

Alcohol Detox and Rehab Delray Beach



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How To Overcome Alcohol Withdrawal?

What Is Drug Rehab? Find Best Rehabs In Delray Beach

Drug treatment Rehab is intended to help addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, take many different forms, and last for different lengths of time. Because drug addiction is typically a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is usually not sufficient. For many, treatment is a long-term process that involves multiple interventions and regular monitoring.

Does Drug Rehab Work?

In addition to stopping drug abuse, the goal of treatment is to return people to productive functioning in the family, workplace, and community. According to research that tracks individuals in treatment over extended periods, most people who get into and remain in treatment stop using drugs, decrease their criminal activity, and improve their occupational, social, and psychological functioning. For example, methadone treatment has been shown to increase participation in behavioral therapy and decrease both drug use and criminal behavior. However, individual treatment outcomes depend on the extent and nature of the patient's problems, the appropriateness of treatment and related services used to address those problems, and the quality of interaction between the patient and his or her treatment providers.



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How Long Are Drug Rehab Programs?

The various treatment programs available mirror the degrees of addiction an individual can have. Try to begin the process of your treatment with realistic expectations. In the life of your addiction, your body chemistry and the wiring in your brain has changed as you have become dependent on the substance. Therefore, the process of getting treatment and reaching long-lasting sobriety may take an extended period of time. The more patient you are with yourself and accepting of the treatment process, the more effective it will be.



These alcohol withdrawal medications can help with things such as the shakes, and delirium tremens as well as help with lowering the heart rate and keeping the risk for seizure at a low. These types of alcohol withdrawal medications are prescribed by a physician.



How To Rehabilitate Drug Addicts?

Treatment medications, such as methadone, buprenorphine, and naltrexone (including a new long-acting formulation), are available for individuals addicted to opioids, while nicotine preparations (patches, gum, lozenges, and nasal spray) and the medications varenicline and bupropion are available for individuals addicted to tobacco. Disulfiram, acamprosate, and naltrexone are medications available for treating alcohol dependence, which commonly co-occurs with other drug addictions, including addiction to prescription medications.



What Is Drug Rehabilitation?

Drug rehabilitation or “drug rehab”, is a residential facility that specializes in the treatment of addiction. Addiction is a clinical disease of the brain. Addiction to substances – such as alcohol, prescription drugs or street drugs such as cocaine, heroin and methamphetamine – can cause serious damage not only to a person’s health and well being, but to their psychological, psychiatric and emotional states. When addiction begins to take hold of an individual to the point where they feel their lives are no longer in their control, a drug rehabilitation center can offer the opportunity for individuals to get their lives restored, renewed and back on track.

Addiction Intervention may be necessary to get someone to go to drug rehab when they are in denial of their addiction, downplay their behaviour or establish various defense mechanisms in order to rationalize their need for the substance and to avoid confrontation. Drug rehab not only helps the victim of drug abuse to stop using deadly substances, but it



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proactively teaches them to take responsibility for their health one day at a time. Drug abuse is something that cannot be stopped overnight; most drug rehabs require minimum period of 30 days to stabilize the individual's health, monitor their progress, and ensure their ability to control their addiction for time to come.

Why Drug Rehabilitation Is Important?

For those struggling with weight loss or addiction, a pill that could cure drug dependency overnight or magically melt 100 pounds away seems like the goal: an impossible, yet endlessly desirable gift. Our bodies, however, have the right idea. Going through the difficult and taxing work of detox and then the long, grueling journey of rehabilitation is not one that seems fun or enjoyable, but it is the most reliable and most effective route for getting clean. No matter how appealing that kind of pill seems, it falls short of dealing with the deeper psychological and physiological issues that accompany addiction.

Part of the pull of drug addiction is how easy the high truly is: one hit and your problems seem to melt away. Should getting clean be that simple or easy, falling back into addiction would be a simple and sure thing. You would have put no distance between yourself and your addiction, and you would certainly have none of the emotional tools necessary for long-term sobriety.

Help is just a phone call away – reach out to someone at Legacy Healing Center today at (954) 994-2965.

How Successful Is Drug Rehab?

