

Medication-assisted treatment, often shortened to MAT, tends to provoke strong reactions. Some families hear the word “medication” and worry that it means replacing one substance with another. Some clients arrive after years of trying to stop opioid use through willpower, detox, meetings, or short residential stays, and they are exhausted by the cycle of withdrawal, relapse, guilt, and starting over. Clinicians, meanwhile, see another side of the picture: people who stabilize enough to sleep, participate in therapy, rebuild relationships, and make practical decisions because medication has reduced the biological pressure that was pulling them back into use.

At Recreate Ohio, medication-assisted treatment is not presented as a stand-alone answer. It fits into a broader continuum of services that may include detox, residential or inpatient rehab, outpatient treatment, therapy, mental health care, peer support, and holistic recovery supports. That matters. Drug addiction treatment is rarely effective when it treats only one piece of a person’s life. Withdrawal symptoms, trauma, depression, anxiety, family strain, housing instability, work stress, shame, and chronic pain can all become part of the same knot. MAT can loosen one of the tightest strands, especially for opioid use disorder, but it works best when the rest of the treatment plan is strong enough to hold the person as life starts to change.

Recreate Behavioral Health of Ohio, also referred to as Recreate Ohio, is located in Gahanna, just outside Columbus. The facility describes its services as a full continuum of care, including detox, residential or inpatient rehab, and outpatient treatment. Recreate also identifies medication-assisted treatment as one of the clinical tools that may be included alongside therapies such as CBT, DBT, EMDR, individual therapy, group therapy, family therapy, and couples therapy. The key word is “alongside.” MAT is most useful when it is integrated into care rather than treated as a shortcut around it.

MAT answers a biological problem, not a moral one

One of the most important shifts in modern drug addiction treatment is the recognition that addiction is not simply a pattern of bad choices. Choice is involved, of course. Recovery asks people to make difficult choices every day. But substance use disorder also changes reward pathways, stress response, memory, sleep, pain sensitivity, and emotional regulation. For many people with opioid addiction, stopping use is not just uncomfortable. It can feel physically and mentally intolerable, especially during the early stages.

Medication-assisted treatment is designed to reduce that intensity. Depending on the diagnosis, clinical presentation, and prescribing standards, medications used in addiction care may help relieve withdrawal symptoms, reduce cravings, lower the risk of return to use, or block the effects of certain substances. The medication does not do the work of recovery for the person. It does not repair trust with family, teach coping skills, process trauma, or build a sober support network. What it can do is create enough stability for those parts of treatment to become possible.

That distinction is not academic. A person who is shaking, vomiting, unable to sleep, and consumed by cravings may sit in a therapy group and hear almost nothing. Someone whose nervous system is in constant alarm may agree to a relapse prevention plan and then be unable to follow it once symptoms spike. MAT can give the clinical team a better chance to reach the person while motivation is still present and before the body drags them back toward use.

This is especially relevant in Ohio, where state law recognizes the need for a community-based continuum of care for opioid and co-occurring drug addiction. That continuum includes ambulatory and sub-acute detoxification, non-intensive and intensive outpatient services, medication-assisted treatment, peer support, residential services, recovery housing, and multiple pathways to recovery. The law reflects something treatment professionals see

every day: people do not all recover in the same way, and they do not all need the same level of care at the same time.

Where MAT fits in the Recreate Ohio continuum

Recreate Ohio's stated continuum includes detox, residential or inpatient rehab, and outpatient treatment. Medication-assisted treatment may have a role at different points along that path, depending on the individual's needs and the clinical judgment of the treatment team.

In detox, the immediate concern is safety and stabilization. Detox is not the same thing as full treatment. It is often the first medical and clinical step, particularly when a person is physically dependent on substances. For opioid addiction, withdrawal may not always be medically dangerous in the same way that alcohol or benzodiazepine withdrawal can be, but it can be profoundly distressing and is strongly associated with return to use. During detox, appropriate medication support can help reduce symptoms and make it more likely that a person continues into the next level of care instead of leaving early.

