Local Rehab Opens New Sensory Room

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Pinnacle Peak Recovery, a Scottsdale, Arizona substance and mental health recovery facility, recently expanded its offerings by opening a new sensory room. As a facility dedicated to offering evidence-based practices to their clients, they?re always working to improve what they offer. They know how the world of medicine and recovery evolves and work to adapt as new information and programs are better studied and discovered.

Pinnacle Peak works to ensure that all of their clients can find programs that suit their recovery needs during their time with the rehab center. ?Our team of trained, medical professionals are well equipped to provide you with a treatment plan that will fit your specific needs. We have a variety of treatment options here from things like expressive arts therapy, family therapy, yoga, meditation, nutrition programs, and more. The goal of having so many evidence-based tools available to clients is to help each individual find the combination of treatment options that works for them.?

?Not only does having options for mental health healing work well for our dual-diagnosis clients, but learning different coping skills instead of substance use helps address addiction as well.? Pinnacle Peak explains. ?Oftentimes, things like self-care, whether physical or mental, can become overlooked or neglected when managing a substance use disorder. Our goal is to always set clients up for success, so giving them the

space to relearn these skills during recovery is important, too.?

This is where the sensory room comes into play. ?A sensory room is a curated and specifically built and designed environment that provides graded sensory input to promote calm and relaxation. This space can also be used to practice the art of self-regulation as the client begins to understand their individual brain better and what input can help to alert or calm the brain and body.?

Pinnacle Peak works to set their clients up for success. They look at the needs of their community and adapt if needed to offer services to address those needs. ?Over 1 million Arizona residents have a mental health condition.? They then go on to explain how they take this statistic into their practice. ?One thing we strongly believe in is teaching clients how to manage their mental health and well-being? Learning or relearning how to identify what you?re feeling, how to manage it, how to address triggers, and much more can give clients the tools they need to address future obstacles they might encounter.?

To help elaborate, Pinnacle Peak dives further into the benefits of their new sensory room. ?Having the proper space designated for relaxing and focusing on your mental health and emotions can be a very powerful tool for anyone learning to better care for themself and their mental health. Substance use recovery often comes with a myriad of triggers, cravings, and other sensations that can be a challenge to properly address in more stimulating environments. Sensory rooms won?t have sudden loud noises, interruptions, or anything of the like. They?re helpful with learning how to manage emotions and organize your thoughts and reactions.?

Pinnacle Peak continues to work hard to ensure they have options for any clients who walk through their doors. As an adaptable space, the new sensory room seeks to further enhance the offerings within their recovery program.

Recovery is possible for all who are currently managing an alcohol use disorder. Pinnacle Peak Recovery inspires people to change their relationship with alcohol and regain control of their lives. To learn more about Arizona alcohol problems and statistics, or to get information on their rehabilitation center, please contact them at (866) 954-0524 or info@pinnaclepeakrecovery.com. They are located at 8070 E Morgan Trail Unit 200, Scottsdale, AZ 85258.

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For more information about Pinnacle Peak Recovery Detox Center, contact the company here:Pinnacle Peak Recovery Detox CenterTyler Tisdale480-660-3974info@pinnaclepeakrecovery.com6145 E Shea BlvdScottsdale, AZ, 85254

Pinnacle Peak Recovery Detox Center

From drug or alcohol detox through recovery, Pinnacle Peak Recovery?s family of licensed medical and behavioral professionals believe healing is possible for you, our client family.

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