The effectiveness of residential substance abuse treatment for women was examined using data from the Center for Substance Abuse Treatment's Residential Women and Children/Pregnant and Postpartum Women (RWC/PPW) Cross-Site Study and two other recent national studies. Treatment success was defined as posttreatment abstinence from further drug or alcohol use, measured through in-person follow-up interviews conducted 6-12 months after each client's discharge. Despite differences in treatment programs, client profiles, follow-up intervals, data collection methods, and other factors, all three studies found high treatment success rates--ranging narrowly from 68% to 71% abstinent--among women who spent six months or more in treatment. Success rates were lower, and between-study differences were larger, for clients with shorter stays in treatment. Controlling



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for salient client and treatment project characteristics, strong associations between length of stay in treatment and posttreatment abstinence rate were found in all three studies, suggesting that women's length of stay in residential treatment is a major determinant of treatment effectiveness. In further analysis of RWC/PPW data, treatment completion was also found to be an important outcome factor. Among clients who remained in treatment for at least three months, those who achieved their treatment goals in three to five months abstinence outcomes were as good as those for clients who took more than six months to complete their treatment (76%-78% abstinent) and substantially better than those for clients who did not complete treatment (51%-52% abstinent). Notably, however, most of the RWC/PPW clients who successfully completed treatment (71%) required six months or more to do so.

Does Outpatient Drug Rehab Work?

In general, there are two main forms of drug rehab: outpatient and inpatient programs. Inpatient, or residential, drug rehab programs require that individuals remain on site for the duration of the treatment program. Individuals will live in a specialized facility receiving around-the-clock care and supervision. This type of program is ideal for those battling significant drug dependence, those who also struggle with mental health or medical disorders, individuals who abuse more than one type of drug or mind-altering substance, those who do not have a stable or supportive home environment, and people who have been through a drug rehab program before.



Is Drug Rehab Effective??

A physician's assessment is the very first step to getting effective treatment. Based on your physical and behavioral symptoms, a physician can refer you to a detox program that can



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help you to safely end your body's dependence on drugs or alcohol. Some detox programs offer medication-assisted treatment (MAT), but prescription medications to taper the body off dependence are not available for every addictive drug.

You may not need this approach to treatment. You may just need a few days of supervision to manage the most intense symptoms and then you can enter a rehabilitation program.

How Long Do Drug Rehab Programs Last?

The length of rehab varies on a case-by-case basis. Brief treatment involving detox, therapy and supportive care may be effective for some people, but treating substance use disorders is a complex process that could last years. While it may seem desirable to get through rehab as quickly as possible, research shows that longer stays in rehab lead to lower relapse rates.

Is Drug Rehab Covered By Insurance?

The short and simple answer is "yes." In most cases, insurance will cover rehab because it involves treating a medical disease. However, there are a few variables to consider before making any conclusions, such as the specific terms of the plan that will give you a better understanding to the question "will insurance pay for rehab?"





Will Medicare Pay For Drug Rehab?

Medicare can be used to cover the cost of drug and alcohol rehab. But there are rules about the providers people can use with Medicare, and some types of addiction treatment are not covered by Medicare at all. It is a good idea to contact the Medicare agency directly to get more detailed information.

Are Drug Rehab Centers Free?

Many facilities offer free services or sliding scale fees, but they may not advertise that they offer these. Additionally, these facilities may have long waiting lists, and the person may have to provide proof of economic need. While the cost of rehab can be a barrier for some, treatment provides a 7:1 return on the cost.

Unfortunately, a no-cost rehabilitation facility is not something anyone really thinks about until they are in a life or death situation. Maybe it's a run-in with the law or perhaps one of the many medical problems that often come with addiction taking a turn for the worse.

How Much Do Drug Rehabs Cost?

The cost of addiction treatment varies between each center. Some programs are free while some cost thousands of dollars a day. No matter your budget, there is a center for you. The opportunity to heal is accessible to anyone if they know what resources can help them. There are also people who can help you find a way to pay for treatment as soon as possible.



Does Medicare Cover Drug Rehab?

The short answer is that Medicare can cover drug and alcohol rehab treatment. However, certain conditions must be met for Medicare to provide coverage:

Your provider must deem that the services are medically necessary.

You must receive care at a Medicare-approved facility or from a Medicare-approved provider.

Your provider must set up a plan of care.

Where Are The Best Drug Rehab Centers In Delray Beach?

