

Drug and Alcohol Treatment in San Tan Valley, Arizona

 renaissancerecoverycenter.com/drug-and-alcohol-treatment-in-san-tan-valley-arizona



They say taking the first step is the hardest step, but understanding that it's time to take that initial step is likely the hardest of all. Few of us want to admit we have a problem or that we can't handle that problem by ourselves. When it comes to alcohol addiction, in particular, recognizing you have a problem in a culture where business drinks and happy hours are seen as a normal part of life can further make things difficult. It can be especially hard for those individuals whose families promoted the bootstrap ideals of American culture in which it's suggested that it's up to oneself to improve themselves. While in some cases this can be inspiring, in others it can be toxic as it can prevent people from reaching out for help.

At Renaissance Recovery Center, We offer a personalized and enhanced recovery experience since our drug and alcohol treatment program usually involves both clinical; driven methods and the faith-based 12 principles to promote long-term wellness. Our San Tan Valley, Arizona treatment facility offers the following options:

90-Day Intensive Outpatient Treatment

Our outpatient program is 3 nights a week, 90 days in length. This includes at least 1 one-on-one counseling session each week, as well as family counseling. ***We have master-level therapists with years of extensive experience treating those suffering from addiction and mental issues.*** We also have smaller group sessions that create a more intimate setting.

60-Day Aftercare Program

We also offer a 60-day aftercare program that consists of at least one group session each week where several issues that are linked to long-term sobriety are candidly addressed. This is a critical step since ***we ensure continued support of all our patients to make the recovery journey a success.***

Customized Recovery Programs

Not everyone is the same. For ***the most successful recovery, we ensure that everyone's treatment plan is customized to meet their specific needs.*** We provide many different services to help those struggling with addiction. Our programs and approach include the following:

We Provide Referrals for Continued Success

We care deeply about the long-term recovery of our clients. ***This means helping out clients find the best possible resources to meet their specific needs.*** There are some services we do not offer, therefore we provide referrals for the following:

- **Inpatient Detoxification**
- **Suboxone Treatment**
- **Vivitrol/Naltrexone Treatment**
- **Inpatient Treatment/Rehabilitation**
- **Residential Treatment/Rehabilitation**
- **Sober Living/Transitional Housing**
- **Pornography/Sex Addiction**
- **Eating Disorders**
- **Chronic Pain**
- **Mental Health Services**

Feel Free to Call Us Anytime If You Have Questions About the Insurance Providers That We Accept.

Many people do need to reach out for help. An estimated 21.7 million Americans are in need of some type of help for drug and alcohol addiction. Yet, so few Americans seek help. If you're not sure if seeking help via drug and alcohol addiction treatment centers, then we hope the following list may help you decide. This list includes some of the most common signs that indicate you might have problems with drugs or alcohol:



5 Signs It's Time to Seek Out a Drug and Alcohol Addiction Specialist or Treatment Center

- ***Drug or alcohol starts to take a physical toll on your body.*** Yes, everyone experiences more day-to-day aches and pain but if you feel as though your physical health is really failing, then it may be a side effect of addiction. Constantly running hot or running a fever, stomach cramps and nausea, general shakiness or tremors, frequently bloody noses, and excessive weight loss or gain are all common physical signs of addiction problems.
- ***Your drug or alcohol use is starting to strain relationships with friends and family.*** On the inside, it may seem as though your use and abuse of drugs and alcohol affects just you but often, if you take a step back, you are likely to see that it is straining your relationships. If you find yourself in an increasing amount of disagreements with your loved ones, or choose to avoid friends and family members altogether, then you should consider seeing professional assistance via drug and alcohol addiction centers. If you're not sure if this pertains to you, then ask yourself, have you ever lied to a loved one in order to hide the fact you used or were planning on using drugs or alcohol?
- ***You feel a need to use drugs or alcohol to get you through the day.*** All addictions begin slowly in which the person uses a substance occasionally and feel themselves in control of that substance. People who aren't addicted can readily quit or otherwise go for a long time between uses without any issues. However, if you find yourself unable to go a day without using drugs or alcohol or otherwise feel a 'need' for a type of substance in order to 'get through the day', then it's time to reach out and seek help.

- ***You start to value drugs or alcohol over your other passions and interests.*** Some people think that they'll be a better writer, painter, etc. if they take drugs or alcohol, but the truth is clarity offers so much more. The vast, vast majority of people who abuse drugs and alcohol do so to have an unclear mind and in doing so are often unable to keep up with activities and hobbies that once gave them pleasure. While yes, it is normal to grow out of certain interests and try on others, a complete loss of interest is often a sign of drug or alcohol addiction. Group therapy at drug and alcohol addiction centers can help you better see how substance abuse is negatively impacting you so that you can get over it and get on with doing the things you love.
- ***You can't quit on your own.*** In order to quit, you have to want to quit. Unfortunately, quitting is nowhere near as easy as starting. Admitting you have a problem is a very important step towards recovery and if you have, that is excellent. However if you've tried to quit on your own before and haven't been able to successfully kick the habit, then a supportive detox environment such as that offered at drug and alcohol addiction treatment centers may be the very thing you need for that final push towards sobriety.



Contact Renaissance Recovery Center in San Tan Valley, Arizona

Do you recognize the aforementioned warning signs in yourself? If so, then we urge you to contact our team today at [Renaissance Recovery Center](#) to learn about our various [detox and therapy programs](#) and about the long list of success stories made by past clients just like you. When you're ready, [we'll be here with the support you need](#)