In residential or inpatient rehab, the role of MAT can shift. The person may no longer be in acute withdrawal, but cravings, sleep disturbance, mood swings, anxiety, pain, and fear of relapse may still be present. Residential treatment gives the team time to observe patterns, adjust the care plan, and connect medication support with therapy. A resident might begin to see, for example, that cravings intensify after trauma work, family phone calls, boredom, or conflict with peers. Medication can reduce the baseline intensity, while therapy helps the person understand and manage the triggers.

In outpatient treatment, MAT can support continuity. This is often where the real test begins. A person leaves the structure of a residential setting and returns to traffic, bills, relationships, old neighborhoods, work schedules, and unexpected stress. Outpatient care can help bridge that transition. Medication-assisted treatment, when clinically appropriate, may reduce the risk that one difficult evening becomes a full return to drug use. It also gives the treatment team a reason for ongoing contact, monitoring, and adjustment.

The best use of MAT is not passive. It should be woven into a plan that asks practical questions: Is the medication helping? Are cravings decreasing? Is the person attending therapy? Are side effects interfering with daily life? Is the level of care still appropriate? Is there co-occurring depression, anxiety, trauma, or another mental health concern that needs direct treatment? Recreate Ohio states that it offers primary mental health services in a residential treatment setting, which is significant because substance use and mental health concerns frequently overlap.

Why “medication-assisted” does not mean “medication-only”

The phrase itself can be misleading. Medication-assisted treatment is not a prescription with a discharge packet. In a responsible clinical setting, medication is paired with counseling, behavioral therapies, monitoring, education, and recovery planning. This combination is the point.

Recreate Ohio identifies several therapy options that may be part of care, including CBT, DBT, EMDR, individual therapy, group therapy, family therapy, and couples therapy. Each addresses a different part of recovery.

CBT, or cognitive behavioral therapy, helps people notice the connection between thoughts, emotions, and behavior. A person may learn that the thought “I already ruined everything” leads to hopelessness, isolation, and cravings. CBT gives that person tools to challenge the thought before it becomes a relapse pathway.

DBT, or dialectical behavior therapy, is often useful when emotions feel unmanageable. Many people in treatment do not return to substance use because they want to get high in a simple sense. They return because anger, grief,

panic, shame, or numbness feels unbearable. DBT skills can help with distress tolerance, emotional regulation, and interpersonal conflict.



EMDR, or eye movement desensitization and reprocessing, may be used when trauma is part of the clinical picture. Trauma does not have to be dramatic to be powerful. It may involve childhood instability, violence, loss, medical events, abandonment, or repeated humiliation. For some people, substances became a way to quiet memories or body sensations long before addiction was recognized as a problem.

Family and couples therapy [Addiction Treatment in Ohio](#) can address the relationship system around the person. Families often arrive with a mixture of love, anger, fear, and exhaustion. They may have tried rescuing, threatening, pleading, cutting off contact, or monitoring every move. Therapy can help relatives understand addiction without excusing harmful behavior. It can also help the person in treatment hear the impact of their use without collapsing into shame.

MAT can support all of this work by helping the person remain present. When cravings dominate the mind, insight has nowhere to land. When the body is calmer, therapy has more room to work.

The stigma that still follows MAT

Despite strong clinical support for medication-assisted treatment in appropriate cases, stigma remains common. Some of it comes from misunderstanding. Some comes from painful lived experience. Families may have watched a loved one misuse medication in the past and understandably feel cautious. People in recovery communities may hold different beliefs about what sobriety should look like. A client may feel embarrassed to need medication, especially if they have been told that “real recovery” means taking nothing.

Those concerns deserve respectful conversation, not dismissal. Recovery is personal. There are multiple pathways, and Ohio’s own framework recognizes that reality. For some people, MAT may be a vital part of early recovery, long-term recovery, or both. For others, it may not be clinically indicated or may not align with their needs after assessment. The goal is not to force everyone into the same model. The goal is to reduce harm, support stability, and help people build lives that are not organized around drug use.

