

A man with curly hair and sunglasses is sitting on a sandy beach, looking out at the ocean. A brown and white dog is sitting next to him, also looking out at the ocean. The background is a clear blue sky and the ocean waves are visible in the distance.

Partial Hospitalization Program

Find addiction treatment help
today at Beaches Recovery!

866.274.9281

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If you or a loved one is struggling with addiction, consider a partial hospitalization program as one part of your journey to recovery.

Struggling with the disease of alcoholism or drug addiction brings a great deal of unmanageability to a person's life. You might be struggling with health issues, conflict in your relationships, problems at work, and even legal troubles. If you're experiencing medical issues as a result of your drug or alcohol addiction, a partial hospitalization program (PHP) can help you get on the road to recovery. Beaches Recovery, located in Jacksonville, FL, offers a partial hospitalization program as well as a residential drug rehab program. A PHP helps anyone who is having extended withdrawal symptoms or post-acute withdrawal syndrome build a strong foundation for recovery.

Contact Beaches Recovery at 866.274.9281, or [contact us online](#) to learn more about our addiction treatment programs or begin the admissions process. Don't hesitate to reach out for the help you need today.

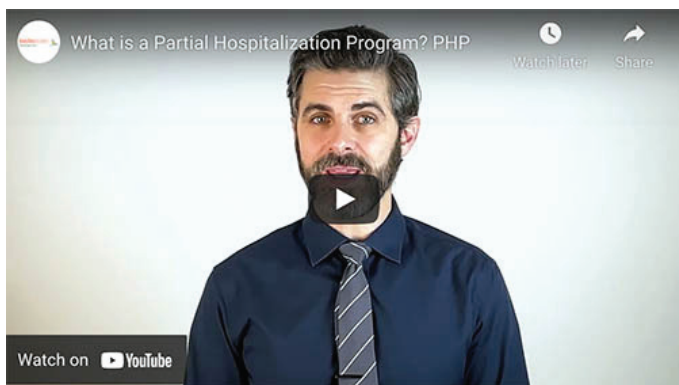


**Have You Been Searching
For The Right Detox?**

Have You Been Searching For
The Right Detox?

What Is a Partial Hospitalization Program?

A partial hospitalization program provides a high level of structure and support for those in treatment for substance abuse or mental health issues. Clients participate in individual and group therapy sessions for several hours



Click on the image to see the video.

a day, several days a week, but return home in the evenings.

A PHP is ideal for individuals who are stable enough to return home in the evening after treatment, but who still require a more intense program. A partial hospitalization program provides similar programs, therapies, and services that come with a residential program, but with the freedom to return home at the end of the day.

A PHP can work in two ways:

- It can be a starting point for individuals who are unable to commit to a residential program
- It can also be a step-down level of care for those coming from a higher level of treatment

Beaches Recovery offers a PHP as one level in our full continuum of care. This program might be right for you.

"I would definitely recommend Beaches Recovery to anyone in need of rehabilitation services. Michelle was beyond helpful, providing quick answers and genuinely caring about my well-being. She was a light during a difficult process and for that I am grateful."

Tammy

Partial Hospitalization Program

A PARTIAL HOSPITALIZATION PROGRAM IS EXTREMELY EFFECTIVE IN TREATING SUBSTANCE USE DISORDER ISSUES AND MENTAL HEALTH ISSUES. IT IS A

SUPERIOR METHOD

FOR TREATING BORDERLINE PERSONALITY DISORDER.



A MAJOR ADVANTAGE OF **PHP**

IS IT LOWERS THE RISK OF NEEDING FUTURE HOSPITALIZATIONS WHILE ALSO SHORTENING STAYS IF THEY DO TAKE PLACE.

PHP PROVIDES INDIVIDUAL THERAPY, FAMILY THERAPY, GROUP THERAPY, AND MEDICATION MANAGEMENT WITH TREATMENT TEAMS THAT CAN SPECIALIZE IN

PSYCHIATRY, CLINICAL PSYCHOLOGY, SOCIAL WORK, EDUCATION, AND EVEN NURSING.



Source:

<https://ajp.psychiatryonline.org/doi/full/10.1176/ajp.156.10.1563>
<https://www.sciencedirect.com/science/article/pii/S09780123870025000159>
<https://onlinelibrary.wiley.com/doi/full/10.1002/cbl.30181>

Before You Begin a Florida Partial Hospitalization Program

According to the Substance Abuse and Mental Health Services Administration, Florida saw over 30,000 admissions for substance abuse treatment in 2015 in individuals ages 12 and over.

Many of those who need treatment for substance use disorders never receive help. They might have avoided starting a treatment program because of fears about withdrawal, concerns about the cost, or an unfounded belief that they cannot get better. However, at Beaches Recovery, we're committed to helping our clients build the tools they need for lifelong recovery.

Before addiction treatment can begin, most of those struggling with addiction need to go through some type of drug detox. You can use the services of our partner, Tides Edge Detox Center, for the beginning stages of treatment. After months and possibly years of drinking or using drugs in excess, you become highly dependent on your substance. It takes some time for your body and brain to return to normal.

