

California Woman Thanks Resurgence Behavioral Health as She Celebrates Six Months Alcohol and Drug Free

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Costa Mesa, CA - The road to recovery began with a simple but profound statement for Breanna, a California woman who recently went through treatment at Resurgence Behavioral Health: "This place changed my life," she said.

"I went through Resurgence six months ago and I absolutely loved it," wrote Breanna in a 5-star Google review. She praised Resurgence for its facilities and the "absolutely incredible" staff who helped her break free of her addiction. "Everything about it was great," she said.

Resurgence Behavioral Health is part of a nationwide network of addiction and mental health treatment centers. Clients receive customized treatment programs along the entire continuum of care, from medically assisted detox through residential and outpatient rehab, sober living, and long-term follow-up. Programs use a variety of evidence-based therapies to explore and resolve the root causes of addiction, not just the addictive behavior itself.

Resurgence takes a comprehensive approach to treatment, believing that addiction and mental illness cannot be treated separately but are often intertwined. This is what addiction specialists call a dual diagnosis or co-occurring disorder. According to the National Institute of Mental Health, about half of people who experience a substance use disorder have also struggled with a mental illness such as anxiety, depression, attention-deficit hyperactivity disorder, personality disorder or schizophrenia.

Many people struggling with substance abuse first started using drugs or alcohol in an attempt to self-medicate a mental health issue. Treatment may have to go even farther back, possibly to traumatic episodes that lead to the onset of the mental health challenge. The latest research shows that addiction cannot be treated in isolation; if the underlying causes are not resolved, the need for self-medication will continue until the addict relapses.

Dual diagnosis can also operate in the opposite direction; for instance, an addict coping with substance abuse may find it so difficult to break free that they develop anxiety or depression.

This holistic approach extends beyond the actual treatment at Resurgence. An essential element of therapy is also the environment in which it is delivered. Far from the sterile, institutional environment of a typical rehab facility, Resurgence centers provide a home-like setting marked by physical comfort. They are often located in serene rural settings where clients can relax in nature.

Clients also find emotional support from their pets, which are allowed at Resurgence. Additionally, the centers allow couples to undergo residential treatment together, although they live in separate, same-sex accommodations. Smoking is permitted outdoors, and clients can have access to cell phones after a two-week stabilization period.

It's not just about "pampering" clients at Resurgence, which expects its clients to do the hard work of recovery. But in a peaceful, comfortable space, they can better focus on healing and see that life without drugs or alcohol can be happy and enjoyable.

For Breanna, the physical environment was a prime factor in her recovery. "The facilities and their locations are absolutely beautiful, comfortable, and clean," she wrote.

But she saved her most complimentary words for the staff.

"The staff is absolutely incredible! They care so much, and they do so much for you and make sure you are well taken care of," she said.

At every Resurgence facility, the staff is the heart and soul of their programs. Highly experienced, they have a true passion for helping others. They bring a unique understanding of clients' experiences and needs as most of the staff are on their own recovery journeys. They're passionate about assisting clients in breaking free from alcohol addiction and drug addiction and helping clients to live their best lives. The treatment team includes medical professionals, certified addiction counselors, licensed therapists, and trained addiction specialists.

"The whole atmosphere of this place is lovely," Breanna wrote. "I wouldn't have wanted to go anywhere else."

Anyone in need of help with addiction or mental health disorders can contact Resurgence Behavioral Health at any time by calling 855-458-0050 or by visiting www.resurgencebehavioralhealth.com.

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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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