



Alcohol Detox Treatment Programs

**Find addiction treatment help
today at Beaches Recovery!**

866.605.0532

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In the treatment of alcohol addiction, a vital step is the alcohol detox. This is the initial phase of recovery, and it severs the physical ties associated with alcohol abuse. Since detox from alcohol can be both challenging and potentially dangerous, it's important to seek out professional alcohol detox treatment programs that can provide a safe, secure and comfortable environment for the duration of the detox.

At Beaches Recovery, you have access to a variety of clinical services that include evidence-based and holistic treatment, inpatient & outpatient services, and individual, family, or group therapy. We personalize an alcohol addiction detox treatment plan that addresses your condition and helps you meet your goals.

The Objectives of an Alcohol Detox

To treat the disease of [alcoholism](#), the first step is to detox completely from the substance. This removes the physical dependency on alcohol and allows patients to have greater control over their cognitive

function. Without alcohol clouding judgment and capability, patients can make rational decisions about their futures.

When an individual experiences alcohol use disorder, they are unable to regulate their intake of alcohol. Typically this leads to [physical dependency](#) as the individual's brain chemistry is altered making them reliant upon it. As a depressant, alcohol blocks certain chemical signals. As the brain adapts, it expects alcohol to be present. Thus, when an individual stops drinking the body goes through withdrawal. This can cause painful and potentially dangerous withdrawal symptoms. Thus, detox is vital to recovery because it returns the brain back to its natural state. However, it's not an easy process.



Another objective of detox from alcohol is laying the groundwork for further rehabilitation. Without a clear head, as it were, any treatment program or therapy may fail due to an inability to focus. If patients go directly to rehab without detoxing first, withdrawal symptoms might prevent them from learning, absorbing, or benefitting from the various treatments and therapies available.



Click on the image to see the video.

"I am a 60 year old male that needed treatment for alcohol abuse. After attending a week detox program, I enrolled in a 45 day recovery program at Beaches Recovery. The program was very beneficial and we were shown how to live and enjoy life without alcohol. The staff were all a pleasure to work with and everyone was positive in my recovery."

Attila

Benefits of a Professional Detox Program

Self-medicating can be risky, as some medications are contraindicated for those in detox. In the rare cases where more serious symptoms develop, such as for the [5% of](#)

[people who experience delirium tremens](#), medical staff will quickly recognize symptoms and seek emergency care, if necessary.

Although it may technically be possible to withdraw from alcohol without professional support, doing so can be dangerous. The benefits of a professional detox program include medical supervision, accountability, 24/7 support and freedom from ordinary stressors. Without medical supervision, withdrawal symptoms can become very uncomfortable. Further details on some of the services we provide include:

Medical Attention

If you have a severe, long-term addiction to alcohol, some withdrawal symptoms can be dangerous or life-threatening. For this reason, we provide a full medical staff that can give you immediate attention if you experience severe withdrawal symptoms. This is a safer alternative to detoxing on your own.

24/7 Monitoring

When you are going through detox, it's good to know that you have support available when you need it. Beaches Recovery provides 24/7 monitoring so that someone is always ready to help you at any time during your recovery. We monitor your progress and keep track of your withdrawal timeline.

Medication-Assisted Detox

We offer [medication-assisted alcohol detox](#) as needed to provide you with a safe and comfortable experience during detox. Medication is design to reduce the withdrawal symptoms or help you with your cravings. It can also help you if you experience delirium tremens.

Holistic Care

Holistic treatment will not make your withdrawal symptoms go away. However, it can provide you comfort and peace of mind during the first few days when withdrawal symptoms are at their worst. We offer holistic care such as massage therapy, mindfulness, yoga, and other activities.

Comfortable Facilities

The most important part of the detox is feeling like you are in a safe and comfortable environment. We provide comfortable facilities and amenities with warm and caring staff. You have everything you need to get through the toughest part of your recovery. We are here to help prepare you for rehab and aftercare.

All of these professional detox programs offer accountability, which simply isn't

possible for those who try to quit drinking cold turkey. Detox programs will also provide resources, support, and advice to patients around the clock. Furthermore, patients in detox won't have to worry about everyday tasks like housekeeping or cooking, allowing a complete and total focus on recovery.

