



RESIDENTIAL TREATMENT

Contact San Antonio
Recovery Center

866.957.7885

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What Residential Drug and Alcohol Program Is The Best Option?

[Texas intensive outpatient](#) or outpatient care is beneficial for some individuals in recovery, like those who have successfully completed an inpatient program. But for others, a more comprehensive approach is needed. Residential drug and alcohol addiction treatment can ensure that those undergoing treatment are able to firmly establish themselves in long term sobriety with adequate skills development, before once again being in close proximity to old temptations and familiar scenes. This environmental program variation can mean the difference between achieving sobriety or falling back into substance abuse.

For those who are battling serious addictions to heroin or alcohol, Texas residential [drug and alcohol addiction treatment](#) is often the best option for recovery. This form of treatment immerses patients fully in recovery, providing time and space from daily pressures of home to properly heal, develop self-confidence, and re-learn important life skills.

Residential drug and alcohol addiction rehab patients also have the benefit of being fully supervised within a safe environment of trust and understanding. Our medical team and other experienced staff members ensure that each patient receives the care they need. During the most vulnerable times of recovery, such as immediately following medical detoxification, this kind of environment can be the best place for our clients to start on the road to a successful recovery.

At San Antonio Recovery Center, we offer high-quality residential treatment in our state-of-the-art rehab facility in Texas. Contact us at [866.957.7885](tel:866.957.7885) to learn more today.



According to the [National Institute on Drug Abuse](#), the most effective treatment should be individualized to the patient, should combine both medical interventions and behavioral therapy, and should include strategies for long-term sobriety.

At San Antonio Recovery Center, we offer all of this and more in our Texas residential program.

In a residential drug and alcohol addiction treatment program in Texas, patients are provided with comfort in recovery away from outside distractions. They are therefore able to focus on self-examination, building life skills, socialization with peers in recovery, and development of the right mindset to really want a

fulfilling sober life.

Peers play an important role in inpatient or residential drug and alcohol addiction treatment. It's through shared experiences, group counseling, and learning to live harmoniously with others that our clients form some of the most positive and supportive bonds of their lifetime.

These peers become a steadfast source of support when those in recovery leave treatment for their new sober lives in their home communities of Texas. There are things these peers understand that families and other loved ones never will as the bond of recovery is established. This removes the shield of isolation that addiction presents.

Texas Residential Treatments Begin With Detox

Over the course of an addiction, chemicals from the consumed substance cause the brain and body to adapt. At first, the body is unused to the presence of a substance, allowing for quick and potent highs. Yet over time, the body becomes dependent on the drug and it takes more to feel the same effects. As the body builds tolerance, the brain drives cravings, which in turn fuels the vicious cycle of addiction.

[Drug detox](#) is the process of removing toxins from the body, which can include drugs and alcohol. Freeing the body and mind of toxins starts the healing process.

When a physical dependency is unfulfilled, the affected person undergoes withdrawal.

Withdrawal is particularly severe for heavy users, and for users of alcohol, heroin, and benzos. This severity is dangerous not only to a person's health but also to their recovery. If a person undergoes withdrawal but has access to their substance of choice, the urge to relapse will be very strong. Withdrawal is the first and perhaps the most difficult roadblock to your recovery.

Reach out to San Antonio Recovery Center at [866.957.7885](tel:866.957.7885) today for a detox program that will set you on the road to recovery.

Step by Step Process Breakdown

Withdrawal symptoms vary depending on what substance a person is using, how long they have abused drugs or alcohol, and factors like their age and medical history. Some common withdrawal symptoms can include the following:

- Anxiety and depression
- Insomnia
- Increased heart rate
- Sweating
- Tremors
- Seizures
- Digestive issues, including nausea and vomiting
- Mood swings
- Irritability
- Cravings
- Headaches

- Difficulty concentrating

Since withdrawal can be so severe, doctors strongly recommend against going through withdrawal alone, aka “cold turkey.”

Instead, doctors recommend that patients seek detox treatment as part of a Texas residential treatment program. At San Antonio Recovery Center, we offer detox programs, like those for alcohol and heroin, for both men and women.

Detox starts with withdrawal, which can last anywhere from a few hours to a couple of days. The benefit of detox is that it takes place in a secure, medically monitored environment. Some withdrawal symptoms, like seizures or delirium tremens (for alcoholics), can be fatal if left untreated. Medical professionals monitor detox patients 24/7 to keep them comfortable and safe as their body purges the addictive substance.

