

Best Detox & Rehab Center for Addiction in Los Angeles County

<https://musetreatment.com/california/los-angeles/>

Getting effective help for addiction can be as simple as picking up the phone and calling a certified drug and alcohol treatment center. Of course, choosing the best detox and rehab center for addiction in Los Angeles County can be difficult if you're not sure what to look for. Which treatment principles should a rehab adhere to so that they can help you or a loved one overcome addiction?

The National Institute on Drug Abuse has outlined treatment principles that can help to make a rehab the best at what they do. The best rehab in Los Angeles should be able to create custom treatment plans because no two people are the same when it comes to recovery. Addiction treatment should also include a holistic approach, assisting people with other areas of their life and wellbeing to improve the results of long-term recovery.

The best detox and rehab center for addiction in Los Angeles County should provide treatment programs that are long enough to have lasting effects – according to research, at least three months in residential and outpatient programs is required. The rehab center should be able to provide FDA-approved medication to help treat withdrawal symptoms during detox and as a long-term sobriety solution where needed.

Addiction is often accompanied by a separate mental disorder such as an anxiety disorder and the interplay between these conditions can make long-term recovery difficult. The best rehab should provide treatment for co-occurring mental disorders to help achieve long-term sobriety. Muse Treatment and Recovery Center is a certified drug and alcohol rehab that closely follows all of the principles of effective treatment. Our core mission revolves around support, transition, action, resolve, and transformation. We understand that addiction is a mental disorder that can't be beaten overnight, but through our whole-patient approach that focuses on long-term sobriety, you or a loved one can gain the tools and skills required to beat addiction.

Why Choose Muse ?

Muse Treatment Center strives to be the motivation for positive change among our clients. Why choose Muse? We are fully accredited by The Joint Commission, an independent non-profit organization that accredits healthcare services. The Gold Seal of Approval that we've received for our excellence in addiction treatment is a testament to our dedication to your wellbeing.

At Muse, we understand that every person struggling with an addiction to alcohol or drugs requires a tailored approach to treatment. During our detailed intake process, your caseworker will discuss your substance abuse in-depth, your overall health, your state of mental wellbeing, and other relevant areas of your life so that we can formulate the ideal treatment plan for you. With our wide range of addiction treatment services, we can accommodate the recovery of any type of addiction. Your treatment plan can be changed and updated as time goes by to ensure that you're always receiving the most beneficial evidence-based treatment methods and support to help you overcome addiction.

Our staff has been handpicked to ensure that every person you meet during your recovery truly cares about your wellbeing and recovery. Their compassion and caring nature coupled with their top-level expertise in the field of addiction treatment means that you will have the best possible people on your team helping you to overcome substance use disorder.

Another important difference between Muse and other alcohol and drug rehabs is that we understand that addiction recovery is a long-term process. Therefore, we work to ensure you gain the coping skills and support you need to achieve sobriety and maintain it long term. We're here for you for the long run in this fight against addiction.

Whether you're trying to find a rehab for yourself or someone you care about, our Los Angeles treatment center is the ideal place to find comfort, spiritual healing, a sense of community, and evidence-based behavioral therapies so that addiction can be managed and beaten.

Alcohol Detox Program Los Angeles CA

While alcohol is generally an accepted part of many people's social experience, it's also a very dangerous substance. Once you become physically dependent on alcohol, it can be exceedingly difficult to just stop. Stopping alcohol suddenly when you're physically dependent on it can result in severe and even life-threatening consequences.

Physical dependence is a result of frequent use of a substance. As you drink more and more alcohol, your body changes. It adapts to the constant presence of alcohol, which is also why a tolerance builds – the need to consume larger amounts of alcohol to get the same effect. If you were to suddenly stop drinking with your body in this altered state of operation, the imbalance would cause severe withdrawal symptoms.

Essentially, alcohol withdrawal symptoms occur because your body is in this adjusted state, and it takes roughly 5 to 7 days for your body to return to its normal balanced function. During this time, withdrawal symptoms start slowly and peak by day 2 to 3. Withdrawal symptoms may include nausea, vomiting, headaches, anxiety, restlessness, agitation, heavy sweating, insomnia, seizures, hallucinations, fever, and more.

