



# PINNACLE

## TREATMENT CENTERS

## **New Jersey Alcohol Detox Clinic Publishes Blog Post On Alcohol Abuse And Alcohol Detox**

*October 18, 2018*

October 18, 2018 - PRESSADVANTAGE -

Endeavor House North, an alcohol and drug addiction recovery clinic based out of Kearny, New Jersey, has published a blog post about what causes alcohol abuse and how detox works in addiction recovery. A spokesperson for Endeavor House North says that education is part of a more comprehensive treatment for individuals who are struggling with addiction.

"Recovering from any kind of substance addiction, even alcohol, is different for each person," says John Henry from Endeavor House North. "Our programs focus on helping clients holistically, and our multidisciplinary staff will work with you to create an individualized treatment plan based on your needs. We're dedicated to getting you on the path to a happier, healthier life, free from alcohol."

The 2015 National Survey on Drug Use and Health (NSDUH) concluded that 86.4% of people over the age of 18 in the U.S. had consumed alcohol in their lives. The causes of alcohol abuse can be traced to a number of factors, not necessarily one single reason, Henry says. The blog post states that the 2016 NSDUH found that 15.1 million Americans - 1 in 13 over the age of 12 - needed some kind of treatment for alcohol abuse. "The biggest problem most people have when deciding if they need treatment is determining when drinking

becomes a real problem," Henry states. "Because alcohol is legal and readily available, you might not know there's even a problem until something drastic happens."

While determining what alcohol addiction is for an individual can be confusing, Henry says, admitting there is a problem is the first step on the road to alcohol detox recovery. He stresses the need to take care of any kind of issues with work, family, and legal matters before entering a facility. He also notes that not having those obligations waiting when a client leaves rehab could mean those stresses could trigger a relapse in the future.

There are typically two options for those who are entering addiction treatment: inpatient and outpatient treatment. Inpatient treatment involves the client entering a facility away from the home in order to focus on their treatment under 24-hour care. Outpatient treatment, on the other hand, is scheduled around work and family duties as a daily, but no less intensive, type of treatment for those who cannot enter a facility.

For those who choose to enter inpatient treatment, the process begins right when the client enters during the intake procedure. During the intake, the client will go through psychological and physical exams to determine the severity of the addiction and make a detox plan that will be safest. A nutrition plan for the client will also be created based on their needs. When the client begins to finish detox, they will begin to talk with a therapist on an individual basis to create an individualized treatment plan and determine how long the client needs to be in the facility. Along with daily therapy sessions, the client will also participate in group therapy sessions that can include creative activities such as art or music therapy, recreational activities like basketball or use of workout equipment, or meet with support groups onsite. Transportation to and from off-site local help groups is also provided.

For those who cannot schedule time in an inpatient facility, outpatient programs are an option for those who want to keep working and be able to live at home. The treatment plan is no less intensive and can be scheduled around the client's work schedule. Daily therapy sessions are scheduled along with group meetings and family counseling to help clients manage stress and stay on track in recovery. Along with therapy, programs on nutrition and 12-step support groups are also available

Continuing with post-treatment groups and therapy is vital to success in recovery, Henry says. "We're proud to offer Family and Alumni programs as part of the step-down process of treatment," he states. "Clients have plenty of opportunity to stay connected with our community and stay supported as they continue their recovery."

Nick A. said about Endeavor House North, "Endeavor House North in Kearny NJ treated me for alcoholism in July of 2012. The professional staff there saved me from a seemingly hopeless and deadly situation. With their care and guidance during my stay and the aftercare program I'm celebrating 6 years of continuous

sobriety. Thank you for saving my life Endeavor House."

People who are looking for more information about how New Jersey alcohol detox can help them are invited to visit the Endeavor House North website. The website also includes information on treatment options, a way to reserve a bed, and a blog discussing the latest topics in addiction and recovery.

###

For more information about Endeavor House North, contact the company here: Endeavor House North John Henry (800) 570-2626 [onlinemarketing@pinnacle-treatment.com](mailto:onlinemarketing@pinnacle-treatment.com) Endeavor House North 206 Bergen Ave Kearny NJ 07032

## **Endeavor House North**

*Endeavor House North is a residential drug and alcohol treatment facility located in New Jersey.*

Website: <https://pinnacle-treatment.com/location/endeavor-house-north/>

Email: [onlinemarketing@pinnacle-treatment.com](mailto:onlinemarketing@pinnacle-treatment.com)

Phone: (800) 570-2626



*Powered by PressAdvantage.com*