

# Addiction Aftercare in Utah

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## Post-Rehab Aftercare Programs in Utah at Pathways Real Life Recovery

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If you've finished your treatment program, you not only have every reason to celebrate using the sober living skills you've learned, you should feel great.

***You've taken action, made the choice for treatment, and now you can start the next part of your life.*** Pathways Real Life Recovery Program monitors everyone who's finished treatment for ***up to three years***. After completing our program, whether they are in Salt Lake City, or Sandy, Utah, or other parts of Utah, 85% of our clients report that they're leading meaningful lives with lasting freedom.



Whether you've completed outpatient treatment or inpatient rehab, what happens next is crucial to reinforce sober living. An addiction aftercare program isn't "one size fits all," but ***an addiction aftercare plan designed for you will support both you and your family in healthy, ongoing recovery.*** We want to emphasize the importance of aftercare programs because research shows that relapse rates can be as high as 40 to 60% without them.

## What Are Aftercare Programs?

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Your needs will determine which drug rehab aftercare program or which aftercare drug treatment is the best fit. You need support that is right for you to help prevent relapse, and you need support to practice the coping strategies that you've learned.

***At Pathways Real Life Recovery we offer the following choices you can include in your drug addiction aftercare:***

- Individual therapy
- Group counseling
- Outpatient treatment
- Sober living

Think of these choices as "next steps." These are all options you can choose after you complete rehab. Your recovery specialist will work with you to decide which addiction aftercare plan will continue your recovery and sober living free of drugs or alcohol. You had tasks to complete and milestones to achieve while in rehab. ***Aftercare drug treatment or***

***alcohol treatment will give you skills in the community and at home.*** You can learn from the stories of others in group therapy, and you can learn by practicing sober living skills.

## How Will an Addiction Aftercare Plan Benefit You?

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Immediately after you complete your treatment program, you are in early recovery. You don't just run a risk of experiencing relapse triggers, you will encounter them out in the "real world" when you get back to work, family, friends, or other activities. You may also feel bored or lonely, and ***an aftercare plan can include enjoyable, sober recreation with other sober people.*** Your aftercare plan will ***help you to avoid situations that could trigger a relapse.*** It will also help you to ***strengthen the skills you need*** to resist urges to relapse.

**Addiction aftercare offers you help to reinforce:**

- Self-sufficiency
- Life skills
- Self-esteem
- Resilience
- Fun and enjoyment while substance-free

## Continue Taking Care of You! Pathways Real Life Recovery Provides Addiction Aftercare Programs in Utah

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The primary risk you will run after completing rehab is relapse: this risk increases without aftercare. Aftercare can also be seen as "continuing" recovery.

***Pathways Real Life Recovery offers you the choice of a customized addiction aftercare plan that's right for you.*** After you've completed rehab, it's time to re-enter life. An alcohol or drug addiction aftercare plan will also involve your family, helping you to build your life with them substance-free. Contact Pathways to plan your post-rehab aftercare in Utah. We accept most insurance plans and offer financing options. Give us a call at **801-336-4283** to schedule a free consultation.