The most severe alcohol withdrawal symptom is known as delirium tremens (DTs). While this is a somewhat less common condition, if it were to occur, then you would need to seek medical assistance immediately. This is why it's so important to seek medical help in the form of an alcohol detox program before attempting to stop drinking alone. DTs can be life-threatening. At Muse Treatment and Recovery Center, we offer a comprehensive alcohol detox program. We provide patients with around-the-clock medical support from our specialized nurses and doctors to ensure that your health and comfort are maintained at safe levels. We can provide FDA-approved medication that help to reduce withdrawal symptoms and make the entire experience far more comfortable and safe. Our goal is to facilitate a safe recovery from physical dependence on alcohol while also making the experience much easier to get through. Since withdrawal symptoms can be overwhelming, it's easy for a person to relapse when attempting to detox on their own. However, through our [alcohol detox program](#), the risk of relapsing and potentially overdosing on alcohol due to a lowered tolerance is eliminated. Through our detox program, you can break your physical alcohol dependence and then be ready to continue with the core of your recovery: behavioral therapy and holistic treatments. After all, a detox is not sufficient on its own to lead to long-term sobriety – its purpose is to help you break the physical addiction so that treatment for the underlying causes of addiction can begin.

Drug Detox Program Los Angeles

For someone considering entering drug rehab, the thought of going through withdrawal can fill them with anxiety. Addicts get glimpses of these symptoms when they crave a dose of their drug of choice and they don't want to experience the full-blown effects of removing drugs from their system. Depending on how severe addiction has become, withdrawal symptoms can be overwhelming leading to relapse and potential overdose due to the sudden lowering of tolerance levels that the user isn't prepared for.

Even though the intense cravings and myriad of withdrawal symptoms you can experience can be intense, the good news is our medical drug detox program can make the experience safe and comfortable. In addition to administering medications, a slow tapering off approach can also be employed if needed so you can be weaned off drugs gently and slowly.

At Muse drug detox, we'll monitor your vitals day and night to ensure that there are no medical complications during detox. We will also provide medication specifically designed to reduce withdrawal symptoms, making them far more manageable. The medication administered will depend on your unique condition, the symptoms you report, the status of your vital signs, and any prior medical concerns or resistances to certain medications. The FDA-approved medications are safe and can make a dramatic difference in your experience of drug detox. It's important to understand that detox is just the first step on the road to long-term recovery. By itself, detox cannot treat addiction. After [successfully completing our drug detox program](#), which

usually lasts from 5 to 7 days, you'll begin exploring the underlying causes of your addictive behavior through therapy and holistic treatment methods.

At Muse, we are here to help through every step of your recovery from drug addiction; from the first days of detox to the transition back into your life at home and beyond, we'll be here with the support that you need to stay sober. Let us help you to overcome your or a loved one's addiction.

Alcohol Rehab in Los Angeles

At Muse Treatment Center's alcohol rehab in Los Angeles, we approach recovery through a whole-patient method. One of the elements that makes addiction treatment successful is addressing not only the addiction but also any other problematic areas of the person's life. For example, many people who come to us are suffering from a co-occurring mental health disorder along with their addiction, people may be experiencing homelessness, they may be unemployed, or family relationships may need mending. We aim to help you to improve your life as a whole and create the type of life that you dream of, one that's sustainable and fulfilling without the need to drink alcohol.

When you start your 30- to 90-day program with us, you'll begin by going through a detailed intake process. This helps us understand the elements of your unique situation and create a comprehensive treatment plan that will work best for you.

Since alcohol withdrawal can be medically dangerous, you will most likely start your treatment program with a period of medically managed alcohol detox. This will greatly help you in overcoming the difficulties of withdrawal during your first week of quitting drinking. You will be monitored to ensure a safe recovery and given medications as needed to reduce and manage symptoms.

After your alcohol detox, you can begin working on the cornerstone of addiction recovery: behavioral therapy. Our healthcare professionals will use treatments such as trauma-focused therapy, cognitive-behavioral therapy, interpersonal therapy, and dialectical behavioral therapy among others. These treatments help to uncover the deeper causes of your addiction and provide you with the skills needed to abstain from substance abuse.

