



# Jacksonville, FL Drug Rehab Center

Find addiction treatment help  
today at Beaches Recovery!

866.605.0532

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With a population nearing a million people, Jacksonville, Florida (FL) is, in many ways, a community like many others in America. But as the largest city in the state of Florida, Jacksonville has to deal with more than its fair share of drug abuse and addiction problems among the city's residents. That's why having a respected Jacksonville, FL drug rehab center with both [holistic and evidence-based addiction treatment programs](#) is vital for the sustainability of the city. It's also essential to the health of our community and the well-being of every individual who comes to us for treatment, whether they are residents of Jacksonville, FL, or not.



## The Need for a Jacksonville FL Drug Rehab Center

From a sheer numbers standpoint, it stands to reason that the biggest city in Florida is going to contribute significantly to the state's overall drug abuse and addiction problems. In 2017, the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), a part of the [U.S. Department of Health & Human Services](#), released data showing that nearly [10% of the population](#) over the age of 12 were using illicit drugs like heroin and meth. Furthermore, 25% of that same population had reported binge drinking. Since that time, things have remained essentially the same. That leaves a lot of people who need an accredited Jacksonville FL drug rehab center. And that is in Florida alone.



Click on the image to see the video.

## Detox and Rehab Services in Jacksonville, Florida (FL)

In larger cities, detox and rehab facilities are often impacted by the number of people suffering from substance abuse problems seeking help for addiction to substances like cocaine and alcohol. In addition, there are reputable substance abuse treatment centers located in other parts of the state. Getting away from the people, places, and things that enable addicts to stay in their addiction is an excellent way to assure that you will get every opportunity to focus on the task of recovery without interference from bad influences.

“When I didn’t know where life was headed. I was directed to Beaches Recovery and met Sara over the phone. She guided my progress from Virginia all the way to Jacksonville and still has the time to answer the phone when I need her. My therapist was very intuitive to my direct needs and showed care in her approach to clients in our group. The staff was very helpful. The Case staff Managers help me feel comfortable as I progress and even had...

...issues while I was there. I would invite anyone who has the ability and the willingness to recover from a hopeless state to check out this center. It helped save my life”

**John**

## Locating an Accredited Jacksonville Drug Rehab Facility for Alcohol and Cocaine Abuse

The process of recovering from an addiction to alcohol and drugs like meth, opiates, and heroin demands commitment and determination. The process starts with a therapeutic detox process that helps restore the mind and body to normal functioning. From there, a professional rehab facility with experienced and caring counselors is prepared to teach addicts about the disease of addiction. And they are also there to walk patients through the steps necessary to restructuring their lives so that triggers for abuse are recognized, and support systems are in place to help keep them on the straight and narrow.



**Call us today at 866.605.0532  
and get your life back on track.**

## Do I Need Help?

If you are seeking a Jacksonville, FL drug rehab center, you have already taken the first important step. But there is more information you will need as you assess your situation, or the situation of the person you love, and make the decision to seek treatment or not.

First, it is useful to understand that substance use disorders fall into the categories mild, moderate, or severe. The classification depends on how many of the official criteria for having a substance use disorder you meet. A word of warning: the fact that your substance use disorder can be classified as “mild” does not mean that you should not seek help. In fact, we believe, along with most addiction specialists, that if you are anywhere on the scale, you should, at the very least, be in touch with a licensed healthcare worker about your dependence issues.

But whatever your situation, you owe it to yourself healthwise to free yourself of addiction. And by better understanding the criteria that doctors and psychologists use to identify a substance use disorder, you will be in a better position to make a decision that is right for you regarding your substance use.

## What Qualifies as Substance Use Disorder?

The publication that identifies what constitutes a substance use disorder is called the Diagnostic and Statistical Manual of Mental Disorders, and it is published by the American Psychiatric Association. In it, the APA lays out 11 criteria for identifying a substance use disorder, which it breaks down into four main categories. These are:

- Your **control** is impaired. Over time, you are taking greater quantities of the substance or substances than you had intended, you have continually tried and failed to cut down your use of the substance, you spend significant amounts of time craving or obtaining the substance.
- You are impaired **socially**. Despite your use causing social or interpersonal problems, you continue to use the substance. You are not participating in social or recreational activities as you once did.
- Your use can be characterized as **risky**. You continually use the substance in dangerous situations, like during or before driving, operating machinery, or in the presence of children. You are aware of physical, emotional, or psychological problems that are made worse by your use of the substance, but you continue to use it anyway.



