



Men's Drug Addiction Rehab Programs

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

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Addiction affects men in ways that are different from women. As such, men also recover differently. Beaches Recovery offers [gender-specific treatment](#) as a part of our men's drug addiction rehab program. We provide an integrated approach to therapy that includes both evidence-based and holistic treatment.

Whether you need inpatient or outpatient services, you can get everything you need to get you on the road to recovery. We also provide aftercare and sober living houses as a means of relapse prevention. To find out more about our men's drug addiction rehab program, feel free to contact Beaches Recovery today.



Why Choose a Men-Only Treatment Center?

Men and women often form an addiction to drugs or alcohol for different reasons. They also experience mental health issues in different ways. As such, treatment centers cannot offer a one-size-fits-all approach to recovery.

We provide an environment where men can feel comfortable talking about their feelings, relationships, work, finances, sex, fears, and addiction. You can feel more relaxed in a place where there is no judgment or expectation to be tough or strong. Beaches Recovery is a place where men can find common ground, grow together, focus on their recovery with fewer distractions.

Contact us today to find out more about our men's addiction treatment center.

Treatment We Offer at Beaches Recovery

Our men's drug addiction rehab program [offers a personalized treatment](#) plan that addresses both your addiction and any mental health issues you may have.

Treatment includes:

Evidence-Based Treatment

[Evidence-based treatment \(EBT\)](#) is a primary form of care that gets to the heart of your addiction. It includes both individual and group therapy that is based on scientific research and years of study and client observation. Through EBT we integrate proven methods such as:

Cognitive-behavioral therapy

By addressing how clients develop and allow negative thinking and self-image dictate their actions, cognitive-behavioral therapy looks to move away from harmful thinking towards positive thinking. Doing so then allows clients to make healthy decisions moving forward.

Experiential therapy

For some, talk therapy is not enough to address their needs. This is where experiential therapy comes in; clients work actively outdoors with others building their team skills, interpersonal dynamics and problem-solving.

Dialectical behavior therapy

Similar to cognitive-behavioral therapy, this therapy looks at how a client's actions can be changed for the better through talk therapy.

Motivational interviewing

This approach helps clients overcome indecision and uncertainty in favor of being motivated to take action in establishing and accomplishing positive goals.

Trauma therapy

When a client experiences trauma they need to learn healthy ways to process and identify its effects on their lives. Working alongside compassionate counselors and therapists, clients learn to identify triggers and deploy healthy coping mechanisms.

Psychotherapy

The basis of nearly all talk therapy, here clients work one-on-one with a counselor or therapist to discover underlying issues impacting the client's turn towards substance abuse. Often, substance use disorder is an outgrowth of deeper issues than have yet to be addressed or are unconsciously being ignored or self-medicated to deal with. In a comfortable setting, clients develop a personal relationship with their therapist and work through their issues to only overcome substance abuse but improve their overhaul mental health.

You receive the highest level of care from licensed professionals at our men's drug addiction rehab program.

Holistic Care

Holistic treatment focuses on [wellness and healing the mind, body, and soul](#) collectively. As a supplement to evidence-based treatment, holistic gives you a more well-rounded approach to recovery. We offer therapy and activities such as:

Yoga therapy

While both religious practice and a physically beneficial exercise, yoga offers unique therapeutic advantages. Clients may use the techniques to connect with greater power or engage in the therapy to learn how to control their body and be able to expel stress, anxiety, and other negative emotions when they confront them.

Mindfulness & meditation

These therapies focus on the client's attention on being as present as possible at the moment. Enhancing one's awareness of themselves as an intimate part of the world around them, clients are better able to understand their motivations and actions as well as those of others. Also, these therapies teach clients how to not dwell negatively on the past or become too obsessed with the future.

Art & music therapy

In a judgment-free manner, we offer art and music therapy allowing clients to explore their creativity. Using metaphor to work through issues, journaling, learning new hobbies and skill, or simply listening or appreciating works of art allow clients to develop positive perspectives about themselves and their issues.

Recreational and outdoor activities

Talk therapy is vital for recovery. But it would be misguided to avoid a client's physical needs. Both substance abuse and mental

health issues take a physical toll that can sometimes be addressed by increasing one's activity outdoors and working with others in friendly, non-competitive ways to improve teamwork and problem-solving.