According to the 2014 National Survey on Drug Use and Health (NSDUH), nearly 22 million Americans battled drug or alcohol addiction within the year. There are more than 14,500 specialized facilities in the United States that are designed to treat drug addiction, the National Institute on Drug Abuse (NIDA) reports.

Drug addiction is a brain disease that affects each person differently and requires care that is specifically tailored to each individual. There are many different forms, types, and methods of drug rehab centers to choose from. Facilities may be public or private, and various centers offer a wide range of options and amenities. Public drug rehab centers are open to everyone, regardless of financial situation, and may have long waiting lists. Private facilities typically offer the highest level of care with the biggest variety of choices in care. Overall, the top drug rehab centers will provide comprehensive care in a specialized facility staffed by highly trained medical, mental health, and substance abuse providers.



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At Legacy Healing Center, our approach to recovery is built around a holistic methodology. We look at addiction as a comprehensive issue and offer a complete set of services to heal the physical body, the mind, and the spirit.

The Best Detox & Rehab in Delray Beach Legacy Healing Admissions Office

Cities across the country are experiencing high rates of substance abuse, overdose, and addiction—Delray Beach, Florida is no exception. In 2016, for example, a total of 405 people in Palm Beach County died with cocaine in their system. Just a year before that, cocaine killed 109 people in the city. Legacy offers an admission office to help people in Delray Beach. We have two other physical locations to attend inpatient detox and rehab. Fortunately, Legacy Healing Centers in Delray Beach exists to help those who are struggling with drug abuse and addiction. We provide facilities that offer holistic methods, treating individuals from all aspects: physical, emotional, and even spiritual. There are faith-based programs offered, among others. But in order to make the most out of any recovery effort, the patient should understand the process involved during treatment, to make sure everything goes as smoothly as possible. If they know exactly what to expect, they can prepare themselves mentally. Before entering a drug rehab center in Delray Beach, you must know what addiction treatment entails. This is what we're going to discuss today. Delray Beach, Florida offers a diverse set of options for addicted patients, and it is good to know your options from the get-go.

Drug Detox In Delray Beach FL

Anyone who wants to recover from any type of addiction should first accept that they need help. This means that the first step towards recovery is acknowledging the problem. Some people refuse to accept the truth that their drug habits are causing them trouble. A lot of them are just overwhelmed by everything going on around them. Addiction is a complex condition that easily overwhelms and devastates a person. That's why this stage of acceptance and actually wanting to seek help is so difficult. Sometimes an intervention is necessary. But once the person is ready to start the detox process, it only gets more challenging. The good news is that there are addiction experts who are ready to provide assistance. The typical detox process begins with an evaluation, which determines the specific treatment plan that is suitable for the client. Given the personal nature of addiction, an individualized approach is always best.



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Withdrawal From Drugs, What To Expect

The patient's withdrawal symptoms will be different from other patients so this evaluation stage is necessary. This allows medical professionals to create a personalized treatment plan. The doctors will assess the patient's symptoms, medical history, and the severity of their addiction to prescription medications. The team will then come up with a unique plan that will help make the detox process as smooth and effective as possible. Some facilities offer rigid programs that are tweaked to suit a person's needs. This means choosing a facility that offers the right programs and treatment methods can also go a long way. After the evaluation stage comes the detox process itself. The moment a person stops using prescription drugs and pain pills, the detox process automatically starts.

While withdrawal symptoms are usually scary, they are at least easier to manage with a group of medical professionals around you. They can provide the patient with their medical needs to make this process as comfortable as possible. The body then works to remove the drugs that were consumed. Addiction experts will help by providing medications to ease the symptoms. Medically supervised detox is the safest way to recover from drug addiction. Inpatient rehab is the best choice for those with serious addiction. Outpatient treatment is helpful for those who cannot spend time in the rehab facility because of other responsibilities like school or work. It all depends on the severity of the addiction. During drug detox, a person's drug intake is gradually lowered, until their body no longer relies on the substance to function. During this period, they can go through counseling and behavioral therapy to help them learn coping techniques and ways to live a drug-free lifestyle. Drug rehab is all about addressing all the physical and psychological effects of drug abuse, and so it involves digging deep and getting to the root of addictive behavior. Behavioral therapy can involve one-on-one counseling, group counseling, family therapy, couples therapy, and many more. Some facilities even offer more unconventional treatment methods like hypnotherapy, art therapy, equine therapy, music therapy, meditation, yoga, and more.

