



Benzo Addiction Rehab Center

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

Benzodiazepine addiction is becoming increasingly common in the U.S., with most people calling these drugs by their brand names. Benzodiazepines are available as Valium, Xanax, Klonopin, Rohypnol, and Ativan, as well as other trademark names. Though these medications are effective in the treatment of psychiatric conditions, they are widely abused through purchase on the street or from illegal prescriptions. Addiction to benzodiazepines causes a wide variety of difficult physical and behavioral symptoms. For instance, seemingly minor but persistent symptoms like restlessness, headaches, lethargy, irritability, and sleep issues can grow into major health issues like depression, anxiety disorder, and memory impairment. Thus, if you or a loved one is struggling, Beaches Recovery's benzo addiction rehab center in Florida can help with specialized [substance abuse treatment programs](#).



"Beaches helped me in so many ways. The fact that the staff cares about you and your well being is amazing. The trust that you develop with the staff and the other clients is probably the best thing i can say about beaches. plus, its literally on the beach. you get to go surfing, swimming, get to work out, ect. I really could go on and on about Beaches but i will say one more thing. Beaches saved my life!!!!!! Beaches saved my life!!!! i was suppose to die in the streets. Instead, I'm alive and doing great!!!!"

Alan

Benzodiazepine Addiction Causes Many Problems

Addiction to benzodiazepines causes a wide variety of difficult physical and behavioral symptoms. Some of those symptoms include:

- Restlessness
- Nausea
- Dizziness
- Headaches
- Chronic sweating
- Lethargy
- Sleep problems
- Irritability
- Anxiety
- Panic attacks

- Aggression
- Depression
- Memory impairment
- Personality changes
- Social problems and isolation
- Impaired cognitive abilities
- Increased cancer risk
- Financial difficulties

The Need for a Benzo Addiction Rehab Center

To overcome addiction to benzodiazepines, patients must go through withdrawal to return their body to balanced wellness, known as “homeostasis.” This detoxification process can be distressful, uncomfortable and even painful.

People who try to detox without assistance usually relapse on benzos, often rushing to obtain a fix equal to their regular dose. But because their tolerance has dropped during a benzo detox, these regular doses are often fatal. Stroke is a common result of a benzo overdose after self-detox attempts.

Others who attempt withdrawal outside of a supervised detox facility enter a state of “kindling.” Kindling in benzodiazepine addiction is a phenomenon resulting from repeated attempts at going “cold turkey.” These attempts lead to worse symptoms of withdrawal and may cause severe seizures.

To successfully go through withdrawal and prevent relapse, patients should undergo medically supervised detox. With medically supervised detox, medications can be provided to make symptoms of withdrawal much easier to bear. In detox, counseling begins toward an extended program of rehab and, after withdrawal is complete, getting patients ready and energized for rehab. Some common symptoms of withdrawal from benzos include:

- Intense cravings
- Insomnia
- Intestinal issues
- Tremors
- Anxiety
- Muscle spasms
- Agitation
- Psychosis
- Depersonalization
- Suicidal behaviorals
- Delirium tremens
- Epileptic seizures

Epileptic seizures often occur in patients with a severe addiction to benzos. Severe addiction is use that has been combined with other substances, endured for a long time, or entailed extreme doses of the drug. Seizures can also happen by going cold turkey.

Through proper medical supervision during detox and ongoing [addiction treatment programs](#), seizures can be minimized or even prevented.

Treatment Services at Benzo Addiction Rehab

Each of our treatment services is designed to identify and manage your addiction and any mental disorders you have. We conduct a thorough assessment of your condition and then go over your treatment program. Some of our services include:

Evidence-Based Treatment

We strive to provide the highest level of treatment for addiction and mental disorders. Therefore, we offer evidence-based treatment (EBT) as a primary form of care. EBT is backed by scientific evidence. This means studies have been conducted and research done on the effectiveness of the treatment. But most importantly, the treatment has been proven successful in addressing the needs of patients. For example, some types of therapy we provide include:

- [Cognitive-behavioral therapy](#): A form of talk therapy where patients are directed to focus on turning their negative and erroneous thoughts and action into positive ones.
- Dialectical behavior therapy: A sibling of cognitive-behavioral therapy directed at learning how to appropriately and healthily express and confront emotions.