Reach out to San Antonio Recovery Center for medical detox in a safe, comfortable environment. Contact us at [866.957.7885](tel:866.957.7885) to learn more.

Residential Drug and Alcohol Addiction Treatment: A Safe, Comfortable Place

Inpatient rehab programs provide a drug-free place to stay for anyone during [addiction](#)

[recovery](#).

According to the [Substance Abuse and Mental Health Services Administration](#), nearly 20 million people in the United States struggle with substance abuse. And of that number, many will never seek treatment. In fact, in 2018, only about 11% of individuals who needed treatment received professional help.

Why do people not receive the treatment they need? They could be concerned about the cost, the perceived social stigma of going to rehab, or whether or not they will relapse. However, these fears about drug and alcohol addiction treatment do not have to come true. Spending time in a residential program is actually one of the factors that can lead to lasting sobriety. The cost of rehab is often covered by insurance. And through time in group and [individual therapy](#), patients learn how to rebuild relationships with their family and friends.

Important to true drug and alcohol rehab is a total lifestyle change. Residents of San Antonio Recovery Center in Texas, residential drug and alcohol addiction treatment provide an instantaneous lifestyle change in a safe, compassionate environment. Here, patients are able to really examine their behaviors and direction in life.

Affordable, individualized rehab programs provide San Antonio Recovery Center patients with accurate diagnoses, advanced treatment modalities, a supportive therapeutic environment, and more all within a comfortably safe facility.

Elements typically incorporated into daily life in our Texas residential drug and alcohol treatment program include:

- **Individual counseling** – Work through the underlying causes of addiction through one-on-one sessions
- **Group therapy** – Gain perspective and build a network of support in sessions with your peers
- **Spiritual counseling** – Addiction affects both the body and the mind, and spiritual counseling can help you heal
- **Dual-diagnosis** – Treatment for co-occurring disorders, such as depression, trauma or anxiety
- **12-step program** – Find accountability and support in structured meetings
- **Education programs** – Learn how addiction affects both individuals and the community
- **Family therapy** – Rebuild family connections through sessions with a therapist

As residential treatment is coming to a close for individuals in our care, a comprehensive aftercare program provides support and continued care for both our clients and their families.

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The Most Comprehensive Addiction Treatment

At San Antonio Recovery Center, we know that recovery doesn't merely consist of stopping drug or alcohol use. Our affordable Texas residential drug and alcohol addiction treatment program provides patients with the safe, comfortable environment they need to fully understand what led them down the path to addiction and how to prevent that path from being traveled again. In residential care, patients are also able to safely heal from trauma and mental disorders associated with their drug or alcohol use.

Whether you're struggling with the reality of drug or alcohol addiction, or your loved one is suffering from substance use, it's time for the addiction to end through a lifestyle change. San Antonio Recovery Center's residential drug and alcohol treatment provides a wide array of affordable treatment modalities to ensure your best chances in recovery.

"I would not be where I am in my recovery without everyone at SARC! All of the staff makes you feel right at home. I recommend this recovery center to anyone that needs help to get sober and stay sober. 10/10"

– Triston M.

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Contact San Antonio Recovery Center Today

In addition to our Texas residential drug and alcohol treatment program, we offer the following programs in our center:

- [Men's drug addiction rehab](#) – In a single-gender group setting, men can begin to open up about their experiences with substance abuse
- [Women's drug addiction rehab](#) – Women find a safe space to heal from addiction and work through past trauma
- Intensive outpatient program – Take steps towards independence while receiving addiction treatment in a structured program

- [Aftercare treatment program](#) – Build the healthy habits you need to cope with stress and other triggers in the future
- [90-day treatment program](#) – This affordable treatment option uses a full spectrum of treatment methods to help patients recover

Don't hesitate to get the help you need. Freedom from addiction to drugs or alcohol is possible, and it begins with a call to San Antonio Recovery Center at [866.957.7885](tel:866.957.7885) today. Our team is ready to answer your questions, tell you more about program specifics, and walk you through our admissions process. [Contact us](#) today and begin to heal.



It's time to focus on your recovery.

[866.957.7885](tel:866.957.7885)