

Residents of Cedar Park Texas Turn to Resurgence Behavioral Health for Effective Substance Abuse and Mental Health Treatment Near Austin

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Cedar Park, TX - As the epidemic of substance abuse continues to rage on in America, it's clear that anyone can find themselves or a loved one in need of treatment for addiction, mental health, or both. Mental health and substance use disorders are often intertwined, making it necessary to take a more comprehensive approach to treatment for these conditions. Resurgence Behavioral Health is providing this advanced care to the people of Cedar Park, Texas, where comfortable surroundings and innovative treatment methods are a vital part of the standard of care.

Resurgence Behavioral Health is a nationwide network of drug and alcohol treatment centers offering a full continuum of care, from medically assisted detox through rehab and long-term follow-up. Its treatment center near Austin serves residents of Cedar Park and Travis County, a population that shares the nationwide struggle with addiction.

According to the National Center for Health Statistics, the drug overdose rate in Travis County is 11.6 per 100,000 people; the opioid overdose rate is more than four times that, 4.8 per 100,000. Nationwide, more than 93,000 people died of drug overdoses in 2020, according to the U.S. Centers for Disease Control and Prevention, which reports that such deaths rose by almost 30 percent from 2019.

The COVID-19 pandemic has influenced much of the increase. Overdose rates rose sharply as the pandemic required social isolation and led to job losses and financial problems. Because of this, many recovering addicts lost their support networks and had to cope with the disruption of routines that are so important in maintaining sobriety. However, rather than give up, many addicts in Cedar Park are finding solutions at Resurgence Behavioral Health.

Like all Resurgence centers across the nation, the Texas facility offers a full range of treatment options that include the latest behavioral and cognitive therapies. Clients can attend a traditional 12 Step program or an

alternative version. While most programs are residential, Resurgence also offers outpatient treatment as well as the Virtual Intensive Outpatient Program. In this program, clients use digital technology and other tools to receive treatment when they cannot travel for in-person treatment.

Resurgence also believes strongly that addiction must be treated in context with emotional disorders that may underlie the substance use problem. While many people fall into addiction because they receive inadequate medical supervision of legitimate pain management, addiction is often just a symptom, not the addict's central issue. If the addiction is removed but the emotional problems remain, addiction is likely to return. Resurgence, therefore, treats these co-occurring disorders together. Also known as a dual diagnosis, this combination strategy is one of the many ways in which Resurgence tailors treatment to the individual rather than taking a one-size-fits-all approach.

Dual diagnosis exemplifies Resurgence's philosophy of treating the whole person. As part of that holistic approach, the center provides a tranquil, inviting setting in a beautiful rural area. But the purpose is not just physical comfort; nature has a calming effect that opens the mind to be more receptive to treatment. In an environment far removed from the stresses of everyday living, people recovering from addiction get breathing room for a clear assessment of their path to sobriety.

In this peaceful retreat-like setting, Resurgence provides several unique programs to smooth the path to success in recovery. Pets are allowed, as Resurgence believes they offer essential emotional support. Couples can attend treatment together, although they typically reside in separate accommodations for residential care. Smoking is allowed outdoors, and clients can have access to cellphones after a two-week stabilization period. At Resurgence Texas, an innovative equine therapy program helps with emotional readjustment.

At every Resurgence facility, the staff is the heart and soul of the program. Highly experienced, they have a true passion for helping others. About half are in recovery themselves, so they bring a unique understanding of clients' experiences and needs ? and are living proof that recovery is possible.

For more information and to speak with an addiction specialist, contact Resurgence Behavioral Health at 855-458-0050 or visit www.resurgencebehavioralhealth.com.

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Resurgence Behavioral Health

We are the #1 addiction treatment center in Costa Mesa California for alcohol & drug rehab as well as detox. From alcoholism treatment to heroin, meth and cocaine as well as prescription drug addiction, we can help.

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