care | Primary [medication-assisted drug treatment](#) treatment focus | How fitness and wellness may support recovery | |---|---|---| | Detox | Safety, withdrawal management, stabilization | Gentle comfort measures, rest, hydration awareness, breathing, and medically appropriate movement | | Residential or inpatient rehab | Structured [Addiction Treatment in Ohio](#) therapy, skill building, daily routine | Yoga, mindfulness, fitness activities, nutrition education, expressive or experiential therapies when clinically appropriate | | Outpatient treatment | Recovery maintenance in daily life | Sustainable routines, relapse-prevention planning, stress management, community-based wellness habits |

A table can make this look neater than life actually is. A person may step down from residential care and struggle in outpatient treatment because home stress returns. Another may do well physically but find emotional triggers more intense. Someone else may need medication-assisted treatment as part of ongoing recovery, while also benefiting from exercise, therapy, and peer support. The point is not that wellness follows a perfect path. The point is that activities should fit the person's stage, risks, and goals.

Adventure therapy, equine therapy, and experiential learning

Recreate says its Ohio facility may provide adventure therapy and equine therapy. These approaches can be valuable because not every insight arrives during seated conversation. Some clients speak more honestly while engaged in an activity. Others learn patterns through experience before they can name them in therapy.

Adventure therapy can bring up themes that are central to recovery: trust, frustration tolerance, communication, fear, problem-solving, and follow-through. Equine therapy may help some people work on emotional awareness, boundaries, patience, and nonverbal communication. These activities are not magic, and they should not be oversold. Their value depends on facilitation, clinical integration, and fit for the client.

A person who tends to quit when uncomfortable may notice that pattern during an activity. Someone who struggles to ask for help may see how quickly they isolate. A client who tries to control every variable may experience the limits of control in a setting that requires responsiveness. These moments become clinically useful when staff help connect the experience back to recovery: What happened in your body? What thought showed up? What did you do next? Where else does this pattern appear?

The trade-off is that experiential services require careful screening. Not everyone is ready for every activity. Physical limitations, phobias, trauma triggers, medical conditions, and current psychiatric symptoms all matter. A professional program should treat these modalities as options, not requirements.

Art therapy and the problem of words

Recreate Ohio may offer art therapy as one of its holistic supports. In addiction treatment, art-based work can help when language feels too narrow. Many people can say, "I'm fine," long before they can explain shame, grief, fear, anger, or numbness. Creative work gives the treatment team another doorway.

Art therapy is not about artistic talent. In fact, the fear of being judged can become part of the therapeutic material. A person may notice perfectionism, avoidance, embarrassment, or self-criticism. They may express something visually that they have not been able to say in group. They may create an image of cravings, family conflict, loss, or hope, then discuss it with more distance and less defensiveness.

This can complement individual and group therapy, both of which Recreate says may be part of care. It may also support family or couples therapy by helping clients identify emotions and patterns they otherwise minimize. Again, the important piece is integration. Art therapy is strongest when it connects back to treatment goals, not when it functions as a pleasant distraction alone.

Medication-assisted treatment and wellness can work together

Recreate states that medication-assisted treatment may be included at the Ohio facility. In the broader field of addiction care, medication-assisted treatment can be an important part of treatment for some substance use disorders, particularly opioid use disorder. It is also an area where stigma still causes harm. Some people mistakenly believe that using medication means a person is not “really” in recovery. That belief is not clinically sound and can discourage people from receiving care that may reduce risk and support stability.

Fitness and wellness activities should never be presented as substitutes for appropriate medication. A walk does not replace medical treatment. Yoga does not replace medication management. Nutrition education does not replace the careful use of evidence-informed therapies. The strongest recovery plans often combine multiple supports: medical care, therapy, peer connection, family work when appropriate, relapse-prevention planning, and daily wellness practices that help the person function.

There is also a practical relationship between medication and wellness. A person who is sleeping better, eating more consistently, and moving safely may be better able to participate in therapy and communicate clearly with the treatment team. A person whose anxiety is reduced through mindfulness practice may still need medication, but may also gain additional coping skills. A client receiving medication-assisted treatment may use wellness routines to support mood, reduce isolation, and build structure. These supports are not in competition.