How Long Detox Will Last

Detox from alcohol can range in duration, depending on the patient in question. For example, those who have been drinking for decades may need longer to detox than those who have developed an addiction recently. Overall, however, most patients in a detox from alcohol will need up to 10 days to completely overcome the physical withdrawal symptoms of the detox.

Understanding Common Withdrawal Symptoms

Some prospective patients want to enroll in alcohol detox treatment programs, and understand their benefits but are nervous about the potential withdrawal symptoms. To start, it's important to note that in a formal detox program, there are a number of ways to minimize the discomfort of withdrawal. Medications, environment and even intravenous fluids can greatly improve the experience.

During a typical detox, some of the most common withdrawal symptoms that patients might experience include:

- Temperature fluctuations and sweating
- Anxiety or depression
- Intestinal distress such as nausea or diarrhea
- Dehydration
- Lack of appetite
- Insomnia and/or fatigue

Medications, environment and even intravenous fluids can greatly improve the experience.

You may experience mild to severe withdrawal symptoms that bring pain or discomfort. Our alcohol detox treatment programs are designed to help you manage your withdrawal symptoms and complete detox successfully.

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Once you enter detox, you may start experiencing withdrawal symptoms as early as 12 to 24 hours after your last drink. The level of [alcohol withdrawal symptoms](#) you experience will depend on the nature and severity of your addiction. Most client experience symptoms such as:

- Anxiety or irritation
- Insomnia
- Nausea or abominable pain
- High blood pressure
- Increased body temperature
- Increased heart rate



What Can You Expect During Detox?

There is nothing easy about detox. But it's important to note that in a formal detox program, there are a number of ways to minimize the discomfort of withdrawal.

You may also experience confusion, hallucinations, delirium tremens, fever, seizures, or shaking. Symptoms may peak by the third to fifth day. Afterward, they will start to decrease, and you will begin to feel better. For this reason, it is vital that you get professional help when detoxing. Do not attempt to do it on your own if you have long-term addiction to alcohol.

Learn More About Our Alcohol Detox Treatment Programs

If you are ready to take the first step to recovery, then contact Beaches Recovery today. We offer comprehensive [alcohol detox rehab programs](#) for all types of addictions. At Beaches Recovery, healing begins here. Because we understand every individual's journey through recovery is unique, we make it a point to offer a variety of therapies and treatment options. Doing so allows us to work with patients to craft the most effective program possible. For example, some of the therapeutic services we offer include:

Trauma therapy

The objective of this approach is to aid patients in processing their feelings after trauma and the events surrounding it to better regulate their emotions. More specifically, to learn how to cope without turning to alcohol or drugs. By getting at the root cause of an individual's addiction to alcohol, trauma therapy doesn't merely satisfy itself with dealing with symptoms. In so doing, this treatment gives patients more

control over their lives and sets them up to break away from addiction.

Experiential therapy

For many individuals, it's not enough to engage in talk therapies. Instead, they need a more active approach to healing from addiction. Experiential therapy uses activities to trigger emotional and behavioral responses so patients understand themselves and how they work with others better.

12 Step and non-12 Step programs

Perhaps one of the best known and most common way to deal with alcohol addiction springs from the 12 Step program first designed by Alcoholics Anonymous. Having proven to be effective, the structure of recovery has been used to treat other substance use disorders and addictions like cocaine, gambling, sex, and other substances. However, not everyone feels comfortable in the traditional 12 Step process. Thus, Beaches Recovery offers both tracks.

Mindfulness-based treatment

This approach uses a patient's own awareness as a means to heal from addiction. Mindfulness looks to improve the individual's awareness of themselves in the moment. Doing so heightens the individual's ability to understand and respond to stressful situations in a healthy manner.

With the many clear advantages of alcohol detox, patients should aim to find a suitable [treatment center](#) that can meet their needs. In addition to providing medical supervision, the best detox programs will offer comfortable accommodation.

It's also important to choose a detox treatment program that's accredited by a major medical governing body such as the Joint Commission. Patients may also want to seek out programs that accept major health insurance policies. Alcohol detox treatment programs are crucial to achieving sobriety. Take the next step in your journey to recovery by calling Beaches Recovery in Jacksonville, Florida at 866.605.0532.



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