



Addiction Treatment Programs

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

Contents

- Treatment Options for Addiction
- Substance Abuse and Disorders
- Gender-Specific Treatment for Addiction
- Addiction Treatment Center
- Learn More About Addiction Treatment Programs in FL

Are you currently addicted to drugs or alcohol? You may have a difficult ending your addiction. Beaches Recovery offers comprehensive addiction treatment programs in FL. You can get the help you need from a licensed treatment specialist who genuinely cares about your recovery.

Treatment is recommended if you are dealing with an [addiction to alcohol, illicit drugs, or prescription medication](#). Addiction treatment works regardless of what substance you use. To find out more about addiction treatment programs in FL, contact Beaches Recovery today. We are here to help you get on the road to recovery.

Treatment Options for Addiction

Addiction treatment programs in FL encompass a wide range of techniques and approaches designed to address your condition and provide a long-term solution. Beaches recovery gives you several options suited to meet your needs and help you reach your goals.

Some of the services we provide include:

Inpatient and outpatient services

When most think of rehab what they envision is inpatient or residential treatment program. Clients take up residence at a facility for usually at least 30 day. However, sometimes client needs require their time in residential treatment to extend to 60 or 90-days. These sorts of determinations are made alongside the client with their counselors, therapists, and loved ones. Sometimes a client is unable to make the time commitment residential rehab requires. This can be for a variety of reasons such as work, school, or family obligations. When this is the case individuals need a more flexible treatment program. This is where outpatient and intensive outpatient programs (IOP) can help. In outpatient treatment, individuals receive the same quality of care but built around their schedule or, in the case of IOP, in a condensed form.

Evidence-based and holistic treatment

Outside of standard talk therapies there are numerous techniques designed to treat the client's whole person—mind, body, and spirit. While overcoming the physical effects of

substance abuse and the wearing down that mental health issues can create is important. It is equally important for clients to have their spiritual wellbeing looked after. Thus, programs like mindfulness meditation therapy, yoga therapy, and even experiential therapy allow clients to explore new avenues of treatment to get at the heart of their issues.

Individual, group, and family therapy

Talk therapy is the most common form of treatment for substance use disorder and mental health issues. In these programs, clients work with a counselor or therapist to identify and address issues and then design plans of action to deal with them. For some, talking with a group of peers is an effective means to do so and for others, involving family members is necessary.

Aftercare programs

When clients leave treatment, they aren't left alone. Too often this can be daunting increasing the risk of relapse. Therefore, aftercare programs provide clients with information and resources to help them return to their everyday lives. This may be in the form of alumni programs, sober living facilities, or just the contact information for support groups they can turn to. What's vital is clients are never alone. If clients need help after treatment, it's there for them.

12-step and non-12-step support groups

Based on the program of treatment designed by Alcoholic Anonymous, but

altered to fit the specific requirements of different substances and addictions as well as people, the 12 Step program is familiar to many and widely used. Thus, clients can find support after treatment with relative ease.

Experiential therapy

This unique therapy places patients in the outdoors engaging in recreational activities as well as team sports. Experiential therapy believes that some individuals work through their issues best when they can be active and hands-on rather than receptive in talk therapy. Patients still address their issues but alongside others they develop better communication skills and emotional responses. They learn the importance of working with a team, of being accountable, but also how to healthily rely upon others.

The [treatment option you chose](#) should reflect the type of addiction you have and your current condition. You should also choose your treatment depending on your needs and goals.



Click on the image to see the video.

A therapist can meet with you to assess your addiction and any mental health issues you

may be dealing there. From there, they can develop the right short and long-term treatment plan. Our addiction treatment programs in FL give you the best option for getting clean and staying clean.

Substance Abuse and Disorders

If you are like others who suffer from addiction, you may have a disorder that is triggering your substance abuse. Numerous studies have revealed a strong connection between mental disorder and dependency.

[Some common disorders may include:](#)

Mood Swings

Depression, anxiety, or bipolar disorder are among some of the most common mood disorders that can trigger an addiction. If you are feeling depressed or anxious, you may turn to drugs or alcohol to self-medicate. Unfortunately, while substances may superficially alleviate one's discomfort, they will not address the issue. Like any disease, mental health issues if left untreated only worsen. What is dangerous about leaving an underlying mental health issue untreated is that self-medication can lead to dependency. As an individual uses drugs or alcohol to address their depressive disorder, they need to take more and more in order to dampen the problems that arise. This can affect brain chemistry creating a tolerance for the drug or alcohol and then dependency upon it, that is, addiction. When this happens, individuals suffer from a co-occurring disorder and need

dual diagnosis treatment to address both their addiction and mental health issue.