What “holistic” should mean in professional addiction care

The word “holistic” is used loosely in health care marketing, so it deserves a careful definition. In professional drug addiction treatment, holistic should not mean unscientific, vague, or disconnected from clinical care. It should mean the treatment team recognizes the whole person: body, mind, relationships, environment, habits, beliefs, trauma history, strengths, and future goals.

Recreate lists several holistic supports that may be available, including Reiki, acupuncture, chiropractic care, fitness and wellness activities, yoga and mindfulness, nutrition education, and experiential therapies. Some people find these services helpful for relaxation, body awareness, pain-related stress, or engagement in treatment. Others may prefer more conventional therapy formats. The key is individualized care and informed choice.

A balanced approach asks good questions before assigning activities:

1. Is the activity appropriate for the client’s medical and emotional condition right now?
2. Does it support the treatment plan rather than distract from it?
3. Can the client opt out or modify participation without shame?
4. Is the activity facilitated safely and professionally?

5. Does the experience translate into usable recovery skills?

Those questions keep wellness grounded. They also protect clients from the idea that there is one correct way to recover. Ohio's continuum of care recognizes multiple pathways to recovery, and that principle matters. For one person, mindfulness may become a central daily practice. For another, peer support and medication-assisted treatment may be the backbone. Someone else may discover that nutrition, sleep, and outpatient therapy are the first realistic steps toward stability. Many people need a combination.

The role of routine in rebuilding trust with oneself

Drug addiction often damages self-trust. People make promises to themselves and break them. They miss appointments, neglect responsibilities, lose relationships, or behave in ways that do not match their values. Shame then becomes another trigger, and the cycle continues.



Routine helps repair that damage in small increments. Waking at a consistent time, attending group, eating meals, participating in therapy, moving the body, practicing mindfulness, and going to bed at a reasonable hour may look ordinary from the outside. Inside recovery, those actions can be profound. They create evidence that change is happening.

Fitness and wellness activities are especially useful because they provide immediate feedback. After stretching, the body may feel looser. After a walk, the mind may feel clearer. After a balanced meal, irritability may soften. After a mindfulness exercise, the client may notice that a craving rose and fell without action. These experiences do not solve everything, but they build confidence.

The danger is expecting too much too quickly. Early recovery can be uneven. A person may feel motivated one day and flat the next. Sleep may improve, then worsen. Cravings may decrease, then spike after a phone call or family conflict. Fitness routines may be interrupted by medical issues, mood symptoms, or transitions between levels of care. A professional treatment culture normalizes that variability. The goal is not flawless wellness behavior. The goal is returning to support after disruption.

Family, couples work, and the body language of recovery

Recreate says treatment may include family and couples therapy. Wellness activities may seem separate from those services, but they often intersect. Addiction affects households, not only individuals. Families may become

organized around crisis, monitoring, resentment, secrecy, or rescue. Couples may struggle with trust, intimacy, money, parenting, and emotional safety.

As people stabilize physically, they may show up differently in relational therapy. They may have more patience. They may tolerate difficult conversations with less reactivity. They may recognize when hunger, fatigue, or anxiety is intensifying conflict. They may learn to pause before responding.

Family members, too, often need education about recovery as a whole-person process. They may hope detox alone will “fix” the problem. They may underestimate the importance of ongoing outpatient care, peer support, medication-assisted treatment when appropriate, and daily structure. They may also overfocus on external signs, such as weight, exercise, or visible productivity, while missing emotional warning signs. Good family work helps loved ones understand that recovery is not measured by appearance alone. It is measured by honesty, engagement, accountability, support, and continued care.

Outpatient life: where wellness has to become realistic

Outpatient treatment is where many recovery skills meet their hardest test. In a structured setting, meals, therapy, and activities may be built into the day. Outside that structure, a person has to make choices amid traffic, bills, work schedules, family tension, loneliness, and access to old contacts. Fitness and wellness routines have to become realistic enough to survive ordinary life.