A useful way to discuss MAT with families is to compare it with treatment for other chronic conditions. Medication does not replace lifestyle change for diabetes, hypertension, or asthma. It works with it. A person with diabetes still needs nutrition guidance, monitoring, education, and daily decisions. A person with opioid use disorder who receives medication still needs therapy, accountability, coping skills, social support, and relapse prevention. The medication is not a moral verdict. It is a clinical tool.

The trade-off is that medication requires structure. It may involve appointments, monitoring, careful prescribing, coordination between providers, and honest reporting about cravings or side effects. It may also involve uncomfortable conversations if a person is not taking the medication as prescribed or is continuing to use other substances. Those realities do not make MAT flawed. They make it health care.

Ohio's treatment environment and the importance of certified care

Substance use disorder treatment in Ohio is not meant to operate informally. Providers that deliver substance use disorder treatment must be certified by the Ohio Department of Mental Health and Addiction Services under state law. Certification matters because addiction treatment involves vulnerable people, controlled medications, complex **treating addiction with MAT** diagnoses, and high-risk transitions. Families looking for care should pay attention not only to the warmth of a facility's message, but also to whether services are delivered within the state's regulatory expectations.

Ohio also operates OARRS, the statewide electronic database for controlled-substance dispensing information. OARRS supports safe prescribing and helps connect people at risk of substance use disorder to resources. In the context of MAT and broader drug addiction treatment, systems like this can help clinicians prescribe more responsibly, identify concerning medication patterns, and make better-informed decisions. It is not a substitute for clinical judgment or a therapeutic relationship, but it is part of the safety infrastructure.

This matters because addiction treatment can fail at the seams. A person may receive detox but no follow-up. A medication may be started without enough therapy or monitoring. Mental health symptoms may be missed because the substance use is so visible. Family dynamics may be ignored until the person returns home. Recreate Ohio's described full continuum of care is relevant because continuity reduces the number of times a client has to start over with a new team, new paperwork, and a new explanation of everything that happened.

What MAT can and cannot do

Medication-assisted treatment can be powerful, but it has limits. Overselling it does a disservice to clients and families. It is not a cure in the simple sense. It does not erase consequences. It does not guarantee that a person will never experience cravings or relapse. It does not automatically treat trauma, grief, loneliness, or mental illness. It also does not remove the need for daily recovery behavior.

What MAT may do, when appropriate, is reduce the pressure that makes early recovery feel impossible. It may help a person stay in treatment longer. It may lower the chance that a craving turns into immediate use. It may help the brain and body stabilize enough for therapy to become productive. It may give families a little more time to rebuild trust because the person is not constantly cycling through crisis.

A practical treatment conversation about MAT often includes several questions:

1. What substance use pattern, withdrawal risk, and craving level is the person experiencing?
2. Are there co-occurring mental health symptoms that need treatment at the same time?
3. What level of care is safest right now: detox, residential or inpatient, outpatient, or another placement?
4. How will therapy, family support, peer support, and recovery planning be integrated?
5. What monitoring and follow-up are needed to use medication safely and effectively?

These questions keep MAT where it belongs, inside a thoughtful care plan. They also prevent two common mistakes: treating medication as the whole solution, or rejecting it before the clinical picture is understood.

The role of mental health treatment alongside MAT

Recreate Ohio states that its facility offers primary mental health services in a residential treatment setting. That detail is important because many people seeking treatment for drug addiction are also dealing with depression, anxiety, trauma-related symptoms, mood instability, or severe stress. Sometimes the substance use came first and mental health symptoms followed. Sometimes the mental health struggle came first and substances became a form of self-medication. Often the timeline is tangled.

