

A person's legs are shown from the knees down, walking on a sandy beach. The background is a soft, out-of-focus sunset or sunrise over the ocean, with warm colors like orange and pink. The person is wearing light-colored, possibly white, flip-flops. The overall mood is peaceful and hopeful.

Drug Detox

Necessary For Lasting Sobriety

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

Contents

- What Is Medical Detox?
- Do You Need Drug Detox?
- Why Choose Drug Detox Over Self Detox at Home?
- Types of Therapy Used in Detox Programs
- Let Our Detox in Florida Help You
- Get Help for Addiction in Florida

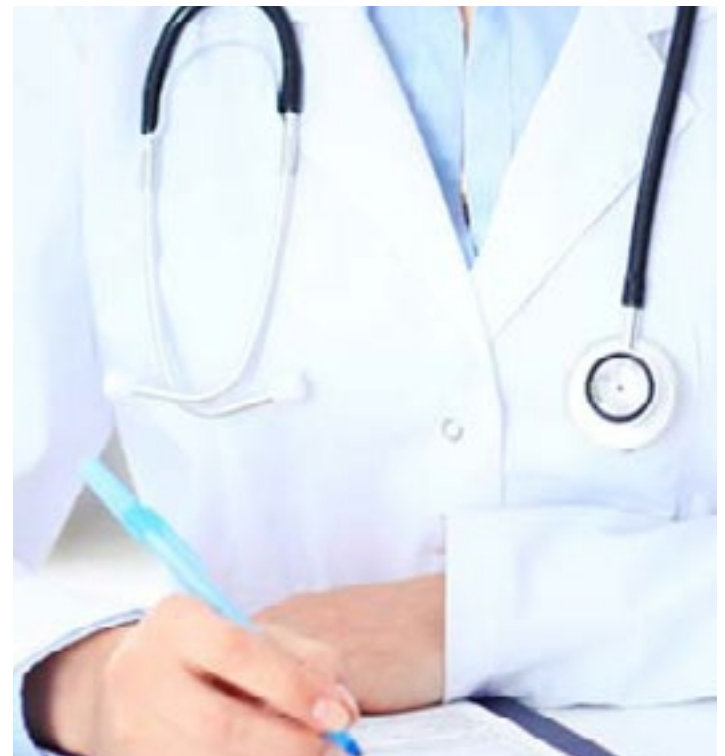
For someone dealing with an addiction to drugs or alcohol, the decision to [enter a drug rehab facility](#) is a life-changing one. Whether you are considering treatment for the first time or seeking help after failed past attempts, quality rehab can help you to get back on your feet. The key is to find a rehab center with drug detox that is capable of delivering the top-rated service and care that you need and deserve. Not just any center will do. But by taking the time to find a program that can address your specific needs, you'll greatly reduce your risk of future relapse.

At Beaches Recovery, we offer medical drug detox at Tides Edge Detox, a state-of-the-art detox center in Jacksonville. Here, you'll stay in a comfortable, peaceful suite while receiving detox center services. In our safe, secure, and secluded environment, you can focus on your recovery away from the distractions of everyday life. And since Tides Edge is a fully accredited detox center, you can enjoy peace of mind knowing that you've made the best possible choice for your recovery.

Don't hesitate to get the help you need. Reach out to Beaches Recovery today to learn more about starting your journey to recovery in our detox center. Learn more by giving us a call at [866.605.0532](tel:866.605.0532) or reaching out online.

What Is Medical Detox?

Maybe you have tried and failed to get sober before, or you have just begun to realize that you are struggling with [substance abuse](#). Wherever you are in your journey, it is not too late to get the help you need.



According to the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), more than 20 million people in the United States struggled with a substance use disorder in 2018. This could include addiction to prescription drugs, illegal substances, or alcohol. And even though addiction is defined as a disease by the [American Society of](#)

Addiction Medicine, many people do not seek out the help they need. In fact, according to SAMHSA, only about 17% of those who needed help in 2018 received any kind of treatment and even less received treatment from a specialty facility like a drug detox center.

Medical Detox can set you up for success in your recovery. In professional detox centers, you'll find doctors and nurses who have specific experience in helping those struggling with addiction get sober. Detox can be one of the most challenging moments in your recovery. Your brain and body have become dependent on drugs in order to function, and when you first get the drugs out of your system, the withdrawal symptoms and cravings can be severe. However, in a medical detox program, you'll find medical interventions as necessary along with accountability and support for this difficult time.

"I have been to several rehabilitation centers before coming to beaches. Beaches Recovery has been nothing short of a miracle. The understanding, compassionate, and above all patient staff is what makes this place so great. If you are seeking help for yourself or a loved one Beaches Recovery is the place to go. They have literally saved my life and will do the same for you if you let them. Pick up the phone and call now. You won't regret it."

- Rick

Do You Need Drug Detox?

If you are looking into drug detox centers, it is likely that you or someone you love is dealing with addiction. Whether your experience is direct or indirect, knowing the signs of addiction can help you determine if drug detox is indeed necessary. Most people know the physical signs of addiction: bloodshot eyes or dilated pupils, unexplained weight fluctuation, lack of personal grooming habits, etc. But they might be less familiar with the psychological signs of addiction.

