# Sacramento Detox Providers Point to SAMHSA Care Guidelines

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AUBURN, CA - September 28, 2026 -
Before a person can meaningfully engage in addiction treatment, their body often needs to get through withdrawal first, and that stage is where things can go wrong without medical oversight. Restoration Recovery Center, a substance abuse treatment provider based in Auburn, California, works with patients through exactly that phase, offering medical detox in Sacramento, CA, for people coming off heavy or prolonged drug and alcohol use.

Withdrawal is often underestimated. Reducing or stopping substance use after sustained, heavy use can trigger symptoms ranging from uncomfortable to genuinely dangerous, particularly with alcohol, opioids and sedative-hypnotics. A consensus panel behind the Substance Abuse and Mental Health Services Administration's Treatment Improvement Protocol 45, "Detoxification and Substance Abuse Treatment," recommends hospitalization or some other form of 24-hour medical care for those three withdrawal categories specifically, citing both safety and humane treatment as the rationale. Where hospitalization isn't available, the guidance calls for a setting with nursing and medical backup around the clock. Severe alcohol withdrawal in particular can lead to seizures, which is part of why stopping "cold turkey" without supervision carries real risk, even though it may seem like the simplest path.

Medical detox exists to manage that risk directly. Patients are monitored by trained nurses and doctors, typically around the clock, while staff work to ease discomfort and watch for complications that could turn serious. At Restoration Recovery Center, the process generally follows three stages: evaluation, stabilization and preparation for continued treatment. Evaluation involves testing for what substances are present, their concentration, and whether any co-occurring physical or mental health conditions need to be factored into care. Stabilization follows, sometimes supported by comfort medications to ease acute symptoms. From there, patients move toward the next phase of treatment with some grounding in what that process involves.

Duration varies considerably from patient to patient. Acute withdrawal symptoms commonly ease within a matter of days, but the actual length of a detox stay depends heavily on the substance involved, how long and heavily it was used, whether multiple substances are involved, and any additional medical complications

a patient may have. For many patients, detox is the beginning of a longer course of care rather than a standalone step. Restoration Recovery Center offers inpatient rehab, a partial hospitalization program, an intensive outpatient program and aftercare for those who continue treatment once detox concludes.

That continuity matters because detox alone rarely changes long-term addiction behavior, even when it succeeds at managing withdrawal safely. It stabilizes a person physically so the harder work of treatment can begin. Families weighing detox options are often navigating that reality in real time, trying to figure out not just how to get through withdrawal safely but what comes immediately after. Having a single provider handle both pieces removes one layer of coordination during an already difficult period.

Anyone experiencing severe or life-threatening withdrawal symptoms should call 911 immediately rather than waiting to arrange care. For less acute situations, reaching out to a provider before symptoms escalate is generally the safer course. Restoration Recovery Center fields these calls directly, helping callers understand whether medical detox in Sacramento, CA, is the right starting point and what treatment might look like afterward.

For more information, visit restorationrecoverycenter.com.

Restoration Recovery Center is a substance abuse treatment provider located at 70 College Way in Auburn, California, serving the greater Sacramento area. The organization specializes in drug and alcohol rehabilitation, offering medical detox, inpatient rehab, outpatient programs and aftercare for individuals working through addiction and co-occurring conditions.

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For more information about Restoration Recovery Center, contact the company here:Restoration Recovery CenterRestoration Recovery Center(530) 764-5362restorationrecoverycenter.@gmail.comAuburn, CA

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