If co-occurring mental health concerns are not addressed, MAT may help cravings but leave the person vulnerable. For example, someone with untreated panic symptoms may stabilize from opioid withdrawal but still feel terrified in their own body. Someone with unresolved trauma may stop using but remain hypervigilant, sleepless, and reactive. Someone with depression may interpret early recovery as emptiness rather than healing. In each case, medication for addiction may be necessary but not sufficient.

Therapies such as CBT, DBT, and EMDR can help fill that gap. So can individual and group therapy. Group work has a particular value in addiction treatment because it interrupts isolation. People often believe they are uniquely damaged or uniquely deceptive or uniquely beyond help. Hearing another person describe the same thought pattern can soften shame. It can also challenge denial. A peer may say something in a group room that a therapist has said three times, and suddenly it lands.

Family and couples therapy add another layer. Addiction often trains families into crisis roles. One person becomes the rescuer. Another becomes the investigator. Another withdraws completely. When treatment focuses only on the individual, the home environment may remain unchanged. Family work can help create clearer boundaries, more honest communication, and a better understanding of what support should and should not look like.

Holistic supports are not a substitute, but they can strengthen recovery

Recreate Ohio describes 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. In a professional treatment setting, these services should not be confused with the core medical and clinical elements of addiction care. Yoga does not replace detox. Art therapy does not replace MAT when medication is clinically indicated. Nutrition education does not replace trauma therapy.

Still, holistic supports can matter more than people expect. Recovery is not only about stopping drug use. It is also about learning how to live in a body and a daily routine without relying on substances to regulate every discomfort. Many clients are disconnected from hunger cues, sleep rhythms, movement, creativity, and calm. Some have spent years in survival mode. A mindfulness practice may be the first time they notice a craving rise and fall without acting on it. Fitness or wellness activities may help restore energy and confidence. Art therapy may give shape to emotions that are difficult to explain in direct conversation.

The value is often cumulative rather than dramatic. A person sleeps slightly better after movement. They eat more regularly after nutrition education. They feel less trapped in their thoughts after mindfulness practice. They disclose something in individual therapy after first expressing it through art. None of those moments alone completes recovery, but together they can make treatment more humane and more sustainable.

For someone receiving MAT, holistic services can also support identity change. Instead of seeing themselves only as a patient taking medication, they begin to experience themselves as a person practicing recovery in multiple ways. That distinction can be motivating. It expands the recovery story beyond symptom control.

Detox, residential treatment, and the risk of stopping too soon

One of the most common problems in drug addiction treatment is premature relief. A person enters detox in crisis. After several days, they feel better than they have felt in weeks. The nausea settles. Sleep improves. The panic drops. Family members hear a clearer voice on the phone and feel hopeful. The person begins thinking, "Maybe I do not need more treatment after all."

That moment is risky. Feeling better is not the same as being stable. Detox can clear the immediate physical crisis, but it does not automatically build relapse prevention skills, repair relationships, address trauma, or prepare someone for high-risk environments. For opioid addiction especially, reduced tolerance after a period without use can increase danger if the person returns to the same amount they used before treatment.

This is where a continuum of care becomes practical rather than theoretical. If detox leads into residential or inpatient rehab, the person has a chance to keep building. If residential care leads into outpatient treatment, the person has support while practicing recovery outside the facility. MAT can fit across these transitions, but the transitions themselves need planning.

A well-planned step-down process considers the person's living environment, family dynamics, access to transportation, work obligations, mental health symptoms, peer supports, and relapse history. Someone returning to a stable home with supportive relatives may need a different outpatient structure than someone returning to a lonely apartment near people they used with. Someone with repeated relapse after short treatment episodes may need a more intensive plan than someone entering care early in the course of addiction. Clinical judgment matters.

How families can think about MAT without fear or false hope

Families often want a clear answer: Is MAT good or bad? The better answer is that MAT is appropriate or not appropriate depending on the person, diagnosis, risks, goals, and clinical plan. It should be evaluated by qualified professionals and revisited over time.