Compulsion

Obsessive-compulsive disorder (OCD) can lead to a wide range of addictions including substance abuse. If you have OCD, you may have the desire to repeat the same patterns over and over again. Or, your brain may want the same stimulation from the same substance regardless of how many times you have fed your craving. Some individuals begin to abuse prescription drugs because their OCD is misdiagnosed. Others believe they have to take certain substances due to their mental health issue. No matter what, getting proper, professional treatment is necessary.

Behavioral Disorders

The most common behavioral disorder linked to addiction is attention deficit hyperactivity disorder (ADHD). Like mood disorders, you may turn to drugs or alcohol to self-medicate and ease the symptoms. Also, some individuals misuse medication meant to treat this condition creating other issues and leading to addiction.

Social Disorders

A social disorder may be one of the most difficult to deal with because you use alcohol or drugs to give you 'courage' or to put you at ease in social situations. You may get to the point where you cannot function in a social setting without turning to drugs or alcohol. Perhaps the most common social disorder is social anxiety disorder (SAD) or

social phobia. This condition is characterized by an intense and persistent fear of being judged by others. It can be debilitating when it develops in an individual affecting work, school, and personal relationships. Often, individuals with social disorders attempt to overcome them through self-medicating. This may take the form of alcohol abuse in an attempt to fit in or to calm oneself enough to interact with others. Some individuals turn to drugs to settle their minds and calm their worries. Unfortunately, this only masks the underlying issue. Often, self-medicating will only worsen the social anxiety disorder which greatly increases the risk of addiction for individuals.

supported by others who can understand their point of view.



Gender-Specific Treatment for Addiction

Gender-specific treatment allows both women and men to focus on their treatment without the distraction of the other sex. For many individuals, gender constructions can be confusing and complicated. Often, men find themselves unable to process their feelings and emotions because of outdated but widely practiced gender norms about masculinity. In gender-specific treatment, while the notion of traditional masculinity isn't necessarily challenged or dismantled men are given a safe, supportive environment where the pressures and strictures of gender policing are lessened. In a men's rehab program, some men are more likely to open up about their issues because they don't feel judged or feel they are

Addiction Treatment Center Programs FL



Around **31 million** people suffer from drug use disorders all over the world. The rest become affected as their friends or family members are diagnosed with alcohol use or substance use disorders.

Medical detox programs are only the first stage of drug and alcohol addiction treatment. Long-term addiction treatment center programs in FL provide the tools for a successful recovery.



In 2018, **9.2 million** U.S. adults experienced both substance use disorders and mental illness. This statistic makes it vital for addiction treatment center programs in FL to include dual diagnosis treatment.

1 in 10 people in the U.S. reported the use of prescription painkillers for nonmedical reasons. With the continued prescription of opioids, addiction treatment centers offer specialized prescription drug rehab programs.



https://www.who.int/substance_abuse/facts/en/
<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/principles-effective-treatment>
<https://www.nimh.nih.gov/learn-more-about-mental-health-conditions/related-conditions/coal-diagnosis>
<https://www.cdc.gov/od/oc/substance-abuse/pressroom/index.html>

Similarly, in a women's rehab program, women of all kinds are in a safe environment where they can explore and work to resolve their issues. Because women are frequently the victims of sexual assault, sexual abuse, physical abuse, and casual forms of misogyny in the workplace and social settings, having a space with gender peers is immensely valuable.

While not all patients need gender-specific treatment, it can go along way towards helping patients who do find their the path to recovery. Thus, at Beaches Recovery, we offer gender-specific treatment so there are options for all because getting back to health is vital for everyone.

When you are around other men or women like you, then you are more likely to open up and feel comfortable during your therapy sessions. The gender-specific treatment promotes camaraderie and helps each client find a support group.

"This place truly saved my life. After going to a few other rehabs my parents did not believe it could work. After all the calls I made, I finally got to beaches recovery who actually cared enough to take the time to talk with my family. When I got to the center, it was clean and they got me feeling better quick. I ended up staying for 120 days and then going to sober living. Thank you everyone, I'm so grateful for this place."

Michael E.

Learn More About Addiction Treatment Programs in FL

Getting into an addiction treatment center in Florida starts by picking up the phone and calling Beaches Recovery Our licensed therapists can answer your questions, address your concerns, and help you put together the right treatment plan. To [find out more](#) about addiction treatment programs in FL, call 866.605.0532. You can break the cycle of addiction today at Beaches Recovery.

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