

A person is sitting on a beach, looking out at the ocean during sunset. The person is in silhouette, and the background shows the ocean and a colorful sky with orange and blue tones. The person is sitting on the sand, and their back is to the camera.

# Substance Abuse Programs

Find addiction treatment help  
today at Beaches Recovery!

866.605.0532

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Just like any physical illness, getting the right substance use disorder treatment is crucial for helping you recover from your addiction. Most experts recommend substance abuse treatment programs that include detox, individual and group therapy, holistic treatment, and help for your family, if necessary.

Extended drug substance abuse treatment increases the likelihood that you will [get clean and stay clean](#). If you have any further questions about our substance abuse treatment programs, then feel free to contact Beaches Recovery. We can provide you information on our treatment plans and discuss which options are best for you.

### Substance Abuse Treatment Programs at Beaches Recovery

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Substance use disorder treatment includes a variety of techniques and approaches. Therefore, you can personalize your treatment with help from your therapist. Some of the most common types of treatment available include:

#### **Inpatient**

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.

#### **Outpatient services**

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.

### **Dual-diagnosis for co-occurring disorders**

Often, substance use disorder is a symptom of an underlying mental health condition like depression, anxiety disorder, or PTSD (post-traumatic stress disorder). Individuals self-medicate with drugs and alcohol because it alleviates the pain or discomfort they are in. Often, individuals aren't even aware they have the underlying mental health issue. However, in order to heal from addiction and reduce the risk of relapse, both addiction and the mental health issue needs to be treated at the same time. Otherwise, clients will leave treatment and likely begin using again because the underlying condition has never been addressed. Fortunately, dual diagnosis is a treatment program that works through this with clients.

### **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.

### **12-step and non-12-step programs**

Based on the program of treatment designed by Alcoholics 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.

### **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.

The main objective of [substance use disorder treatment](#) is to help you address the underlying issues for your addiction. To have long-term success with your recovery, it is important to explore your childhood, family environment, mental health issues, or other factors that fuel your addiction.

## Detox and Withdrawal Management

One of the reasons why you may be hesitant to enter a rehab program is because of the horror stories you hear about detox. To be honest, this is a valid concern. After all, there is nothing easy about dealing with the withdrawal symptoms. However, detox only lasts a short period. Your most severe symptoms will peak by day three and start to decrease by day five.

### Withdrawal symptoms may include:

- Muscle tensions
- Agitation or restlessness
- Depression or anxiety
- Insomnia or hypersomnia
- Abdominal pain or nausea
- High blood pressure

Depending on the substance an individual is detoxing from, withdrawal symptoms will vary. Also, the intensity and duration of withdrawal will vary depending on the individual and how long they have used and to what degree. However, what's vital to understand is that serious physical complications can arise from withdrawal. In order to make sure clients are safe and not a danger to themselves or others, medically-supervised detox is the best option heading into a substance abuse treatment program.

Often, individuals struggling with substance use disorder will attempt to go 'cold turkey,'

or self-detox. This can be dangerous for several reasons. First, most individuals don't understand how their drug use has altered their brain chemistry or caused changes to their body. Thus, when they attempt to detox the withdrawal symptoms can be overwhelming causing so much pain and discomfort that the individual relapses. Unfortunately, even a small amount of time spent detoxing changes the body's tolerance to a substance. So when an individual relapses using an amount of their drug of choice they are familiar with, the dosage will usually be too much for the body to handle. Overdosing has severe physical consequences. Often, it leads to death.



**Click on the image to see the video.**

In medically-supervised detox, this risk is drastically reduced if not eliminated. During your detox, a therapist will monitor your withdrawal symptoms. While monitoring your progress, giving you medication, if necessary, and providing encouragement and support, clients will be in secure, trusted hands. Not only does medically-supervised detox prevent the risk of relapse and overdose, it provides a safe environment of support. Because with many drugs a

frequent withdrawal symptom is hallucinations and extreme irritability, when someone self-detoxes and aren't in a controlled environment they can end up hurting themselves or others inadvertently. Similarly, very few individuals when they self-detox have access to the medications and other resources medically-supervised detox has to make the process more bearable and less physically damaging.

"I owe my life to Beaches Recovery and it's staff. I was a client in 2018 and not only did they show me that life is worth being sober for, but i also found my family there. They taught me how important service work is as well as the importance of compassion not only for others but for myself. Most of the staff at Beaches are recovered addicts & alcoholics who understand the struggle first hand and can pass on their success to you if you are willing to listen to their suggestions and put in some work. Recovery is NEVER easy, but it can be simple if we don't over complicate it as most of us addicts do. These people will show you how to simplify your recovery if you let them. Thank you to Beaches Recovery and staff. Recovery is only a fraction of the blessings you have brought into my life!"

- Scott W.

However, once you get through detox and your symptoms fade away, you will notice

how much better you feel. For many clients, this is the first step in recovery. Getting drugs out of one's system allows individuals to focus on the next step of sobriety-treatment. One of the reasons detox is so important is that it's very unlikely for clients to be able to focus or participate in their therapy if withdrawal symptoms still plague them. Treatment requires a clear head and to get it, medically-supervised detox is necessary. So, although detox is difficult, you can get through it and set yourself up for continued success as you recover from substance abuse.



## Support Group for Substance Use Disorder

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Part of your treatment plan for substance use disorder may include being part of a support group. A group includes peers who have struggle from addiction and are now also on the path to recovery. A group gives you the opportunity to share your thoughts and feelings, while also gaining valuable insight from others.

Some support groups are member-led, i.e., a 12-step group, while other groups are led and facilitated by a therapist. When you are part of a support group, it is important to contribute. Your participation is vital to your healing and encouragement to others.

## Dual Diagnosis for Co-Occurring Disorders

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You may have both an addiction to alcohol or drugs and a co-occurring disorder. If so, we offer a dual diagnosis as a way to identify and treat both conditions through our substance abuse treatment programs. Dual diagnosis allows a therapist to explore the underlying causes of your addiction and provide the appropriate treatment based on your needs.

Through dual diagnosis, you get a comprehensive treatment plan that helps you manage the symptoms of your addiction and your mental health issue. It covers more areas of your life that need clinical attention.



## Start Your Treatment for Substance Abuse Today

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If you are ready to start your substance abuse treatment in Florida, then contact Beaches Recovery. We offer substance abuse treatment programs for all types of addictions to drugs or alcohol. To find out more about our services, call us today at 866.605.0532. We can help you end the cycle of addiction.

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