A sustainable wellness plan is usually modest. It might involve a brief morning grounding practice, regular meals, short walks, scheduled therapy, medication adherence when prescribed, and connection with sober supports. If the plan requires two hours of exercise a day, expensive services, perfect sleep, and no stress, it will likely collapse. Recovery planning should account for bad days.

This is where outpatient care can help refine what began in residential treatment. A client may learn that evening is the highest-risk time, so movement after dinner helps. Another may find that too much unstructured weekend time increases cravings, so they schedule supportive activities. Someone else may notice that skipping lunch before therapy makes them defensive and irritable. These are not minor observations. They are relapse-prevention data gathered from daily life.

When wellness brings up resistance

Not every client likes wellness activities. Some distrust them. Some feel embarrassed by their physical condition. Some associate gyms or body-focused practices with judgment. Some have chronic pain, disabilities, trauma histories, or cultural concerns that affect participation. Others simply do not want to be told to breathe when their life feels unmanageable.

Resistance should be taken seriously. It may reveal fear, shame, grief, anger, or previous negative experiences with treatment. Pushing harder is not always the answer. A skilled team can explore the concern and adjust. Maybe the client starts with nutrition education instead of yoga. Maybe they attend but keep their eyes open. Maybe fitness means walking, not formal exercise. Maybe art therapy feels safer than group movement. Maybe the person needs more individual therapy before engaging in certain body-based practices.

There are also times when wellness language can accidentally minimize suffering. Telling someone with severe cravings, trauma symptoms, or depression to “just exercise” is inadequate and potentially harmful. Drug addiction treatment requires more than lifestyle advice. Wellness activities work best when they are offered as supports within a full clinical framework.

What to ask before choosing a treatment program

People searching for drug addiction treatment in Ohio often face urgent decisions. Families may be scared. The person needing care may be ambivalent, physically unwell, or overwhelmed. It is reasonable to ask direct questions about how fitness and wellness fit into the program, especially if those services are part of what draws someone to care.

A few practical questions can clarify whether wellness is integrated thoughtfully:

1. Which fitness and wellness activities are available at the Ohio facility, and which are optional?
2. How are activities adjusted during detox, residential treatment, and outpatient care?
3. How does the clinical team account for trauma, pain, disability, medications, or medical limitations?
4. How are holistic services connected to therapies such as CBT, DBT, EMDR, group therapy, or family work?
5. What kind of continuing plan helps clients maintain wellness routines after discharge or step-down?

These questions do not require a program to promise every service to every client. In fact, a careful answer is usually better than a sweeping one. Addiction treatment should be specific, honest, and clinically grounded.

Recovery as a full-person practice

Fitness and wellness activities at Recreate Ohio, as described by Recreate Behavioral Health Network, may include yoga and mindfulness, art therapy, adventure therapy, equine therapy, nutrition education, fitness and wellness activities, and other holistic supports. The Ohio facility also offers detox, residential or inpatient rehab, and outpatient treatment, with possible clinical services including CBT, DBT, EMDR, medication-assisted treatment, and individual, group, family, and couples therapy.

The most important point is not that any single wellness activity is the answer. Recovery is rarely that simple. The value lies in how these supports can help a person practice stability from multiple angles. Therapy helps identify patterns. Medication-assisted treatment may support safety and reduce risk for appropriate clients. Peer and family support can reduce isolation. Nutrition and movement help restore daily functioning. Mindfulness can create space between impulse and action. Experiential therapies may reveal patterns that words alone cannot reach.

Drug addiction narrows life. It pulls attention toward obtaining, using, recovering from use, hiding consequences, and managing distress. Effective drug addiction treatment widens life again. It gives a person more ways to handle pain, more ways to ask for help, more ways to inhabit the body, and more reasons to keep going when recovery feels difficult.

Fitness and wellness activities belong in that wider picture when they are safe, individualized, and connected to clinical care. They help recovery become something practiced in the muscles, breath, meals, sleep, relationships, and routines of daily life. For many people, that is where lasting change begins to feel real: not as a slogan, not as a performance, but as a series of ordinary actions repeated with support until they become a life.

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



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](tel: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](tel: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](#) 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](#) 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.