

Resurgence Behavioral Health Helps Patients and Families Prepare for Inpatient Addiction Treatment

September 10, 2021

Costa Mesa, California - September 10, 2021 - PRESSADVANTAGE -

Costa Mesa, CA - Making the decision to enter alcohol or drug rehab is a huge step toward healing. It can also be a little overwhelming ? even for someone who?s been in treatment before. Before starting a residential addiction treatment program, people have all sorts of important matters to take care of; even figuring out what to pack can add to the stress.

To make one part of the admissions process easier, Resurgence Behavioral Health has created a preparation guide for inpatient clients and their friends and families. ?What to Bring to Treatment: Starting Your Family?s New Beginning? is a complete list of everything the client should bring to rehab and also what not to bring.

The guide is intended to lessen the anxiety of preparing for residential treatment at Resurgence Behavioral Health, a nationwide network of drug and alcohol rehab centers. At Resurgence, clients are guided on a journey of recovery that begins with detox. This cleansing period eliminates the addictive substances from their system, followed by residential and outpatient therapy. In addition, the centers provide extensive follow-up care to support long-term sobriety.

The atmosphere at Resurgence is designed to be very comfortable so that clients feel relaxed and positive. Couples may undergo treatment together while living in separate accommodations, and clients may bring pets; both partners and pets can be significant sources of emotional support. Smoking is allowed outside, and clients have access to their cell phones after a 14-day stabilization period.

The packing guide is also intended to ensure clients are comfortable in their new surroundings where they don?t have the reassuring presence of friends and family. In addition, it also prevents anything important from being left behind.

At a time when a person may feel pressured by all the decisions they need to make, the guide is straightforward and easy to understand. It lays out the guidelines on what to bring to treatment, what to leave behind and how valuables are stored.

The guide covers clothing, hygiene, and personal items. It clearly lists prohibited items, including potentially offensive apparel and anything containing alcohol, caffeine, or inhalants. It also explains the process for documenting and storing items such as passports, medications, and cash.

Finally, clients are advised of personal items that they can bring to make themselves more comfortable. This includes photos of loved ones; stamps and envelopes for writing to them; magazines and books; and a journal or notebook.

Dr. Lawrence Tucker MD, Medical Director of Resurgence Behavioral Health said, "All the patients rely on us to make sure they're safe. Resurgence does a great job because we're meeting people where they're at, addressing their medical issues, getting really difficult patients into treatment, and being able to care for them and be successful with them."

The more prepared a person is for treatment, the more successful they will be. For more information and to speak with an addiction specialist, contact Resurgence at 855-458-0050 or visit www.resurgencebehavioralhealth.com to learn more.

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For more information about Resurgence Behavioral Health, contact the company here: Resurgence Behavioral Health David Rofofsky +19498996003 info@resurgencebehavioralhealth.com

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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