Residents of Boerne Texas a Suburb of San Antonio Find Effective Substance Abuse and Mental Health Treatment at Resurgence Behavioral Health

January 07, 2022

Wimberley, Texas - January 07, 2022 -
Boerne, TX - Addiction and mental health disorders often exist together. Yet, only a small percentage of those who need it receive appropriate care for both conditions combined. Residents of Boerne, Texas, and nearby communities can find this coordinated care nearby at Resurgence Behavioral Health.

Part of a nationwide network of substance abuse and mental health treatment centers, Resurgence provides customized therapeutic programs designed to meet the individual needs of its clients. Its Texas facility is located in Travis County, near the state capital, Austin. The drug-overdose rate here is 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, which has called for more opioid addiction treatment in the area.

For residents of Boerne who seek addiction help, Resurgence Texas offers comprehensive care for substance abuse and mental health disorders. The recovery journey usually begins with medical detox, which safely supports clients as their bodies adjust to not using drugs or alcohol. Clients then move to residential and outpatient treatment which focus on exploring the root causes of their addiction and learning to make positive behavioral changes that prevent possible relapse.

Clients may begin outpatient care if they cannot take time away from family or work responsibilities to undergo round-the-clock residential care. Resurgence encourages clients to enter residential care whenever possible; research shows it can significantly minimize the chance of relapse. However, any care is far better than none, and success is not necessarily dependent on undergoing residential treatment.

When clients complete treatment and return to independent life, they continue to have strong support through aftercare and alumni programs.

Within these basic core programs, treatment at Resurgence is customized for each client. Resurgence treats the whole person, focusing not just on physical addiction but also on seeking its underlying causes. Research shows that substance abuse is often a symptom of an undiagnosed or untreated mental health disorder such as anxiety or depression. This is known as a dual diagnosis or co-occurring disorder.

According to the California Healthcare Foundation, nearly 9 million Americans struggle with a dual diagnosis of addiction and mental illness, but only 7.4% receive treatment. Resurgence understands that many addicts are only trying to ?self-medicate? with drugs or alcohol; the addiction must be treated in the context of their anxiety, depression, or other underlying health conditions. If only the addiction is treated, it is likely to return if the emotional condition continues untreated.

Resurgence extends this holistic approach to the environment it creates for recovering clients. Its facilities are comfortable and serene, to make recovery as physically pleasant as possible. Resurgence serves meals prepared by an on-site chef and offers games and an exercise area. In addition, clients are allowed to smoke outside, can enjoy TV in their rooms, and use cellphones after a two-week stabilization period.

At Resurgence, addicted couples can attend treatment together. Both individuals in a couple are more likely to succeed when they are both sober and working toward common goals. Also, pets are allowed at Resurgence because of the unparalleled emotional support they provide their humans.

At every Resurgence facility, the staff is what really makes the difference. These highly experienced professionals are passionate about guiding those who are struggling but determined to make a better life for themselves. Hundreds of former clients have left Resurgence positive reviews on Google, and almost all of them emphasize how the staff made the biggest impact on their recovery.

Anyone searching for addiction treatment 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