- You are exhibiting **physical symptoms** of your substance use. Your tolerance has increased. When you are not using the substance, you experience withdrawal symptoms.

Although we have not listed all 11 criteria here, you are considered by the APA to have a mild substance use disorder if you meet even two or three of these criteria.



**Holistic Therapy**  
Holistic therapies are combined with evidence-based therapy at the drug rehab center to heal the mind and body. Learn how to express thoughts and feelings through healthy activities. Experiential therapies at the drug rehab center in FL include horseback riding, yoga, and equine therapy.

<https://www.drugabuse.gov/files/default/files/recovery-ability.pdf>  
<https://www.ncsl.com/nsls/govpolicyfiles/PAC201973/>  
<https://www.ncsl.com/nsls/govpolicyfiles/20190474/>  
<https://www.drugabuse.gov/related-topics/trends-statistics/infographics/substance-use-in-women-men>


## Putting Yourself First

The recovery process is tedious and difficult. But we have never met anyone who didn't think that, in the end, it was worth it. If you are seeking help for your substance use, you have addiction treatment options in the form of a Jacksonville FL drug rehab center. The key is admitting you are powerless over your substance abuse and opening yourself up to the notion that you can be helped.

Beaches Recovery provides life-changing [substance abuse treatment programs](#), including:


- [Alcohol addiction treatment program](#)
- [Heroin addiction treatment program](#)
- [Cocaine addiction treatment program](#)
- [Opioid addiction treatment program](#)
- [Opiate addiction treatment program](#)
- [Meth addiction treatment program](#)
- [Benzo addiction treatment program](#)


## DRUG REHAB CENTER



**Dual Diagnosis**  
The drug rehab center in FL offers dual diagnosis treatment for those with substance use and mental health disorders. Dual diagnosis treatment is vital since those with substance use disorders are twice as likely to suffer from a mental health issue and vice versa. Treating both diagnoses increases the effectiveness of drug rehab for lasting recovery.


**Men's**  
Men are three times more likely to die from drug abuse and dependency than women with 3 million men out of 9 million misusing drugs in the past year. Men's drug rehab centers focus on gender-specific issues not always discussed in co-ed treatment programs. Men's programs address the unique problems facing sons, fathers, and husbands.





**Women's**  
Women face different obstacles and have different experiences in life and in drug addiction. Women's drug rehab centers provide crucial support for the specific needs of women during treatment, being surrounded by peers lets women open up about their lives as daughters, mothers, and wives.

**Evidence-Based Therapy**  
Evidence-based therapies combine the best research evidence and clinical expertise for addiction recovery. These programs use proven methods to help with addiction and substance use disorders. Evidence-based therapies include cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and CMIH therapy.



## Programs Available at Our Jacksonville FL Drug Rehab Center

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At Beaches Recovery, we know there's not just one path to healing. In fact, the best results come when clients have access to a variety of different programs and therapies.

A few [addiction treatment programs](#) we offer include:

- [Inpatient drug rehab center](#)
- [Residential drug rehab center](#)
- [Partial hospitalization program \(PHP\)](#)
- [Intensive outpatient program \(IOP\)](#)
- [Outpatient drug rehab center](#)
- [Sober living program](#)
- [Dual diagnosis treatment](#)
- [Men's drug addiction rehab center](#)
- [Fresh Start DUI program](#)
- [Women's drug addiction rehab center](#)
- [Executive drug addiction rehab center](#)
- [First responder drug rehab center](#)
- [College student rehab center](#)

## Contact Beaches Recovery Today

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When you are ready to get your life back on track, Beaches Recovery is only a phone call away, and they are prepared to give you a safe environment and a roadmap to recovery. Call us today at 866.605.0532 and get your life back on-track at our accredited Jacksonville, FL drug rehab center.

If you are battling addiction, you deserve better. And one or more of our vast selection of programs can help. The most important thing is that you now wait to start your new drug- and alcohol-free life.

**Call us today at 866.605.0532 so that we can get started.**