Residents of Hutto Texas Near Austin Have a New Home for Mental Health and Substance Abuse Treatment at Resurgence Behavioral Health

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Hutto, TX - Mental health and substance use disorders often go hand in hand. The current thinking in addiction science is that substance abuse may only be a symptom of another condition such as depression or anxiety. Residents of Hutto, Texas, can find an effective treatment for both mental health and substance abuse problems at Resurgence Texas.

Located near Austin, the state capital, Resurgence Texas is part of Resurgence Behavioral Health. This nationwide network of drug and alcohol treatment centers offers comfortable surroundings and innovative treatment methods to support Hutto residents who seek long-term sobriety. Resurgence Texas is continually working to be known as the best addiction treatment center in Austin.

Hutto is located in Williamson County, where drug overdose rates stand at 11.6 per 100,000 people for all drugs and 4.8 per 100,000 people for opioids, according to the National Center for Health Statistics. The rate is lower than national rates for drug overdose, suggesting that treatment programs have had a positive impact on the problem.

It?s a complex problem, and Resurgence approaches it with a comprehensive array of treatment programs. Treatment for drug and alcohol addiction in Austin is a multi-stage process that begins with medically assisted detox. This cleansing period gently eliminates drugs and alcohol from a person?s system under medical supervision and prepares their body for treatment.

Detox is followed by inpatient and outpatient care, involving various forms of therapy intended to seek the root causes of addiction and help the recovering addict learn better coping mechanisms for life?s struggles. Treatment is customized to each client?s individual needs but typically includes cognitive therapy and may be

integrated with 12 Step programs. Resurgence also provides digital tools to make therapy available to clients who cannot attend in-person sessions.

After rehab is complete, transitional programs and sober living homes help people in the vulnerable stages of early recovery gradually integrate back into daily life with strong support and relapse prevention measures in place. Follow-up care continues as long as it?s needed, providing essential support that enables long-term sobriety.

One of the hallmarks of Resurgence?s programs is dual-diagnosis treatment, which focuses on the underlying mental or emotional issues that are often at play. Addiction may only be a symptom of depression, anxiety, PTSD, and other mental health disorders ? which, in turn, may be symptoms of abuse or other traumas that occurred earlier in life. The addict may be using alcohol or drugs to self-medicate a more profound issue. These are known as co-occurring disorders, and Resurgence?s programs are designed to treat both simultaneously.

Not all addicts are struggling with a dual diagnosis, and experts say depression or anxiety can sometimes be the result of drug abuse rather than a cause. That?s why addiction treatment must be led by experienced professionals like the staff at Resurgence.

The Resurgence treatment team includes medical professionals, certified addiction counselors, licensed therapists, and trained addiction specialists. They are passionate about helping clients break free from addiction and live their best lives.

The compassion and care that Resurgence staff shows to their clients is part of a belief in making the client feel as safe and secure as possible so they can focus on their recovery. Resurgence also makes the physical setting of its facilities an essential part of treatment. Hutto residents can attend therapy in a peaceful, secluded setting that simulates the comforts of home. For instance, pets are allowed at many facilities, as Resurgence believes they offer essential emotional comfort. Couples can attend therapy together, although residential clients are housed in separate, same-sex accommodations. Smoking is allowed (outdoors only). Cellphones are permitted after a two-week stabilization period. Inpatient residents enjoy chef-prepared meals. These comfort items are not intended to pamper clients but to remove as much stress as possible from their lives so they can focus entirely on their recovery.

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

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For more information about Resurgence Alcohol & Drug Rehab Austin, contact the company here:Resurgence Alcohol & Drug Rehab Austin866-928-179010703 Ranch Rd 12 Wimberley, TX 78676

Resurgence Alcohol & Drug Rehab Austin

Resurgence Alcohol & Drug Rehab Austin is the #1 addiction treatment center for treating addiction holistically. Offering across our network of locations, detox, inpatient & outpatient rehab. Resurgence is here to help you or a loved one beat addiction.

Website: https://resurgencebehavioralhealth.com/texas/austin

Phone: 866-928-1790

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