



## **Resurgence Behavioral Health is An Ally for LGBTQ People Struggling with Addiction**

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Costa Mesa, CA - The LGBTQ+ community, like every community in the country, is struggling with record-high rates of substance use disorder (addiction). Resurgence Behavioral Health ? a leading addiction treatment center in Orange County, California? offers help for LGBTQ+ people who are facing a substance addiction, becoming an ally in difficult times.

Members of the LGBTQ+ community experience discrimination, higher rates of mental health issues, are less likely to have health insurance coverage and can experience a lack of understanding and competence within the medical setting. While a person in the LGBTQ+ community won?t automatically have these issues, they are factors that can make it harder to access effective addiction care.

Systemic inequalities are thought to be the cause of the high rates of depression, anxiety, and as a result, substance abuse as people turn to alcohol and drugs to cope.

According to the Anxiety and Depression Association of America, 30 to 60 percent of transgender, bisexuals, gay men, and lesbians have suffered from depression and anxiety in their lives. These statistics show a 150 to 200 percent higher rate than in gender-conforming counterparts and are believed to be rooted in the lack of acceptance, bullying, and discrimination that they face in their lives.

Resurgence Behavioral Health understands the unique challenges that an LGBTQ+ person faces when trying to overcome addiction. A core part of effective addiction treatment, according to the National Institute on Drug Abuse, is providing treatment for the individual, personalizing treatment to match their unique needs. Resurgence, therefore, offers personalized treatment plans that treat each individual holistically.

The addiction treatment center is a safe and welcoming place for anyone suffering from substance use disorder, from the LGBTQ+ community or otherwise. At Resurgence, a person's experience and identity aren't pushed aside but rather understood and embraced. They have created a relaxing atmosphere that makes sharing a person's story easy and empowering.

Resurgence Behavioral Health has specialized treatment programs for each type of drug addiction as well as therapies that address mental health disorders which are common in people with substance use disorders.

The inclusive nature of Resurgence combined with the multidisciplinary expertise of their healthcare team, creates the best possible environment for an LGBTQ+ person with an addiction to find the help they need. The types of programs and therapies Resurgence employs include motivational interviewing, social support therapy, cognitive-behavioral therapy, and contingency management among other effective therapeutic models.

The most important help that can be given to become an ally for LGBTQ+ persons facing addiction, according to Resurgence, is that they have a safe space where they can heal from any trauma in their past or issues that prevent sobriety and build ways to cope with life's stressors so that they don't seek out drugs and alcohol to cope with their daily lives, allowing every client to be the best person they can be. Anyone in need of help with alcohol or drug abuse can speak to a treatment specialist at Resurgence Behavioral Health by calling (855) 458-0050 or by visiting [www.resurgencebehavioralhealth.com](http://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+19498996003info@resurgencebehavioralhealth.com

*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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