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TREATMENT CENTERS

New Jersey Alcohol Rehab Center Discusses Alcohol Abuse And Treatment Options In Blog Post

October 18, 2018

October 18, 2018 - PRESSADVANTAGE -

Kearny, New Jersey-based Endeavor House North has recently published a blog post on understanding alcohol abuse and what kind of options are available for those who wish to seek treatment. Representatives from the center say that people will be surprised at the number of options available in both inpatient and outpatient programs.

"Every person has a unique journey and has a unique roadmap for recovery," says John Henry from Endeavor House North. "If you or a loved one is ready to recover from alcohol abuse, we are here to work with you on a specialized plan to start you on a healthier path. We pride ourselves on using a holistic approach to recovery, from when you walk in the door to when you enter post-treatment."

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines alcohol use disorder, also known as alcohol abuse, as drinking more than a certain number of drinks on a single occasion. They define the amount as four or more drinks for women, and five or more drinks for men, with "drink" being defined as any kind of alcoholic drink including wine, beer, or hard liquor.

Henry says that past that definition, the line that divides what people consider normal social drinking and addiction can get blurry. "Many times, the signs can be seen by family and friends when someone may be heading towards alcohol addiction," he says. "If you see relationship struggles, legal problems, or issues at work or school, you may be seeing the start of a problem. But once a dependency on alcohol sets in, physical ailments might manifest, and treatment will be needed as soon as possible."

For those who have made the decision for themselves or their loved ones to go to an alcohol rehab program, there are many options available. Typically, many addiction treatment centers offer two types of programs, inpatient and outpatient treatment.

Inpatient treatment, also known as residential treatment, involves the patients entering a rehab facility in order to completely focus on their treatment. 24-hour care is provided, and many inpatient programs last between 30 and 90 days. When patients first enter the intake process, they are given a full physical exam to address any physical issues; based on this, detoxing from alcohol is the first step in the recovery process. The patients will be medically monitored to ensure a smooth detox as much as possible.

After the detox is finished, and the patient is feeling more physically stable, then residential treatment can begin in earnest and the patient can 100% focus on recovery. The patient will begin daily sessions with a therapist in order to target the underlying issues of the addiction. Activities available at residential treatment centers can vary from outdoor activities like horse therapy to art and music therapy, and many also offer recreational activities such as workout rooms and basketball or tennis courts.

In parallel with the one-on-one sessions and daily activities, patients will also meet in group therapy sessions, have a medication schedule along with a nutritious meal plan, and a supportive environment to help reestablish familial relationships and create community within the facility. "Residential treatment really helps clients focus on their sobriety," Henry says. "Being away from the stresses that could trigger a relapse helps people zoom in on how they can live a healthier life once they leave the facility."

For some people, however, the idea of going to a residential treatment center may feel like it is too overwhelming to take time away from work, school, or family for an extended period of time in order to recover. Outpatient programs are designed to help people go through their recovery while they work, go to school, and have a normal schedule while getting treatment. Daily scheduled therapy sessions are included alongside support groups and other community programs to help patients deal with daily stresses.

Endeavor House North has received a number of positive reviews from people who have successfully been treated by their staff. Jessi M. said, "Endeavor House North truly saved my life. [...] From the nursing staff and the wonderful kitchen staff (Tim is the best), to the counselors and admin, everyone welcomed me with open arms and treated me as a friend and respected adult. I appreciated the curriculum and dove into recovery

head first. [...] I would completely recommend EHN to a friend or loved one in need, because I believe everyone deserves the amazing opportunity that I was able to take advantage of. Endeavor House North truly saved my life."

Those who are looking for more information on alcohol rehab in New Jersey and how to start on the path of recovery for them or a loved one can find more information on Endeavor House North's website.

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Endeavor House North

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

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