These treatments work on a personal level to help a patient regain their sense of self. Attempting to detox at home is difficult and actually dangerous. Not only will the temptations and withdrawal symptoms prove to be challenging to face alone, but the body will also start craving for the drugs. This is why it is so common for people to relapse soon after quitting. The worst-case scenario is a person tries to go through withdrawal on their own, relapses and then overdoses on the drug. Proper rehab can help a person reclaim their sobriety while teaching them how to stay sober. Medical professionals can ensure that the whole process of recovery is safe. Detoxing in a professional rehabilitation facility is more effective for several reasons. In fact, a change of environment could be beneficial to those in recovery, because they are no longer surrounded by the things that influenced their misuse of prescription drugs. Also, they are surrounded by medical professionals, therapists, and



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addiction experts who know how to provide the support patients need to get through this difficult stage of their lives.

Prescription Drug Detox

When people think about drug abuse, their mind goes straight to cocaine, meth, and heroin. But just because a drug is legally prescribed doesn't mean they can't be harmful. In fact, the current opioid epidemic proves that these medications can generate addiction, even if a person is using it properly. For this reason, it is quite confusing for people to develop addiction for a drug that was prescribed to them by their doctor. In this case, the doctors are not sabotaging the patient and getting them hooked on drugs. The intention is still to treat whatever health issue they are facing. But this does not take away from the risks that were always present. Even prescription drugs can be addictive. Some people get addicted to their prescription medications and start abusing them.

Others acquire these drugs illicitly, knowing they can get high. But the method of abuse is not as important because the end result is the same: addiction develops and the person begins to experience withdrawal. Prescription drug detox is necessary to help pull them out of this downward spiral. In this article, we will discuss the importance of proper detox, and the experience of getting addicted to prescription drugs: the symptoms, the effects, and everything that happens when a person gets addicted. Once a person experiences withdrawal symptoms, that's when they realize that they are addicted to their prescriptions. This is the moment they know that they have been taking way too much of a certain substance. This also means that the body can no longer function the same way without it.

At this point, attempting to quit the drug results in unpleasant withdrawal. The National Institute on Drug Abuse (NIDA) reports that an estimated 48 million Americans age 12 and over have taken a prescription drug without a prescription for a non-medical reason. This is equivalent to 20 percent of Americans. Those who have a family member or loved one who is struggling with any kind of substance use disorder are more likely to develop a prescription drug addiction. This is because they may have genetically inherited a heightened risk for addiction.

NIDA further reports that 12 percent of people between the ages of 18 and 25 have taken prescription drugs for non-medical reasons. This suggests that a person's age has something to do with their risk factor. Other common reasons for wanting to abuse prescription drugs are depression, anxiety, or post-traumatic stress disorder. This is due to the fact that opioid painkillers and other prescription medications attach to parts of the nerves and block feelings of worry or sadness. This means if a person takes painkillers for legitimate pain, they might be tempted to keep taking it even after they have been healed just for the relief of emotional pain.



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During withdrawal, the body attempts to regulate itself back to its original state before it relied on the drugs to function. But withdrawal can be a painful process if it is not done safely and properly. The body reacts severely during withdrawal because the chemical processes in the brain were disrupted by drug abuse. Stimulants, opiates, and antidepressants, for example, interfere with the GABA receptors in the brain. Withdrawal is a deadly and unpredictable condition because not every person experiences it in the same way. The factors affecting withdrawal include the length of the addiction, the drug used, the prescribed dosage, and co-occurring disorders like mental health conditions.

