



SHADOW MOUNTAIN
— RECOVERY CENTERS —

Shadow Mountain Recovery Releases Information To Help Determine If One Is an Alcoholic

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Spring Ranch, Texas - Ripple Ranch is the Shadow Mountain Recovery Center facility located in Spring Branch, Texas. Recently Shadow Mountain Recovery released an article detailing how a person may go about determining if they are currently struggling with alcohol addiction.

For adults that were 18-years old or above, the 2019 National Survey On Drug Use and Health showed that an astonishing 14.1 million people were struggling with AUD, the article states. It continues on to say, On top of that, the study also found over 400,000 young people between the ages of 12 and 17 were also dealing with AUD.

Along with data compiled from official sources, is a post that highlights all of the ways a person may be struggling with alcohol while still functioning in their daily life. One way the article focuses on the individual experiences and how they factor into the situation is to utilize questions each person should ask themselves.

The goal of the information released is to help a person ask and answer these questions, but also to investigate what alcohol dependency and/or addiction may mean for them.

Shadow Mountain Recovery also has three locations in New Mexico, specifically in Albuquerque, Santa Fe, and Taos, respectively. Each location utilizes evidence-based treatments to guide clients toward lifelong healing from addiction, mental health disorders, or both.

Shadow Mountain Recovery does not rely solely upon the 12-step recovery model but incorporates the individual needs of each person into their treatment. This means if someone is contemplating recovery and knows a 12-step program would benefit them, Shadow Mountain is set up to accommodate their needs.

Along with cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT), Shadow Mountain Recovery also offers activity-based therapy (ABT). Each facility is situated in unique locations that are remarkably comfortable and surrounded by the beauty of nature. ABT incorporates these settings by allowing clients to hike, stroll, and adventure in parks and other beautiful areas.

Another focus of Shadow Mountain's recovery options is trauma. They utilize eye movement desensitization and reprocessing (EMDR) therapy to aid their clients in recovering from trauma. Like their other treatment offerings, it is evidence-based and has been studied and utilized for many years.

https://www.youtube.com/embed/YMAcqHORz_g frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture

Shadow Mountain Recovery can also help anyone struggling with co-occurring disorders, which is when someone has both a substance use disorder and a mental health/emotional disorder as well. The process is known as dual diagnosis and will help the person with their co-occurring disorders. For more information reach out to Shadow Mountain by calling (830) 333-8130.

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For more information about Shadow Mountain Recovery Intensive Outpatient Center, contact the company here: Shadow Mountain Recovery Intensive Outpatient Center 505-361-2634 info@shadowmountainrecovery.com 7005 Prospect Place NE Albuquerque, New Mexico, 87110

Shadow Mountain Recovery Intensive Outpatient Center

Shadow Mountain recovery centers are places of healing and building. We don't promise a quick fix or a luxury vacation. Addiction treatment at Shadow Mountain is different from your average drug rehab or detox program.

Website: <https://www.shadowmountainrecovery.com/albuquerque/>

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