At Muse, we understand how important family can be in the long-term recovery process. Oftentimes, relationships in the family can be strained by addiction and its aftermath. Some members of the family may even be enabling the behavior without truly understanding what they are doing. Our family therapy and regular family visitations help to mend the family unit so that it can be a solid support structure that you can rely on in your new life in recovery.

Once you've completed the 30- to 90-day inpatient treatment program with us, then it's time for you to begin easing back into your life at home. This transitional period is a critical one and an

outpatient program can help you to transition from intensive treatment back into your life again. You'll continue to receive strong support during this time through our outpatient treatment program.

At Muse Treatment Center, we've created a serene, healing environment in which to recover. Through the support of our compassionate staff combined with the evidence-based treatment models provided, you can overcome alcohol addiction and start living the life you deserve.

Drug Rehab in Los Angeles

Choosing to seek professional help for drug addiction can be a daunting idea. The truth is that our drug rehab in Los Angeles is a place where healing and support take priority. Muse is a place where you can find a community of people that truly understand what you're going through, the difficulties you face, and your desire to break the hold that addiction has over your life.

Whether you need help for an addiction to heroin, prescription drugs, cocaine, methamphetamine, MDMA, or any other drug that you've become addicted to, Muse can help you achieve recovery and build a sustainable life filled with loving and supportive people. Our fully accredited drug rehab in Los Angeles offers the best-known methods of treating various substance use disorders (addiction). We combine these proven methods of overcoming substance abuse with a holistic approach so that your wellbeing and life, in general, can improve.

You'll start your recovery journey by sitting down with your caseworker. They will discuss your addiction and the overall state of your health to better understand the scope of the situation and your unique requirements. From there, you'll go through a period of medically assisted detox if it's necessary, allowing you to get through the withdrawal phase safely and comfortably. Behavioral therapy is the next important part of recovery. Therapy helps to heal the underlying causes of addiction and build the foundation for healthy habits and coping skills. These therapies are carried out in a group format as well as one-on-one with your healthcare professional. The majority of your time in an inpatient or outpatient program will be spent in supporting behavioral therapy sessions.

Other areas of your mental health will also be explored. Dual diagnoses (co-occurring mental health and substance use disorders) are common. You must receive treatment for both disorders – addiction and the co-occurring mental disorder – to address the driving forces behind addiction and prevent future relapse. People with untreated mental disorders often turn to drugs and alcohol in an attempt to self-medicate and alleviate their symptoms. While this provides some temporary relief in the form of masking symptoms, in the long term, both

conditions inevitably become worse as addiction forms. Without treating the underlying mental health disorder, the risk of relapse remains high.

Our outpatient treatment programs can be an ideal transitional form of care after participating in our inpatient programs at our drug rehab in Los Angeles. Outpatient rehab provides access to professional treatment and strong support while you adjust to a new life without substance use. Addiction is a mental health condition with no known cure. However, there are effective ways of managing the diseases through behavioral therapy, medication-assisted treatment (MAT), and support groups. Muse can help you to effectively manage addiction and dissolve the power that the disease has over your life.

How Much Does Rehab Cost in Los Angeles CA?

As with any longer-term professional treatment, the cost is a factor. So, how much does rehab cost? Since there are several treatment programs, the intensity of treatment, and a host of alternative treatment methods that can be added to your treatment plan, it's not possible to give an exact cost of rehab. After all, each person requires an individualized treatment approach; what works for one person might not have such an effect on another person in rehab. The cost of rehab can also be offset by health insurance. Since addiction is a mental health condition as classified in the DSM-V (the diagnostic manual for mental disorders), it is a covered condition.

Before starting with any treatments, our intake team can help verify your exact health insurance benefits to confirm what your coverage will include. You will have the opportunity to discuss the cost of rehab in-depth with our intake team. Once verification of benefits has been completed, we can help you determine if you'll have any out-of-pocket expenses.

At Muse, we offer a wide range of services so that we can help every person that comes to our doors. We have cost-effective treatment plans and all plans can be adjusted so that it not only effectively treats your addiction, but also keeps within your budget. Call us now if you would like to discuss the cost of rehab.

