Legacy Healing Center In Delray Recovery Supports Substance Abuse Prevention Month

October 29, 2019

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With National Substance Abuse Prevention Month in full swing, Legacy Healing Center Recovery is supporting the national initiative to end substance abuse among teens and young adults. The Florida Behavioral Health facility is offering intensive inpatient rehab for addiction to individuals struggling with substance use disorders.

The Delray Beach-based rehab facility is also beginning its fall recovery sessions which are designed to teach patients struggling with substance abuse problems how to deal with the upcoming holiday season.

Millions of underage Americans suffer from substance abuse problems. This includes drinking, alcohol dependency, non-medical use of prescription drugs, abuse of over-the-counter medications, etc. In fact, young Americans aged 12 to 20 make up 11 percent of the country?s monthly alcohol consumption. Additionally, around 23 million people aged 12 or older used illicit drugs in 2010.

October is recognized as the National Substance Abuse Prevention Month to highlight the importance of stopping addiction within the community before it even has a chance to develop. This effort aims to ensure

the long-term health of teens and young adults.

Studies show that individuals who start smoking, drinking, or using other drugs at an early age are more likely to develop an addiction. Nine out of 10 people who abuse or are addicted to alcohol, nicotine, or drugs began using these substances before they were 18.

On a similar note, every year that substance use is delayed during the period of adolescent brain development, the risk of addiction and substance abuse decreases.

Prevention strategies targeting the root of the problem are essential to curb drug use. Legacy Healing Center Recovery helps people reclaim their sobriety and lead healthier lives through early intervention. If a teenager or a young adult develops an addiction, Legacy Healing Center makes sure to work with clients through the complicated process of recovery.

Legacy Healing Center Recovery provides comprehensive inpatient programs. Offering Intensive inpatient treatment for drugs and alcohol addiction, Legacy Healing Center Recovery helps patients bridge the gap between addiction and sobriety including where they are and where they want to be.

The national initiative to end substance abuse among teens and young adults is focused on evidence-based prevention programs ? something that Legacy Healing Center Recovery can also offer. Patients go through evidence-based treatment geared towards addressing their particular needs and goals. The facility?s inpatient rehab programs involve relapse prevention, education, and employment support.

Legacy Healing's treatments are focused on helping patients maintain their hard-earned sobriety because recovery does not end after being discharged from inpatient care.

?Arriving at one goal is the starting point to another,? philosopher John Dewey once said.

Legacy Healing Center Recovery aims to make addiction treatment as convenient and accessible as possible. The facility even offers transportation assistance to group meetings and therapy sessions. Patients can get the treatment they require when they need it.

Legacy Healing Center serves communities across South Florida and the United States, offering trauma-informed programs that help clients deal with emotional trauma or mental health issues using intensive behavioral therapy. They are empowered with positive coping mechanisms that allow them to heal and grow.

For individuals who want to learn more about substance abuse and its effects on caregivers, children, teens,

and young adults, the National Child Traumatic Stress Network or NCTSN has compiled a list of helpful resources. One such resource, a webinar entitled ?Trauma Among Families with Substance Abuse? provides a picture of the challenges experienced by families caring for youth with trauma and substance use problems. The webinar addresses the effect of substance use in the context of the family while offering information on practices, supports, and resources for families.

Those who are interested in learning more about Legacy Healing Center in Delray Beach Florida can call (954) 420-7414. Legacy Healing Center - Alcohol & Drug Rehab Delray Beach 1690 South Congress Ave Suite 202 A Delray Beach, FL 33445

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For more information about Legacy Healing Center - Alcohol & Drug Rehab Delray Beach, contact the company here:Legacy Healing Center - Alcohol & Drug Rehab Delray BeachTravis Benfaida(954) 420-7414info@legacyhealing.com1690 South Congress Ave Suite 202 ADelray Beach, FL 33445

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach is the #1 drug & alcohol detox & rehab center serving Delray Beach. We help people who are wanting to live free from addiction. Drugs, Alcohol, Prescription Drugs. ?Rehab ?Rehab ?Rehab

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