Residents of Cibolo a San Antonio Texas Suburb Find Effective Addiction and Mental Health Care at Resurgence Behavioral Health

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Cibolo, TX - People struggling with alcohol or drug dependence often aren?t just suffering from one condition. Substance abuse and addiction are often part of a dual diagnosis that includes a mental health disorder like anxiety, depression, or PTSD, which calls for a more sophisticated approach to treatment. This kind of comprehensive care is available to residents of Cibolo Texas at nearby Resurgence Behavioral Health. Resurgence Texas is located in Wimberley and serves clients from across the state and the country.

Resurgence is part of a nationwide network of treatment centers for substance abuse and mental health disorders. It offers a safe, comfortable space to begin long-term recovery from dependence on alcohol, drugs, prescription painkillers, and medications for various mood and personality disorders.

The journey begins with medical detox, which prepares the body for treatment by ridding it of the toxins built up during alcohol and drug use. Medical staff monitor detox clients to keep them comfortable and minimize the often-painful effects of withdrawal as much as possible. For most patients, detox is followed by inpatient (residential) rehab where they participate in daily therapy in group and individual counseling sessions. Next, they progress to outpatient care, with treatment continuing as they gradually resume the daily responsibilities of life outside of rehab with strong support. Sometimes clients who cannot take time away from work, school, or family responsibilities will begin with outpatient treatment.

Outpatient care or addiction treatment Austin leads to a complete program of aftercare that continues helping clients build the skills and confidence they need to succeed in the world. Going even beyond these programs, Resurgence?s Alumni Program offers ongoing support with reunions, gatherings, outings, and other activities that keep former clients connected to a positive, supportive community.

While these are the basic foundations of treatment for everyone, each client receives customized care designed to meet their unique needs and find the root causes of their condition. This is where strategies may be put into action to treat addiction and underlying mental health disorders as dual diagnoses rather than separate, isolated conditions.

In a dual diagnosis, also known as co-occurring disorders, therapy reveals the addict may be self-medicating with alcohol or drugs to cope with depression, anxiety, or a similar condition. Both must be treated together; relapse is likely to happen when only one is treated.

According to the California Healthcare Foundation, nearly 9 million Americans are battling both addiction and a mental illness, but only 7.4% receive appropriate treatment that addresses both conditions simultaneously. In contrast, clients at Resurgence Texas undergo a collaborative recovery process involving a team of therapists, physicians, family members, and community support to ensure the greatest possibility of success.

Whether they?re treated for co-occurring disorders or solely for addiction, clients at Resurgence find a supportive environment where programs are led by highly qualified, compassionate staff and stress is minimized. Set in a serene rural area, the Resurgence Texas facility is furnished and decorated more like a home than an institution, with amenities and features that support recovery.

After an initial stabilization period, clients have access to cell phones and laptops. Smoking is allowed outdoors. Understanding the emotional power of companion animals, the facility allows clients to bring their pets with them. Couples can attend rehab together, although they reside in separate, same-sex accommodations. Meals are prepared by onsite chefs, and the menu accommodates special dietary needs.

Resurgence also enables clients to build healthy relationships with a regular schedule of social activities, games, and even outings off-site. Evening meetings are held outside around a firepit when weather permits, which adds a touch of fun and camaraderie to the process of recovery.

The final key to recovery at Resurgence is the staff, who are 100 percent devoted to every client?s success.

Anyone searching for addiction treatment, either for themselves or a loved one, may begin the process of recovery by visiting Resurgence Behavioral Health online or calling 855-458-0050.

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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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