



Compassion Behavioral Health Publishes New Resource on Alcohol Withdrawal, Medical Detox and Continuing Care

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Compassion Behavioral Health has published a new educational resource examining alcohol withdrawal, medically supervised detoxification, and the role of continuing behavioral health treatment after stabilization. The resource, "Alcohol Withdrawal Treatment in Broward County, FL: What to Expect," outlines symptoms associated with withdrawal, circumstances that may require medical monitoring, and the levels of care that can follow detoxification.

The article explains that abruptly stopping alcohol after prolonged heavy use can produce symptoms ranging from anxiety, tremors, sweating, nausea, and insomnia to more serious complications such as seizures and delirium tremens. The National Institute on Alcohol Abuse and Alcoholism states that up to half of patients with alcohol use disorder experience some withdrawal symptoms when they stop drinking and that a smaller proportion require medical care and monitoring. NIAAA also reports that alcohol withdrawal accounts for approximately 260,000 emergency department visits and 850 deaths each year in the United States. The figures are presented in the agency's clinical resource on alcohol use disorder and withdrawal management.

The new Compassion Behavioral Health resource describes medical alcohol detox as an initial stabilization stage rather than the completion of alcohol use disorder treatment. The American Society of Addiction Medicine similarly states in its Clinical Practice Guideline on Alcohol Withdrawal Management that withdrawal management alone should not be considered effective treatment for alcohol use disorder and emphasizes engagement with ongoing treatment after withdrawal has been addressed.

According to the published resource, Compassion Behavioral Health provides medical detox and residential treatment through its Hollywood program, while its Fort Lauderdale location provides Partial Hospitalization Program, Intensive Outpatient Program, and outpatient services. The Fort Lauderdale program is designed for patients who have reached a level of medical stability that does not require 24-hour inpatient supervision but who may continue to need structured mental health or substance use treatment.

Partial hospitalization provides structured daytime treatment and medical monitoring while allowing patients to return home or to an appropriate living environment after programming. Intensive outpatient treatment provides several therapy sessions each week at a lower level of intensity than PHP. Compassion Behavioral Health states that these programs can address substance use disorders together with mental health conditions such as depression, anxiety, bipolar disorder, and post-traumatic stress disorder.

The resource also discusses the importance of evaluating mental health during alcohol withdrawal and continuing treatment. Clinical services described across the organization's programs include psychiatric assessment, individual and group therapy, cognitive behavioral therapy, dialectical behavior therapy, EMDR, medication management, and relapse-prevention planning. The article describes a continuum in which treatment intensity may change according to a patient's medical condition, psychiatric needs and progress rather than treating detoxification as an isolated intervention.

National data provide additional context for the need for continuing substance use treatment. The Substance Abuse and Mental Health Services Administration reported in its 2024 National Survey on Drug Use and Health that 27.9 million people aged 12 or older had alcohol use disorder during the previous year. Among people aged 12 or older who were classified as needing substance use treatment, 19.3 percent, or approximately 10.2 million people, received substance use treatment during 2024.

For patients and families in Broward County, the resource provides information relevant to comparing treatment options at Coral Ridge, Coral Ridge Country Club Estates, Bay Colony, Sea Ranch Lakes, and Lauderdale-by-the-Sea. Geographic proximity is one consideration, while the appropriate level of clinical care, medical supervision, mental health services, and continuity after detoxification remain important factors when assessing a treatment program.

The information may also assist people conducting online research using terms such as luxury drug rehab Fort Lauderdale, luxury alcohol rehab Fort Lauderdale, alcohol rehab near me Fort Lauderdale and drug rehab near me Fort Lauderdale. Rather than treating these search terms as measures of clinical quality, the resource identifies medical assessment, treatment intensity and continuing behavioral health care as factors patients and families can review when evaluating available services.

Compassion Behavioral Health's newly published resource adds to its online information about alcohol use disorder, withdrawal management, dual-diagnosis treatment and transitions between levels of behavioral health care. The complete article, "Alcohol Withdrawal Treatment in Broward County, FL: What to Expect," is available through the Compassion Behavioral Health website.

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Compassion Behavioral Health

Fort Lauderdale mental health clinic & addiction treatment center offering anxiety, depression, PTSD & dual diagnosis treatment with PHP, IOP & outpatient care programs.

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