

What You Need to Know About Drug Addiction Treatment



Getting Help to Get Clean & Sober

Recognizing the problem and deciding to take action are the first milestones to substance abuse recovery, and critical steps to reclaiming a healthy life.

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Intervention

It's often difficult for someone to see the full impact their drug or alcohol dependence is having on the people they care for the most. That is when staging an intervention may be necessary.

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Assessment

Upon entering treatment, a substance abuse history is created, including drugs taken, abuse period and side effects so a treatment plan is precisely tailored to the patient's needs.

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Detox

During detoxification, the abused drugs or alcohol are flushed from the system in a measured fashion. This is a challenging but critical step due to the withdrawal symptoms.

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Rehab

Once detox is completed, the rehabilitation phase starts. The body and mind now begin their recovery while therapy carves a path toward long-term success and patient health.

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Aftercare

As treatment is completed, a support network is created to bolster the patient's ability to remain clean and sober. Group therapy often plays a role in overcoming challenges.

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Sober Living

Leading a clean life of sobriety is a commitment to long-term health. Sober living communities offer ongoing care to those who feel they need the extra support to stay drug and alcohol free.

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Recovery

Recovery is an ongoing process and one that lasts a lifetime. Staying substance-free takes vigilance and a strong support system to leave drugs and alcohol behind for good.

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Relapse Prevention

Being aware of the warning signs can keep an individual from relapsing, backsliding into an unhealthy lifestyle. Knowing how to cope with these constructively is a vital part of any recovery.

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