How Long is Detox in Los Angeles?

At the start of your treatment program at Muse, you will likely undergo a medically managed detox program to help ease you through withdrawal symptoms that can set in a few hours to days after you last took a substance.

The length of detox is dependent on individual factors such as your health, the length of your substance abuse, how frequently you used the substance, and the type of substance that was abused. Generally speaking, drug and alcohol detox tends to last between 5 to 7 days.

A condition known as post-acute withdrawal syndrome (PAWS) may occur in some cases. While it may not be a condition in the DSM-V, the condition is reported among some people recovering from addiction. PAWS symptoms can include irritability, lethargy, insomnia, and pain and may continue for weeks or months.

In some cases, the cravings and other common symptoms during detox may lead to repeated relapse. In such a case, medication-assisted treatment (MAT) may be required. MAT is a method of long-term treatment that, alongside behavioral therapies, can treat certain substance use disorders such as alcohol use disorder or opioid use disorder through the use of medication approved by the FDA. These medications help in several ways by curbing cravings, blocking the effects of drugs, and preventing overdose.

How Long is Rehab Los Angeles, CA?

The amount of time needed to overcome substance use disorder varies greatly with each case. Some people may require several months of rehab before they can maintain their sobriety while others may just require a short-term program coupled with aftercare services such as support groups and counseling.

The National Institute on Drug Abuse suggests that the least amount of time that one should spend in recovery is three months. This allows the behavioral therapy, counseling, and alternative treatment methods to have a lasting impact on the person. The three months can be carried out through a combination of inpatient, outpatient programs, and support groups. At Muse, we offer 30-, 60-, and 90-day rehab programs to ensure that we provide ample time in recovery for you to get the full benefit of professional treatment. At Muse, we understand that addiction is a long-term problem and we emphasize aftercare programs to allow for a smoother transition back to your life without drugs and alcohol.

Whether you're in search of a 90-day inpatient program to gain the maximum benefit of treatment or are just a 30-day outpatient program to help you to prevent relapse and solidify your sobriety, Muse can help you to achieve lasting sobriety. As with any chronic relapsing disease, the key is managing the diseases. Addiction requires maintenance even after you leave rehab. The therapies available for addiction and the coping skills you will gain are effective, but if you were to stop managing the disease, symptoms may return as they would with other chronic, relapsing diseases.

30-Day Rehab Los Angeles

The shortest program that we offer at our drug and alcohol rehab in Los Angeles is our 30-day program. You can take advantage of the program in either an inpatient or outpatient setting. Inpatient programs are more intensive because you can place all of your attention on healing and recovery. A 30-day inpatient program is an ideal way to begin treatment for more severe addictions. Since you stay at the facility, the possibility of relapse or outside influence is removed, allowing you to focus on getting better.

Outpatient programs provide you with many of the same treatment programs but it is also less intensive because you'll only come into rehab when you have treatments scheduled. Our 30-day outpatient program is ideal for someone who requires professional treatment but is unable to take time away from school or work.

Our 30-day outpatient program is also ideally suited as a transitional form of care after our inpatient program. For example, you may benefit from taking part in a 60-day inpatient program followed by a continuum of care through our 30-day outpatient program, allowing you to spend the recommended 90 days in treatment programs as suggested by the National Institute on Drug Abuse.

Long-Term Rehab Los Angeles

Addiction affects brain function which is why it is known as a mental health disorder. In essence, there is no way to cure addiction, but there are highly effective ways to manage the disease as you would any other chronic disease such as hypertension or diabetes. The best way to learn to successfully manage a severe addiction is through our long-term rehab programs in Los Angeles.

Our long-term rehab programs for alcohol and drug abuse include our 60- and 90-day programs. During this time, whether you're partaking in a residential (inpatient) program or an outpatient treatment program, you will discover the underlying causes of your addiction, identify your personal triggers, and learn how to avoid or cope with those triggers without drugs and alcohol. You may require help with an untreated mental health disorder such as bipolar disorder, anxiety, depression, or post-traumatic stress disorder. In this case, you can expect to receive specialized treatment through our dual diagnosis program during your time with us.

