

Resurgence Behavioral Health Focuses on Each Person?s Addiction Recovery

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Costa Mesa, CA ? Finding a rehab that offers individualized treatment is important for people searching for the highest-quality drug and alcohol rehabs. Resurgence Behavioral Health offers comprehensive treatment programs with individualized treatment that includes a powerful SMART recovery component. By encouraging clients to participate in SMART recovery, Resurgence helps them build strong recovery foundations designed to help them rebuild their lives after drug and alcohol addiction and prevent relapse.

Many rehabs feature 12 step programming that?s similar to well-known programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). These programs, however, feature a religious or spiritual angle that many people are uncomfortable with. SMART Recovery was developed as an alternative to 12 step program models. SMART recovery features a strong self-empowerment concept that replaces the idea of giving oneself up to a higher power.

Both types of programs, 12 step and SMART recovery, have helped people to achieve lasting recovery and

provide excellent post-rehab support during the long-term recovery process. However, Resurgence believes that it?s great for individuals to have options. Some people respond better to some treatments than others. Since 12 step principles do not resonate with all clients, other programs may provide a better fit.

SMART Recovery is a program embraced by many addiction treatment centers around the country. SMART stands for Self-Management and Recovery Training. The program takes a four-point approach to the recovery process. These points include:

Building and maintaining motivation is essential for long term recovery. Therapists help clients find ways to maintain their motivation to remain sober.

Cravings can be both physical and psychological, and they don?t always go away right after detox. Some people experience cravings for years. During SMART recovery training, clients learn strategies for managing these cravings.

SMART Recovery relies on evidence-based therapies like cognitive behavioral therapy to help clients understand connections between their behaviors and their thoughts and feelings. Identifying problematic thoughts and feelings is the key to preventing unwanted behaviors that can lead to relapse.

During SMART Recovery training sessions, therapists help clients to find healthy life balances. Setting goals, setting aside time to manage stress, working?all the components that make up our lives need balance or chaos can ensue. With balance, clients will find it easier to maintain their recovery journey.

Resurgence Behavioral Health offers many different treatment approaches, but it?s been pleased to include SMART Recovery because it?s such a benefit to clients. The SMART Recovery program is worldwide, so even after clients complete their rehab treatment program, they can find SMART Recovery support groups near their home or if they choose to move elsewhere.

SMART Recovery is a very flexible program. Not only are meeting times organized during mornings and evenings, but also on weekends. Clients can even find meetings online. Resurgence staff encourages clients to find convenient aftercare solutions to provide them with support once their formal rehab treatment concludes. The ongoing support clients receive at free SMART Recovery meetings can help them keep their recovery process protected.

Substance use disorders are highly complex. People abuse drugs and alcohol for many different reasons and have many different triggers for abusing these substances. Programming that individualizes therapy tends to be more effective for helping people reach long-term recovery. Resurgence encourages clients to get to know its different program options. They can include SMART Recovery training during their inpatient or outpatient

treatment plans.

Resurgence Behavioral Health features medical detox, inpatient treatment, outpatient treatment, sober living, and aftercare. In short, the rehab provides a full range of addiction treatments designed to support clients wherever they are in their recovery process. Its addiction specialists are credentialed and devoted to providing clients with empathetic care.

The first step in the treatment process is the evaluation. During this part of the enrollment process, addiction specialists will assess each client in order to recommend the ideal treatment plan. Many clients opt to participate in SMART Recovery as part of their individualized program. Once the enrollment process is complete, clients can begin their treatment immediately. Resurgence blends evidence-based therapies and holistic treatments to provide clients with the well-rounded, whole-person support they need to manage their addictions successfully.

Contact Resurgence to learn more about its SMART Recovery and other treatment options.

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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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