- PTSD and [trauma therapy](#): This treatment reveals and explores the trauma that may be at the heart of addiction finding way to not only recognize it but cope with it.
- EMDR: Eye Movement Desensitization and Reprocessing or EMDR is a technique specifically designed to address trauma. It is a means to discover where and how individuals experience trauma.
- Motivational Interviewing: A nonconfrontation and collaborative therapy that strives to move the client away from indecision or negative decision-making towards more positive and healthy action.
- Acceptance and commitment therapy (ACT): Patients engaged with this treatment learn how to quit avoiding or denying their inner emotions. They work through techniques to accept their deeper feelings but craft appropriate responses to them instead of turning to drug or alcohol abuse.

These evidence-based treatments alongside others give clients struggling with benzo addiction the tools they need to overcome their substance use disorder. At the same time, the treatments can address any co-occurring disorders or other mental health issues. Thus, patients emerge from treatment not just healthier in the body having moved passed addiction but in the mind having improved their mental health.

Holistic Therapy

The goal of therapy is to promote healing and alignment in the mind, body, and soul. Holistic therapy helps us achieve these goals. You can engage in a wide range of activities that help you focus on well-being. Holistic therapy may include:

- Mindfulness and meditation
- Anger management
- [Experiential therapy](#)
- Yoga or exercise therapy
- Outdoor activities
- [Group activities](#)

Individual and Group Therapy

Your success depends on both one-on-one time with your therapist and support from others who are also on the path to recovery. We offer both individual and group therapy, which is led by a treatment specialist.

Gender-Specific Therapy

You are more likely to focus on your recovery when you are around your peers. [Gender-specific therapy](#) gives you a support system from men or women just like you. You build a true community with those in which you have more in common with.



Detox Your First Step to Recovery

Once you decide that you want to get help for your addiction, your first step will be to enter a detox at our benzo addiction rehab center. Detox allows your body to begin healing as you clean out the toxic substances from your system. Detox prepares you for rehab.

During detox, you may experience mild to severe withdrawals. Beach Recovery provides medical staff, medication-assisted treatment, holistic therapy, and comfortable facilities to ensure that you complete detox. We also monitor your progress 24/7 and give you instant medical attention if you need it.

Inpatient and Outpatient Services Available

Our benzo addiction rehab center gives you options to choose a treatment based on your level of addiction and your lifestyle. You can choose between several inpatient and [outpatient services in Florida](#) such as:

Residential Treatment

When people think of rehab, this is the service that most often comes to mind. This inpatient service gives you access to all of our facilities and treatment programs while providing ongoing supervision and care. Here clients live at the treatment center where the entire day is focused on recovery. This program is best suited for individuals with a history of chronic relapse or in a situation where staying sober is difficult. Usually, most clients new to treatment benefit the most from this service.

Partial Hospitalization Program

This treatment service fits clients who don't need 24-hour supervision but still want a structured support system as they recover. In a partial hospitalization program, clients enroll, live at home or a sober living facility, and come to the center for treatment. For those unable to give up the time for a residential program due to family or work obligations, PHP is an excellent way to get treatment and learn new, healthy coping skills.

Intensive Outpatient Treatment

The next tier in our treatment services is an intensive outpatient program or IOP. While providing the same quality of care as residential or PHP, intensive outpatient treatment allows clients to maintain their family, school, or work responsibilities. IOP is a step down from PHP but very similar. Typically, it is a service designed for individuals who know they have a substance use issue, have already gone through treatment and are looking for added support, or have relapsed and need to get back on the sober path. Clients split their time between treatment and personal life getting the therapy they need several hours a day each day a week.

Outpatient Treatment

When you need further support to maintain your recovery or have relapsed but gotten yourself back on track, outpatient treatment can help. We design this service to be flexible. Similar to PHP and IOP, outpatient treatment allows clients to keep all of their personal and professional commitments. Yet they are able to get the specific aid needed to address the issues either challenging their sobriety.

These treatment services make sure each client enters the program best suited to their needs. Also, clients can move through the services progressively should they need to.



Click on the image to see the video.

Contact Our Benzo Addiction Rehab Center

When you are ready to move forward with your treatment, we are here to help you every step of the way. Beach Recovery offers complete treatment that includes detox, rehab, and aftercare. Our [Joint Commission-accredited rehab programs](#) not only treat benzodiazepine addiction but also the following substance abuse treatments:

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

At Beaches Recovery, your family becomes part of your treatment. We also expose patients to healthier living through better diet, exercise, rest and stimulating recovery.

To find out more about our benzo addiction rehab center, [contact Beaches Recovery](#) today at 866.605.0532. We are here to get you on the road to recovery.

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