

Substance abuse is on the rise in New Jersey. In fact, the state is considered a hotbed for illegal drugs, alcohol, and prescription medication abuse. Alcoholism and opioid abuse are a serious concern, particularly since the number of heroin overdoses in the area is triple the national average. Since 2004, more than 14,000 fatalities resulting from drug overdose have been reported.

Further Reading: [halfway house NJ](#)

These facts and figures are scary, but the state of New Jersey fortunately has numerous drug treatment and management programs to help residents effectively. More than 70,000 have been admitted to drug management facilities around the state in 2015 and this number has been increased to 76,000 in 2015. Even though this shows that many are reaching out for help, it also signals that there is a boost in drug abuse in New Jersey.

The first steps towards rehabilitation is admitting that you have a problem and then seeking out treatment. In fact, there are more than 1,000 drug rehabilitation centers located in NJ alone. Hence, you have many options to choose from in order to get rid of your addiction. These treatment centers are an assortment of facilities including state-funding locations, semi-funded and private establishments. Each one presents a different option for individuals seeking appropriate assistance for their substance abuse issues.

One of the most common reasons people avoid getting help is the fact that there is a charge for this service. Many insurance carriers will pay for a short stay and/or treatment at one of the covered facilities. Or, clinics might offer payment plans or financing to help individuals who cannot afford to directly pay for the expenses that are involved.

However, for those not able to seek treatment due to high costs, it is possible to ask non-profit organizations for assistance. State-funded centers might also work out, providing treatment and rehabilitation without expense, but they do usually come with limited duration with long waiting lists. Government grants are another option for financing treatment center costs for recovery.

For those ready to take the next step, it's important to find the best drug rehab facility in the heart of New Jersey. Each one is going to bring something unique to the table with an assortment of treatment programs. You should research these treatment plans before you choose the best plan to suit your needs.

One of the factors would be the time spent in a treatment facility. The 28 day recovery principle is what some facilities operate on while other centers have a policy where they treat a patient until they are completely well, rather than using a specific time frame. You should find out about the amenities, other activities, and additional care offered by the potential center before choosing the right one for you. Be sure the facility staff at any place is part of the research process, looking into things like the ratio of staff to patients, their expertise, and their credentials.

The center should offer care and support after the treatment. Any facility that assists patients and wants to help them return to society will decrease the chances of a relapse. No, there are no guarantees, but this will certainly increase your chances of doing well.

There are so many resources that you could use to find out about the best rehabilitation center for you. Some of them include Narcotics Anonymous, Alcoholics Anonymous, Rehab Hotline, NJ Connect, and many more.