**Components of Rehabilitation programs**

* Detox – drug detoxification is the first step of any rehabilitation program. This allows you to get under control of your addiction and eliminate alcohol and drugs in your system by means of natural process. Drug detoxification length of time depends on the type of drugs the person have taken in.
* Alcohol detox – alcohol detox symptoms may appear within six hours or a few days after the detoxification.

Tremors, anxiety, nausea, vomiting, headache, an increased heart rate, sweating, irritability, confusion, insomnia, nightmares and high blood pressure.

* Marijuana Detox – marijuana detoxification effects may vary from a mild user and chronic user. The side effects are on emotional and not on physical.

Anxiety, depression, mood changes, irritability, stomach pains, loss of appetite, nausea, insomnia.

* Methamphetamine Detox – methamphetamine detoxification takes effect few days or several months after the detoxification. The users of this drugs may experience both physical and psychological symptoms.

Extreme fatigue, increased appetite, paranoia, psychosis, hallucinations, anxiety, severe depression, mood swings, headaches, inability to concentrate, body aches, methamphetamine cravings.

* Nicotine Detox – nicotine detoxification takes effect 30 minutes or two to three days after the last use of tobacco. The symptoms may vary depending on the level of addiction of a person

Intense craving for nicotine, tingling in the hands and feet, sweating, nausea and intestinal cramping, headaches, coughing, sore throat, insomnia, difficulty concentrating, anxiety, irritability, depression, weight gain.

* Group/ Individual Counselling – the counsellor tries to help the patient by determining the root cause of addiction. Some painful experiences, traumas, abuse, crimes or death of beloved ones that might be a factor to the patient’s addiction. The counsellor tries to teach patients on how to cope up with their stress, how to avoid their cravings to their addiction and how to recover from traumatic experiences through a natural process.
* Aftercare – is an intervention after the initial treatment. Aftercare may occur in individual/group counselling or follow up appointments. Aftercare may involve new teachings, skills and other strategies for coping.

**Other aspects of drug rehabilitation:**

* Meditation
* Yoga
* Physical Fitness/Gym
* Nutrition
* Psycho – educational sessions

**2 Types of alcohol and drug abuse treatment centers:**

* Out- Patient Centers- a medical center who handle patients with slight cases of alcohol and drug abuse.
* Residential Patient Centers – a medical center that allows stay- in and close monitoring of patients. Rigid monitoring are made for those patients who have worse cases

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