It helps families to separate three concerns that often get mixed together. The first is safety: Is the medication being prescribed and monitored responsibly? The second is recovery engagement: Is the person participating in therapy, groups, planning, and behavioral change? The third is long-term direction: Is the care team regularly assessing what level of support is needed?

When those questions are addressed, families can move away from arguing about labels and toward observing function. Is the person showing up? Are they more honest? Are they learning to tolerate distress? Are they taking responsibility? Are they following the treatment plan? Are they building sober supports? Medication status alone does not answer those questions.

Families should also expect mixed emotions. Relief and skepticism can coexist. Trust may return slowly. A loved one may be doing real work in treatment while the family is still carrying memories of overdoses, disappearances, financial harm, or broken promises. Family therapy can help create space for both truths: the person in treatment deserves support, and the family's pain deserves recognition.

A realistic picture of integrated care at Recreate Ohio

Based on Recreate Ohio's described services, medication-assisted treatment is one part of a larger treatment environment. The facility's location in Gahanna places it just outside Columbus, and its services include detox, residential or inpatient rehab, and outpatient treatment. It describes a full continuum of care and may include

MAT, evidence-based therapies, individual and group work, family and couples therapy, primary mental health services in residential treatment, and holistic supports.

That range matters because recovery needs more than a single intervention. A person may begin with detox because withdrawal is the immediate barrier. They may need residential care because their home environment or symptom severity makes outpatient care too fragile at first. They may need MAT because cravings and opioid dependence create a high risk of return to use. They may need DBT skills because anger or panic keeps blowing up relationships. They may need EMDR because trauma keeps pulling them out of the present. They may need family therapy because the people closest to them do not know how to help without losing themselves. They may need outpatient treatment because discharge is not the finish line.

The professional challenge is sequencing. Too much intensity for too long can feel restrictive and may not match the person's progress. Too little structure too soon can leave them exposed. Medication can be started, adjusted, continued, or reconsidered based on clinical need, but it should not float separately from the rest of the plan. It belongs in the same conversation as therapy attendance, mental health symptoms, relapse risk, family involvement, and daily functioning.

Recovery is built through coordinated support

Drug addiction treatment works best when it respects both biology and biography. Biology explains why withdrawal, craving, tolerance, and brain adaptation matter. Biography explains why this person used, what the substance did for them, what pain they carry, who they trust, what they fear, and what kind of life they are trying to build.

Medication-assisted treatment speaks strongly to the biological side, but at Recreate Ohio it fits within services that also address the personal, relational, and behavioral sides of recovery. That is the right frame. MAT may help a person get steady enough to do the deeper work. Detox may help them move safely through the first stage. Residential or inpatient rehab may provide structure and immersion. Outpatient treatment may support the return to daily life. Therapy may help change patterns that medication cannot touch. Holistic supports may help restore a sense of connection to the body, creativity, and routine.

No single service carries the whole weight. The value is in the combination, guided by assessment and adjusted as the person changes. For individuals and families facing opioid or co-occurring drug addiction, that integrated approach offers something more useful than a slogan. It offers a practical path: stabilize the body, engage the mind, involve the family when appropriate, treat mental health needs, build recovery skills, and continue care long enough for those changes to take root.

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

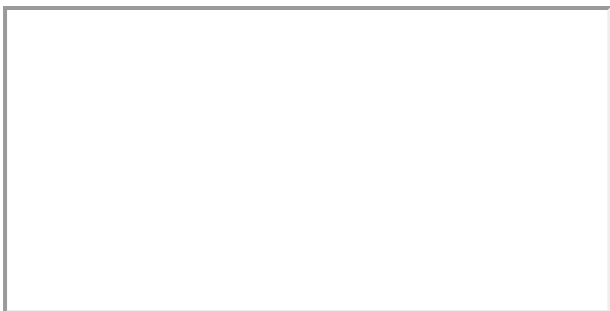
349 Olde Ridenour Rd, Gahanna, OH 43230

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](tel:(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](#) 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.