

Resurgence Behavioral Health Releases New Insights on the Long-Term Effects of Alcohol Use

September 23, 2025

JURUPA VALLEY, CA - September 23, 2025 - PRESSADVANTAGE -

Resurgence Behavioral Health has released a new article, "Can Alcohol Cause Permanent Damage?", examining the long-term effects of alcohol use on the brain, body, and overall quality of life. The article provides education on the risks of prolonged alcohol misuse and emphasizes the role of professional treatment in preventing irreversible harm. This new publication highlights Resurgence's dual role as both a treatment provider and an educational resource for Riverside and surrounding communities.

As a leading provider of addiction treatment in California, Resurgence is frequently recognized as one of the best alcohol rehab centers in the state. Families and patients across Riverside County, including neighborhoods such as Alessandro Heights, Canyon Crest, Orangecrest, Mission Grove, Victoria, Arlington, La Sierra, Casa Blanca, and the historic Wood Streets, have turned to the Riverside facility for support. The center also serves people from nearby communities such as Moreno Valley, Corona, Norco, Jurupa Valley, Grand Terrace, Colton, and Redlands, reinforcing its role as a regional leader in recovery.

The article explains that alcohol misuse can cause permanent damage when left unaddressed. Long-term drinking has been linked to liver disease, cardiovascular problems, digestive disorders, neurological impairment, and mental health decline. The brain is particularly vulnerable, with research showing links between prolonged alcohol use and memory loss, difficulty concentrating, and increased risk of dementia. The article stresses that while some damage can be lasting, early intervention through detox, rehab, and lifestyle change can often slow, halt, or even reverse many of alcohol's harmful effects.

Resurgence's treatment programs are designed to intervene at every stage of recovery. Care often begins with medically supervised alcohol detox, where patients are safely guided through withdrawal under 24-hour medical monitoring. Detox lays the groundwork for sobriety by stabilizing patients physically and preparing them for deeper therapeutic work.

From there, patients enter alcohol rehab programs that combine evidence-based therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT) with trauma-informed care and experiential methods like EMDR. Holistic support services, including life skills workshops and mindfulness-based practices, further strengthen recovery by addressing the whole person rather than just the symptoms of addiction.

Resurgence is also well known for its comprehensive drug rehab services. Patients battling drug addiction benefit from both residential inpatient programs, which provide immersive and structured care, and outpatient options, including Intensive Outpatient Programs (IOP), that allow for flexibility while maintaining accountability. Residents of Perris, Eastvale, Canyon Crest, Woodcrest, and Mission Grove have found the Riverside location particularly accessible, making high-quality care available close to home.

Specialized programs such as couples rehab set Resurgence apart from other providers. This offering allows partners to heal side by side, combining joint therapy sessions with individualized counseling. Couples from Mead Valley, Highgrove, and Home Gardens have found this unique program especially valuable for rebuilding trust and strengthening relationships while pursuing recovery together.

Equally important are Resurgence's dual diagnosis services, which recognize that many patients experience both addiction and underlying mental health conditions such as depression, anxiety, or PTSD. Licensed clinicians create integrated treatment plans that address both issues simultaneously, leading to more sustainable outcomes. This holistic model has made Resurgence a trusted authority in Riverside for people who need care that goes beyond detox alone.

A spokesperson for Resurgence emphasized the purpose of the new article: "Many people are unaware of the long-term risks of heavy drinking until the effects are irreversible. Our goal with "Can Alcohol Cause Permanent Damage?" is to educate the community, reduce stigma, and remind people that there is help available. At Resurgence, we pair evidence-based treatment with compassion to ensure patients not only achieve sobriety but are supported in maintaining it."

The Riverside facility has earned praise for its compassionate staff, who patients describe as attentive, professional, and deeply invested in their recovery. Families across Corona, Jurupa Valley, and Moreno Valley often highlight that Resurgence provides more than treatment—it creates an environment where patients feel respected and understood. This reputation for empathy and professionalism continues to fuel the center's growth across Riverside County.

As more people search for "alcohol rehab near me" or "drug rehab Riverside California," Resurgence Behavioral Health remains at the forefront of addiction treatment in the region. Its blend of medical expertise, therapeutic innovation, and community commitment ensures patients receive the tools and confidence they

need for long-term recovery.

The full article, "Can Alcohol Cause Permanent Damage?", is available at their website.

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Resurgence Alcohol & Drug Rehab Riverside

Resurgence Behavioral Health Riverside is the #1 addiction treatment center in Riverside, California, for alcohol & drug rehab as well as detox. From alcoholism treatment to heroin, meth cocaine as well as prescription drug addiction, we can help.

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