Our 90-day drug and alcohol rehab program in the inpatient setting is the most intensive and effective way to beat a severe addiction. If you have been through a short-term rehab program but have since relapsed, then our 60- or 90-day inpatient rehab program followed by an outpatient program and aftercare services may be ideal for you.

In our long-term inpatient rehab program in Los Angeles, you can focus completely on yourself. Giving yourself ample time to heal from the difficulties of addiction in our therapeutic environment filled with compassionate clinical and support staff is a transformative experience. Through our interdisciplinary expertise, you will receive help with all of the areas of your mental, emotional, and physical wellbeing.

Couples Rehab Los Angeles California

When both people in a relationship are abusing drugs or alcohol, it can be very difficult to break the cycle of addiction. If just one person tries to quit while the other person in the relationship continues to use drugs and alcohol, then relapse becomes a real possibility. It's simply too easy to fall back into old patterns.

At Muse, we provide couples rehab programs to help treat addiction in both partners. By treating both people in the relationship at the same time, creating and sticking to a new way of life becomes much easier. In fact, achieving long-term recovery as a couple can be easier because of the support that you can give each other – support that comes from a place of understanding and love.

Pet-Friendly Rehab Los Angeles CA

Pets are like family to us. They can help us through some of the most difficult times in our lives. At Muse, we understand how important the love and companionship of your dog can be, especially during recovery from alcohol or drug addiction.

One of the things that set Muse apart from other rehabs is our pet-friendly policy. You can bring your dog with you during your residential rehab stay so that the power and support that the relationship gives you can continue through your recovery. This is just one of the ways that we go above and beyond to ensure that we accommodate your needs and give you what you need to achieve lasting recovery.

Does My Insurance Have Coverage for Rehab in Los Angeles?

To help offset the cost of rehab, your health insurance can help you pay for some or all of the costs involved with receiving treatment at an accredited treatment center such as Muse Treatment.

Under the Affordable Care Act, all marketplace plans must include some cover for addiction recovery because substance abuse is a behavioral health disorder with effective treatment

solutions. In many cases, only a medical detox and outpatient program is covered so you must verify just what your insurance covers you for.

We accept most insurance plans at Muse Treatment. Simply complete our online form to verify your insurance coverage or contact us so that we can help you understand what is covered by your health insurance policy.

At Muse, we have many treatment options available. Our goal is to make addiction recovery accessible and affordable. Call us today if you would like to discuss your options based on your needs, your budget and your level of insurance coverage.

Sober-Friendly Attractions Near Los Angeles

An important part of recovery is rediscovering things that you can enjoy that don't involve alcohol or drugs. Fortunately, Los Angeles has a myriad of activities that can reinvigorate your interests and open up new ways to have fun without drugs or alcohol. Whether you have an idea of what you would like to do for fun or want to just explore potential new interests, Los Angeles has something for everyone.

Los Angeles is home to some of the most famous points of interest in the world. There's a wealth of sober-friendly activities that can be enjoyed during your residential rehab stay. Some of the best beaches include:

[Manhattan Beach](#) – Manhattan Beach, CA 90266, USA

[Zuma Beach](#) – Zuma Beach, Malibu, CA 90265, United States

These popular attractions can give you a day of excitement, wonder, and just enjoying the warmth of the locals. Some of the most popular attractions in Los Angeles include:

[Universal Studios Theme Park](#) – 100 Universal City Plaza, Universal City, CA 91608, United States

[Disneyland Park](#) – 1313 Disneyland Dr, Anaheim, CA 92802, United States

[The Original Farmers Market](#) – 6333 W 3rd St, Los Angeles, CA 90036, United States

We are ready to be your muse to inspire a new and better way of a life. Muse Treatment Center is ready to help you every step of the way to your long-term recovery from addiction. Get in touch with us today so that we can help you transform your life in new and positive ways.

Los Angeles Neighborhoods We Serve Include:

- North Hollywood
- Alhambra
- Alhambra
- Tujunga
- Glendale
- Silver Lake

- Manhattan Beach