Different types of prescription medications cause different withdrawal symptoms. For example, abusing stimulants can cause symptoms like depression, anxiety, difficulty sleeping, suicidal thoughts, tremors, aggression, stomach pains, sweating, and fever. Stimulants are often prescribed to help patients with sleep disorders, hyperactivity disorders, and severe cases of depression. These drugs make the body release natural chemicals like dopamine, to “wake” the brain and create more activity. It’s a similar effect to drinking coffee. Stimulants are particularly popular among students because they are used as drugs to enhance academic performance. This is one of the reasons why people abuse their stimulant prescriptions. Opioids and opiates cause withdrawal symptoms like fatigue, insomnia, excessive sweating, anxiety, muscle aches, muscle spasms, paranoia, nausea, aggression, abdominal cramping, rapid heartbeat, high blood pressure, dilated pupils, irritability, and inability to concentrate. Antidepressants are also misused often, especially among teenagers. While they are usually used to treat medically diagnosed depression, these medications are misused for the feeling of euphoria they can provide. In other words, people take them to get high. Much like opioid withdrawal, antidepressant abuse can lead to a number of withdrawal symptoms like anxiety, depression, mood swings, dizziness, fatigue, tremors, headache, flu-like symptoms, nightmares, nausea, vomiting, restlessness, and muscle spasms.

Alcohol Addiction Treatment Centers In Delray Beach

Although it is not a drug, alcohol is a substance that is very often abused. It can even be hard to tell whether a person is abusing drugs or not, simply because binge drinking is so common in many cultures all around the world. For those who need alcohol rehab in Delray Beach, Legacy Healing can help you as well. Those who drink alcohol heavily for weeks, months, or years might find themselves having withdrawal after cutting back or quitting. They may experience both physical and mental problems when they stop their drinking. This is an indicator of alcohol addiction. Symptoms can range from mild to serious. People who only drink once in a while are unlikely to produce these withdrawal symptoms. It means they can stop at any time. It applies to those who drink casually, or only in social scenarios.



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Now if the patient has gone through alcohol withdrawal once, they are more likely to go through it again the next time they quit. Drinking too much alcohol causes a person's nervous system to adjust to the drink's presence. Because it has alcohol around all the time, the body works hard to keep the brain in a more awake state and to keep the nerves talking to one another. This is because alcohol has what doctors call a 'depressive' effect on your system. It slows the brain down and changes the way nerves interact with one another.

When the alcohol level suddenly drops, the brain stays in this keyed up-state, causing withdrawal. Withdrawal from alcohol works pretty much the same way as drug withdrawal in that the body has become so dependent on it that it just crashes if you quit. The symptoms of alcohol addiction and withdrawal include anxiety, shaky hands, nausea, headache, vomiting, insomnia, sweating, and more. There are some serious withdrawal symptoms caused by alcohol abuse, including hallucinations and seizures. Only about 5 percent of people going through alcohol withdrawal experience them. Those who do may also have high blood pressure, heavy sweating, confusion, fever, and palpitations.

Alcohol Detox Near Me

Unless the patient has a serious health condition or they have had serious withdrawals in the past, a supportive environment should help reduce a person's drinking. All they need is a positive atmosphere, some healthy food, and lots of non-alcoholic fluids. However, dealing with alcohol withdrawal is a short term solution that does not help the core problem: the person's drinking habits. Even if they say they can get sober on their own, a person with a drinking problem or a history with substance abuse can easily relapse. For those who are struggling with alcohol addiction, proper detox is necessary. Some of the most common medications used during alcohol detox are benzodiazepines. These medications help treat symptoms like insomnia, anxiety, and seizures. You may also be given anti-seizure meds and antipsychotics, depending on your condition. Everyone has different needs when it comes to treating alcohol use disorder or AUD. It is a condition that is diagnosed when a pattern of alcohol use causes significant distress and health problems.

AUD can range from mild to severe, depending on how many symptoms you have. Some people with AUD develop alcohol dependence and experience withdrawal when they suddenly stop drinking. This is where alcohol detox comes in. While detox alone is not treatment, it is the first step to getting better for people who are dependent on alcohol. Getting through detox is not just a matter of willpower—it's all about receiving proper medical help. Withdrawal can put a person's life at risk. Even when it is not as serious, recovering from alcohol addiction and dependence is still a major challenge. Usually, a detox program begins with an intake exam that determines what kind of support you need to receive. This may involve blood work, an interview, and an assessment of your health and drinking history. These tests will check the patient's mental and physical health.

Alcohol Detox and Rehab Delray Beach



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Detox support may include medications properly administered to ease withdrawal symptoms and care for other issues that come up. Addiction experts will try to stabilize the patient's condition as soon as possible. They will check up on the patient regularly to see if their temperature, blood pressure, heart rate, and breathing are all normal. Just like in drug rehab, alcohol detox can be inpatient or outpatient. Inpatient programs involve living in a treatment facility for the duration of the detox and rehab process to ensure that the patient can get through it safely and effectively. This means they will live at a detox clinic, rehab center, or hospital during the process. Food, medications, and medical support will be provided round the clock.