- Some of these general behavioral signs of addiction can include:
- Increased agitation or irritability
- Depression
- Sudden changes to one's social circle
- Changes in one's priorities and/or habits
- Involvement in illegal activity
- Lack of interest in activities the user once enjoyed

If the above situations feel familiar to you, it might be time to seek a new route to the sober life you want. Drug detox followed by a quality addiction rehab program is the change in direction that you need.

Why Choose Drug Detox Over Self Detox at Home?

Anyone who has tried to quit using drugs after long-time or heavy usage knows that stopping isn't as easy as it sounds. Many users eventually realize that they need to quit, but once uncomfortable withdrawal symptoms set

in, that desire can start to waiver. Depending on the substance being abused, symptoms like nausea, muscle cramps, excessive sweating, and many others can make the detox process rather unpleasant.

The symptoms associated with withdrawal can be a challenge to get through, but this is where drug detox comes in. By receiving detox in a managed setting overseen by physicians, your detox experience can be as smooth as possible. Additionally, you are drastically more likely to successfully achieve sobriety if your detox is overseen by experienced professionals. Some of the most common general symptoms of withdrawal, in addition to the ones listed above, include:

- Anxiety
- Irritability
- Insomnia
- Muscle aches
- Nausea, vomiting, or diarrhea
- Trouble with concentration

In addition to being a comfortable, supportive environment for this process, drug detox centers can also provide life-saving medical help. In some cases, withdrawal symptoms are not just uncomfortable but can be life-threatening. Depending on the severity of the addiction and the medical history of the patient, detoxing alone can be incredibly dangerous. However, at a drug detox center, physicians and nurses can provide medical care at just the right time.

Doctors at a medical detox center can also prescribe medications to help manage symptoms of withdrawal. These might relieve feelings of pain or discomfort, help with anxiety or panic attacks, or even help curb cravings during the early days of recovery.

Some medications that are commonly prescribed to help manage withdrawal symptoms include:

- **Benzodiazepines** – Effective in relieving alcohol withdrawal symptoms
- **Antidepressants** – Detox can cause feelings of depression, but some medication can relieve these feelings
- **Methadone** – Used during heroin detox to help with cravings
- **Buprenorphine** – Reduces cravings and opioid withdrawal symptoms



**Learn more about how
medical detox at Tides Edge
can help.**

Call 866.605.0532.

Types of Therapy Used in Detox Programs

Along with medical interventions, a quality detox program will help patients begin to heal from addiction through various types of therapy. While every patient has different needs and goals for treatment, some of the most commonly utilized types of addiction therapy include:

- **Cognitive-behavioral therapy (CBT)** - Discover positive ways of thinking and healthy coping skills through this evidence-based therapy
- **Acceptance and commitment therapy (ACT)** - Acceptance and mindfulness strategies can help you find a new perspective
- **Trauma therapy** - Many of those who struggle with substance abuse issues have experienced trauma, and targeted therapy can help them work through this trauma and begin to heal
- **Motivational interviewing** - This type of therapy helps patients discover inner motivation for staying sober
- **Dialectical behavioral therapy (DBT)** - Replace negative thought patterns with positive ones through DBT

Let Our Detox in Florida Help You

At our premier rehab facility, Beaches Recovery in Jacksonville, Florida, you can receive the complete treatment that you need to be on your way to recovery. Our guests undergo drug detox in Florida at our Tides Edge Detox location before coming to our center to

complete a subsequent addiction treatment program.

Some of the unparalleled programs and services we offer include:

- Inpatient Addiction Treatment
- Outpatient Rehab
- IOP, PHP, and OP
- Sober Living
- Extended Care

Our beautiful facility in sunny Jacksonville, Florida, is JCAHO-accredited and holds 30 beds. We are partnered with top insurance companies such as Aetna, BCBS, Humana, Magellan, and United in order to help make treatment more affordable. Our goal is to help everyone struggling with addiction access the care they need. From detox to aftercare planning, we offer a full continuum of care.

Recovery is a journey that doesn't end when you leave our addiction treatment center. Many individuals see recovery as a lifelong process. While detox is one of the first steps in this journey, it can set you up for long-term sobriety and lasting health and happiness. Once you've admitted that you need help with substance abuse issues, it's time to find a professional detox center. You should find a center that can help you through each step of the process, including medical detox and inpatient care. At Beaches Recovery, we have helped thousands of people with addiction, and we can help you, too, if you are ready to take this huge leap of faith.

Get Help for Addiction in Florida

Addiction is a powerful disease. You might feel overwhelmed or isolated, or like willpower alone is not enough to help you conquer these issues. While addiction can damage your relationships, finances, and even employment status, it is possible to rebuild your life.

Through professional addiction treatment that includes counseling, medication, and care for co-occurring mental health disorders, you can find hope for your future.

By choosing Beaches Recovery in Jacksonville, Florida for your addiction treatment, you can put in place great changes in your life. Let us help you get sober and teach you lifelong coping skills. Once you discover how to resist substance abuse and find new healthy habits, you'll start to live again. Learn more about program specifics, ask questions, and find out how you can enter our drug detox center in Florida today. Give us a call at [866.605.0532](tel:866.605.0532) or [contact us online](#) to find out more and get started on the road to a better tomorrow.

**Call us today at
866.605.0532.**