Once the initial stages of detox are complete, some of the symptoms of withdrawal can linger. These symptoms may include aches, pains, nausea, insomnia, and even severe symptoms like seizures or hallucinations. However, in a partial hospitalization program for addiction treatment, you'll get the care you need while you begin the rehab process.

This type of program is also beneficial for those taking detox medications that have to be tapered off over time. The medical staff at Beaches Recovery will be there to ensure that you take these medications in the right doses at the right times.

"Beaches Recovery was the best place for me to work on self reflection and get the tools I needed to learn new coping skills. The staff is AMAZING, very supportive, and they all truly want the best for you. Beaches saved my life and I couldn't of done it without them. I am forever grateful I got the experience of working with my therapist, attending group sessions, engaging in art therapy, and attending outside meetings."

Alivea

Does Your Loved One Need Detox?

Understanding Your Options for Levels of Care

Before you can determine if a partial hospitalization program is in your best interest, you must understand the different levels of care that can be part of a comprehensive treatment plan. Make the best decision for your treatment by learning about how detox, outpatient care, and sober living can help you recover. Beaches

Recovery provides the following levels of care:

Detox

A detox center allows the client to remove the harmful substances from their body. This medically supervised process allows the individual to then continue the rest of their treatment plan with a clear mind. Since they are able to focus on their treatment and not on their cravings, the programs and services tend to be more effective overall.

Inpatient Treatment Programs

An inpatient program is often the next step for those in need of addiction treatment. This higher level of care allows clients to fully immerse themselves in their plan to gain the most from their time spent at the facility. Here, they participate in a fully scheduled, structured day that includes meetings, therapy sessions, and other activities.

Partial Hospitalization Program

A PHP can act as either a starting point for those unable to attend inpatient treatment or the next step of a comprehensive treatment plan. Clients will still participate in a highly structured and rigorous day but will have the ability to return home in the evenings.

Intensive Outpatient Treatment Program

An IOP is another step-down in a more complex treatment plan. During an IOP, clients still return home at the end of their day, but their overall treatment begins to lessen in intensity. The time spent in treatment begins to reduce in comparison to higher-level programs, and clients start to experience slightly more freedom.

Outpatient Treatment Program

An outpatient program allows clients to begin integrating back home into their normal life. The time required at treatment continues to decrease as clients experience more freedom within their day. This allows them to attend to their daily responsibilities and begin to shape their schedule after treatment.

Sober Living Program

Sober living after treatment helps provide an additional level of structure and care before clients head home for good. Clients live in a sober living home and participate in meetings, chores, and work towards their goals before returning to their home full time.

Benefits of a Partial Hospitalization Program

A PHP offers several benefits for those seeking addiction treatment. For those who are struggling with a less intense substance, a partial hospitalization program in Florida could be the ideal starting point.

Some of the benefits of a partial hospitalization program include:

- **High levels of support**
- **More flexibility than residential care**
- **Ability to take care of responsibilities at home**
- **Structure after residential treatment**

A PHP allows clients to receive the support they need for recovery, without needing to commit to residential treatment. This is also ideal for those unable to commit to residential care. Instead of being discouraged from seeking out treatment, they are able to participate in a PHP and remain in their home. They can begin treatment, knowing their responsibilities and commitments at home will not be left unattended while they receive the care they need to achieve recovery.

For those ending a residential program, a partial hospitalization program provides another layer of structure before they return home for good. The risk of relapse is greater in those who immediately return straight

home after residential treatment versus those who continue with a plan after they leave the facility.



Does Your Loved One Need Detox?

Support Is The Best Medicine For Recovery

Addiction treatment programs do not just help you recover from the physical effects of substance abuse. They offer help for your mental health as well through a wide variety of therapies. Some of those who struggle with addiction also face mental health challenges, which is known as a dual diagnosis.

A dual diagnosis or past trauma can be one of the main reasons why a person continues to use drugs or drink despite negative consequences.

During individual and group therapy at Beaches Recovery, our clients work through the underlying issues that drive addiction

They learn healthy coping skills that help them avoid relapse in the future and learn to deal with stress and other triggers without drinking or using again.

Beaches Recovery understands that peer support is extremely important. We encourage you to build relationships with others in recovery. That way, you can have a strong support group when you leave our rehab. These are the people who you can rely on in your recovery when you're having a rough day, and they'll be relying on you too. By the time you leave the facility, you'll have an assortment of tools that you can use to help you prevent relapse in the future.

Begin a Partial Hospitalization Program at Beaches Recovery

Call us at 866.274.9281 today. If you or a loved one is struggling with addiction, help is available at Beaches Recovery.

We offer a number of other programs in addition to our partial hospitalization program:

- Residential rehab
- Intensive outpatient program
- Outpatient program
- Women's addiction treatment
- Men's addiction treatment
- Executive drug rehab program
- Dual diagnosis treatment program

Whether you're ready to begin a treatment plan or you're completing a residential program, a PHP is available for help. If you want to learn more about our partial hospitalization program in Florida, contact Beaches Recovery today at 866.274.9281. Our admissions team is ready to explain your treatment options and help you begin the treatment process.

Are you ready to change your life? Our partial hospitalization program can help.

Don't let another day pass you by.

Healing begins at Beaches Recovery when you call 866.274.9281 for help.