Outpatient treatment is where the patient regularly gets treatment during the day but lives at home. There are advantages and disadvantages to this approach. Firstly, it is not as comprehensive or focused as inpatient treatment, so it also has a lower success rate. But it can work wonders for people with milder conditions, and those who cannot leave their responsibilities behind for a few months. Generally speaking, outpatient treatment is also cheaper because there are fewer accommodations to pay for. Inpatient treatment offers more services but it tends to cost more. Outpatient is a less expensive option that is only advisable for people with mild or moderate alcohol withdrawal. Residential rehab usually runs for 1 to 3 months, but there are longer programs available when necessary.

Drug Rehabs In Delray Beach Florida

Drug detox works best when incorporated with behavioral therapy and counseling. This is why drug rehab is more than just a detoxing effort. It's about fully clearing out the drugs from your system, including your mind, body, and spirit. Medical professionals will treat co-existing health conditions and withdrawal symptoms. Therapists can get to the root of addictive behavior. And for those who want to get closer to God or strengthen their faith, many programs offer a faith-based approach. The goal of drug rehab is to free the body of drugs and alcohol and help the patient learn how to live a sober lifestyle. This involves teaching them coping mechanisms for those times when they feel tempted to relapse. It also involves teaching more productive ways to channel their energy.

Drug rehab and addiction treatment aim to make the person stronger, physically, mentally, and emotionally. By the time the treatment program ends, the patient will have learned how to strive for a drug-free life and build stronger relationships at all levels. In order to achieve all of this, it is important to find the right treatment facility that offers programs and methods that cater to a person's needs. But at the very core of every treatment program is the desire to give patients a healthy and supportive environment. This is another benefit of inpatient treatment. Staying in a rehab facility for treatment takes the person away from their previous environment for a significant period of time, meaning they will be able to focus on their

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recovery. They will be far away from their unhealthy relationships, toxic environments, and temptations.

Clinical studies have shown that the longer you stay in a supportive environment such as in a treatment facility, the lower your risk of relapse will be. Short term programs may last from several days to two weeks, while longer rehab programs may last 90 days or more. A study by John Hopkins Medicine showed that patients who lived in recovery housing after a 14-day opioid detox program were up to 10 times more likely to stay clean and sober. Even patients who didn't go through detox had higher rates of abstinence if they were able to live in a drug-free environment for 90 days. This just proves that the more time you have to remain substance-free, the better prepared you will be to face life outside of drug rehab. Rehab helps people to practice healthy behaviors, but whether you're looking for an inpatient rehab or an outpatient clinic, be sure to check whether the facility makes you feel safer.

Once detox has cleansed your system and you begin your process of recovery through rehab, you will realize that drug and alcohol addiction are more psychological than they are physical. This is why psychotherapy is a critical component of any drug rehab program. A study published in Substance Abuse and Rehabilitation found that patients who completed an alcohol rehab program had lower rates of depression, borderline personality disorders, and attempted suicide, compared to patients who did not complete their program. Beyond just detoxing from drugs and alcohol, a proper rehab program should identify co-occurring mental health issues, provide specialized treatment for such disorders, and correct repetitive, negative thoughts that keep patients in an addictive mindset. Therapists know how to defuse the emotional situations that set off the desire to drink or use drugs. These behavioral programs can strengthen a person's sense of self and allow them to discover a sense of purpose. Motivation and confidence may be lost during addiction, and it is important to restore these things. After rehab, the patient should be able to build stronger, more authentic relationships with loved ones, friends, and other people. This makes drug rehab an interesting exercise in self-exploration. Psychotherapy can help people reach a whole new understanding of themselves while conquering their addiction. On top of all these benefits, rehab could help patients find or regain their hopes for the future. Therapy is usually provided by a licensed addiction counselor, psychologist or psychiatrist. Sessions may take place one on one or in groups.

