

## “Residential and Inpatient Rehab”

### Episode Overview

In this episode, I explore the purpose, structure, and effectiveness of residential and inpatient rehabilitation for opioid use disorder. I discuss why these programs are needed, what treatments they provide, and how individuals experience them. I review research showing that inpatient care can support early withdrawal but does not always lead to stronger long-term outcomes, and I highlight barriers such as limited referrals and long waitlists.



- Hospital overdose admissions are becoming increasingly high risk, with rising in-hospital death rates for both illicit and prescription opioids.
- Research shows inpatient programs help people complete detox successfully in the short term, but do not consistently lead to better long-term outcomes compared to outpatient medications for opioid use disorder (MOUD).

### TAKEAWAYS

- ✓ Inpatient care offers structure and safety.
- ✓ Short-term detox benefits don't always translate into long-term recovery.
- ✓ Follow-up care and MOUD are crucial after leaving inpatient treatment.

## References & Future Reading

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