



Texas Detox Center Programs

Call Summit Estate today to get started on your recovery!

866.514.0275



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Deciding to get help for a substance abuse issue is a courageous first step. Addiction can drastically change your life, impacting your health, relationships, finances, and even your employment status. It can be difficult to acknowledge that you need assistance on your journey to recovery. Many individuals who struggle with an addiction never seek professional help. They might try to go through detox on their own. However, trying to detox on your own can be dangerous, and will not help you overcome the underlying causes of your addiction.

Give yourself the best chance at recovery. Reach out for help from San Antonio Recovery Center today. We offer a wide range of detox center programs that are designed to help you develop the tools you need for lasting sobriety.

Do You Need a Texas Detox Center Program?

Before beginning your journey to recovery, it's important to admit that you need help. This doesn't mean that you are weak—in fact,

reaching out for support takes courage. Some of those who struggle with substance abuse do not realize that they are in need of treatment. Alcohol and prescription drugs, which are both legal substances, can be incredibly addictive. If you've been prescribed medication for pain or anxiety, it's possible to develop a dependency on the substance without realizing it.

If you're not sure whether a detox center program is the best place for you, ask yourself the following questions:

- Have your family and friends expressed concern about your use of drugs or alcohol?
- Do you experience cravings for drugs or alcohol?
- Have you tried to quit drinking or using drugs before but failed to stay sober?
- Do you use prescription drugs in ways other than prescribed?
- Have you gone to more than one doctor to get a prescription?
- Has your performance at work suffered due to your use of drugs or alcohol?
- Have you done risky things under the influence, like driving?
- Have you lost interest in things you once enjoyed?

If you can answer yes to any of the questions above, it might be time to consider treatment in our Texas detox center. Reach out to San Antonio Recovery Center at **866.514.0275** to learn more about our admissions process, insurance verification, and how you can begin to overcome addiction today.

Detox Programs Offer Help for Withdrawal Symptoms

The first step on your journey to recovery is withdrawal. During this process, as drugs and alcohol leave your body, you might experience painful or uncomfortable physical symptoms. It's crucial to go through withdrawal under the supervision of a medical team. Some individuals try to quit drinking or using drugs all at once, which can be dangerous. Withdrawal from alcohol, heroin, and benzodiazepines such as Xanax or Valium can lead to severe and life-threatening symptoms if not done carefully.

In our Texas detox center program, we offer round-the-clock support and medical interventions as necessary.

Over the course of an addiction, the brain and body become used to the presence of the addictive chemical. Over time, the user's tolerance increases, which drives them to use more of the substance more often to reach the same high.

Physical dependence, however, is a two-sided coin. Just as it fuels the addiction, it also hurts the user when they stop using their substance of choice. When the addictive chemical is no longer present, the body exhibits multiple withdrawal symptoms. This is especially true for those who have used the drug for a long time or in particularly heavy doses. For these users, detox is

a life-saver; withdrawal symptoms for these users can cause death if the user is not supervised.

Common Withdrawal Symptoms

While withdrawal symptoms can vary, common effects of withdrawal include:

- Insomnia
- Headaches
- Nausea
- Anxiety
- Muscle aches
- Depression

In severe cases, withdrawal symptoms can include hallucinations, fever, racing heartbeats, and, in some cases, seizures.

For this reason, medical professionals urge those who are struggling with an addiction to drugs or alcohol to not undergo withdrawal alone and at home. Detox center programs in Texas provide clients with a secure, monitored space that offers medical treatment. The urge to relapse is also blocked because the patient is no longer able to access their substance of choice.

Benefits of Texas Detox Center Programs

Detox center programs don't just ensure that clients are safe from complications during withdrawal. They also offer clients the chance to build a strong foundation for lifelong sobriety.

While in one of our detox programs at San Antonio Recovery Center, you'll not only receive medical support from our team of clinicians, you'll also receive therapy and counseling that can help you through the challenging days of early recovery. During both group and individual therapy sessions, you'll learn more about the underlying causes of addiction and will begin to build healthy coping skills. Some of the benefits of a detox center program include:

- A network of support from both recovery center staff and peers
- Access to both evidence-based and holistic therapies
- A distraction-free environment where you can focus on your recovery
- Medication-assisted treatment
- Support and therapy for co-occurring mental health conditions like depression, anxiety, or PTSD



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Our Texas detox center does not only help clients overcome physical dependence, but we help them learn how to stay sober in the future as well.