Massage therapy

This therapy is a means to manage health and wellness. By manipulating the body's soft tissue, many clients have found the release of tensions from their body goes quite a long way towards reducing stress and anxiety. Thus, they are in a better position to explore and progress through the work of treatment.

Individual and Group Therapy

Many of the treatments that you participate in occur in both individual and group settings. Individual talk therapy allows you to meet one-on-one with your counselor to talk about issues you may not be ready to share with others. In these sessions, your counselor or therapist may use some specific talk therapy techniques like cognitive-behavioral therapy or motivational interviewing. However, no matter what, you get personalized care to suit your needs and are able to work alongside your counselor or therapist to craft a customized course of action. Group therapy allows you to learn from other men who are also on the path to recovery. It is great for getting insight and promoting accountability to keep you on track.

Men's Drug Addiction Rehab Program



Adult men are **2-3 times** more likely than women to have a drug abuse or dependence disorder. This higher rate reflects an increased availability of drugs for men. These societal differences of drug use get special attention at a men's drug addiction rehab program.

Substance use disorders tend to progress more slowly in men than in women. A men's drug addiction rehab program addresses how substance abuse permeates the lives and habits of those struggling with SUD.



Emergency room visits were **2.69 times** more likely to be related to drug use in men than women. When referred to drug detox programs, the men's drug addiction rehab program focuses on unique issues men face.

68% of deaths involving any opioid occurred among males. That's **68%** of over **47,000** people in 2017. Avoid becoming a statistic with a men's drug addiction rehab program.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2238162/>
<https://www.drugabuse.gov/publications/research-reports/substance-use-in-women/sex-gender-differences-in-substance-use-disorder-treatment>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4000061/>
<https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

you put together a treatment plan that can help you manage both your addiction and your disorder. If we can address the real issues behind our addiction, then you are more likely to stay clean.



"They found the loose screw, tightened it, and I'll never be the same. Beaches Recovery saved my life. I have been to 19 treatment centers across the country and Beaches was the only one that diagnosed me properly. I highly recommend this place."

Robby S.

Focusing on Men's Drug Addiction

There are many differences in the experience of drug abuse in men than women. Gender-specific treatment provides a platform to dive into these unique issues facing men. For example, men face a slower progressing timeline from initial drug use to addiction.

In an all-male setting, men become more open to discussing sensitive topics such as physical and sexual abuse. Deeper feelings can be shared amongst peers without any judgment or pressure to fit into society's

Dual Diagnoses: Treating the Whole Person

Addiction and mental disorders often go hand-in-hand. As such, you may need a separate treatment plan or each. Dual diagnosis is our way of identifying the underlying causes of your addiction and treating co-occurring disorders. Your program begins with a comprehensive assessment of your condition.

Your therapist meets with you to discuss your addiction and any mental health issues you feel you may have. From there, they help

notions of men. The men's drug addiction rehab program explores the stressors of society on fathers, sons, and brothers.

Men's drug addiction rehab programs take a look into common co-occurring disorders among men with substance use disorders. Expression of emotion tends to be externalized and exacerbated by drug use. Even a normal emotion can become twisted when on drugs to become extremely aggressive, coercive, impulsive, and noncompliant.



Click on the image to see the video.

When To Seek Help

Drug use may start as recreational or with opioids prescribed by a doctor. However, when it creeps into everyday life, it's time to seek a men's drug addiction rehab program. Substance abuse affects all areas of life such as:

Work

Drug use at work affects a person's ability to carry out their assigned tasks. Using illicit drugs at work risks losing the job and income. A sudden loss of work for drug use

creates a barrier for future employment.

Home

Substance abuse affects each family member. Studies have found about [one-half of child maltreatment](#) involves a degree of substance use. Children are susceptible to influence as they develop cognitive and social-emotional skills. Children may grow up with difficulty trusting relationships and have to take on adult responsibilities before appropriate.

Also, substance use disorder invariably increases the risk of encountering legal issues. For example, legal issues can arise when drug possession, driving under the influence, and charges of disorderly conduct come to fore due to drug or alcohol use. All of these societal symptoms of substance use disorder interrelate. Legal issues can cause job loss and subsequent loss of income affects the family. Find help before the effects of substance abuse hurt your career and family. Moreover, even if any of the above occurs, the men's drug addiction rehab program can include life skills training, family therapy, and litigation services.

Reach Out to Beaches Recovery Today

At Beaches Recovery, our goal is to help you through every stage of your [recovery from detox to rehab and aftercare](#).

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