One tool that we utilize in our detox programs is medication-assisted treatment. Those who are struggling with alcohol or opioid addiction often benefit from medications that are approved to treat withdrawal symptoms and curb cravings, such as Suboxone or methadone. These medications are safe for long-term use and can make it easier to start recovery on a strong foundation.

Substance Addictions Treated At San Antonio Recovery Center

At San Antonio Recovery Center, we offer detox and treatment for a wide variety of substances. We know that no two individuals in our care have gone through the same experiences. That's we create a personalized treatment plan for every client. These treatment plans might include different therapies, medications, and timelines for recovery. We offer detox center programs for the following substance use disorders:

- [Adderall Addiction](#)
- [Fentanyl Addiction](#)
- [Ambien Addiction](#)
- [Hydrocodone Addiction](#)
- [Cocaine Addiction](#)
- [Klonopin Addiction](#)
- [Crack Addiction](#)
- [Marijuana Addiction](#)
- [Crystal Meth Addiction](#)
- [MDMA Addiction](#)

- [Meth Addiction](#)
- [Methadone Addiction](#)
- [Opiate Addiction](#)
- [Opioid Addiction](#)
- [Oxycodone Addiction](#)
- [Oxycontin Addiction](#)
- [Percocet Addiction](#)
- [Polysubstance Abuse](#)
- [Codeine Addiction](#)
- [Prescription Drug Addiction](#)
- [Morphine Addiction](#)
- [Tramadol Addiction](#)
- [Valium Addiction](#)
- [Vicodin Addiction](#)
- [Xanax Addictions](#)

Through targeted therapies, you can overcome these challenges and discover life free from substance abuse. We'll help you every step of the way.

Our Addiction Treatment Therapies

In our drug detox center, we use the 12-step philosophy as just one part of a comprehensive approach to treatment. In addition to this time-tested treatment method, we offer a variety of evidence-based and experiential therapies. These include:

- [Cognitive-behavioral therapy](#)
- [Group therapy](#)
- [Family therapy](#)
- [Nutritional therapy](#)
- [Yoga therapy](#)
- [Recreational therapy](#)
- [EMDR therapy](#)
- [Trauma therapy](#)




We take mental health issues into account during treatment as well. Those who struggle with depression, anxiety, PTSD, or other mental health conditions can face unique

challenges in recovery, and during therapy, our clients learn how to manage these conditions without turning to drugs or alcohol.

Addiction Treatment in Texas at San Antonio Recovery Center

San Antonio Recovery Center offers addiction treatment and detox center programs for individuals across Texas. If you live in San Antonio, Houston, Austin, or elsewhere in the state, come to SARC for your recovery needs. Our programs adapt to your life—we offer 90-day programs, residential treatment, and intensive outpatient programs so you can meet life's other obligations.

For more information, including driving directions from other cities, click through to the following resources:

 Detox Programs near Austin, TX	 Detox Programs near Dallas, TX	 Detox Programs near Houston, TX
Click to learn more	Click to learn more	Click to learn more

Once you go through detox at San Antonio Recovery Center, you can take part in an outpatient program and take advantage of our aftercare services, which provide ongoing support for those in recovery. We believe that recovery is a lifelong process, and that ongoing therapy and treatment can be invaluable for long-term sobriety.

In our treatment center, you'll find a wide range of amenities designed to make your experience comfortable. While we offer medical support, our recovery center is not a hospital setting. Instead, we provide a peaceful environment where you can begin your journey to recovery away from the stresses of everyday life.

Contact San Antonio Recovery Center Today

Located in San Antonio, our detox center is in the heart of Texas, making it a great location for residents from all over the state to seek treatment for substance abuse disorders.

We commonly treat patients from other cities who are seeking a change of scenery while undergoing the recovery process.

We invite you to reach out to our team today. Taking the first step of admitting that you need help takes courage. When you call our team, we'll discuss the next steps in overcoming addiction and rebuilding your life. Call us at **866.514.0275** or [contact us online](#) to learn more.



"I am so truly grateful for all that you do for those in need. I am so grateful that my son was greeted warmly and healed so deeply at your center. With your support and guidance to encourage him to do his work, he has truly blossomed into the most amazing young man I knew was there all the time and now know him to be."

"Open 24/7. Has a Great staff also good support system and place to find resources. Can vapor and smoke. Phone time given. Awesome food. Na meetings Sundays and Tuesdays. Friendly house dog. Love this place. I'd say it is an All around 5 star place."

"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"