Popular Drugs and Why They are Abused

Most people are already aware that drugs are dangerous—and yet many people abuse drugs anyway. This is another factor as to why prescription drugs are surprisingly addictive: people just don't know they were addictive in the first place. And so when they felt that comfort or that high, they decided to abuse their prescriptions completely discounting the possibility of developing an addiction. But what about those common drugs that are already

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popular for being dangerous? Why do people still abuse drugs like cocaine, heroin, and meth? Let's take a closer look.

Cocaine is currently one of the most abused stimulant drugs in America. It has become the drug most frequently involved in emergency department visits. Even so, it is not a new drug, and people should be aware of how dangerous it is. A common myth is that cocaine is just not addictive because it doesn't have physical withdrawal symptoms seen in alcohol or heroin. The problem is that it has serious psychological properties. Oftentimes, it is the high that prevents people from quitting.

Cocaine has been called the 'champagne' of drugs. Street names for it include snow, toot, blow, nose candy, and flake. Even its mixtures have street names like liquid lady and speedball. Liquid lady is a mixture of cocaine and alcohol, while speedball is a mix of cocaine and heroin. Most popularly though, cocaine is simply known as coke. In 2014, about 913,000 people struggled with a cocaine use disorder. That same year, 1.5 million Americans over age 12 had used cocaine in the past month. Research on cocaine has shown that all laboratory animals can become compulsive cocaine users. Animals will work more persistently at pressing a bar for cocaine than for any drug—that includes opiates.

An addicted monkey pressed the bar 12,800 times until it got a single dose of cocaine. If the animal survives, it will return to the task of obtaining more cocaine. Based on statistics, the human response is similar to that of the laboratory animal.

A human who is dependent on cocaine prefers it to all other activities and will use the drug until the user or the supply is exhausted. These people will exhibit behavior entirely different from their previous lifestyle. Cocaine-driven humans will also compel themselves to do unusual acts compared with their former standards of conduct. For instance, a cocaine user may sell her child to obtain more cocaine. There are countless stories of professionals such as lawyers, bankers, physicians, and athletes with daily habits costing hundreds of thousands of dollars, binging on cocaine and spending up to \$50,000 dollars. The result may be a loss of job and profession, loss of family, loss of housing, bankruptcy, crime, and death. Heroin is very similar. It is not a stimulant like cocaine, but it is an opioid made from morphine, and it is also very addictive.

Morphine is a natural substance taken from the opium poppy plant. Heroin can be a white or brown powder, or a black sticky substance known as black tar heroin. Common street names include horse, hell dust, smack, and big H. Heroin is highly addictive and it could easily create tolerance and dependence. Tolerance means that the person needs to take higher doses or take it more frequently just to get the same desired effects. People who are addicted to heroin can experience severe withdrawal if they quit the drug abruptly. Common withdrawal symptoms include restlessness, sleep problems, severe muscle and bone pain,



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sleep problems, diarrhea, vomiting, cold flashes with goosebumps (also known as cold turkey), uncontrollable leg movements, and severe heroin cravings. Abruptly quitting a drug you are addicted to only cause cravings, withdrawal symptoms and eventually, relapse. It is much safer to seek professional medical assistance. Researchers are still studying the long term effects of opioid addiction on the brain. Right now, the opioid epidemic is killing around 130 Americans every day due to overdose.

Studies have shown that some loss of the brain's white matter associated with heroin use may affect decision-making, behavior control, and responses to stressful situations. Finally, methamphetamine is another very powerful and very commonly-abused drug. It is so powerful that it is almost instantly habit-forming. Those who tried it once have probably developed an addiction right away. Each 'hit' of meth can damage key receptors in the brain. This renders users incapable of feeling pleasure without the assistance of meth. Meth floods the nervous system and penetrates the brain to a far greater degree than amphetamine. Upon inhalation, the euphoric rush stays in the patient's system for much longer. It scrambles and rewrites the brain's reward and pleasure centers. It sows the seeds for a painful addiction. As one of the most devastating and vicious drugs on the market, meth forces the brain to pump out dopamine, a neurotransmitter that induces a sense of satisfaction from a job well done. Any number of activities and tasks can cause a release of dopamine from the brain. However, drugs like meth hijack this system, pushing the brain into secreting more dopamine than is normal and healthy. Meth instantly opens the door for itself so that it will be consumed for a long time. Over time, meth actually destroys these dopamine receptors in the brain. It means the patient becomes incapable of experiencing pleasure through any other means or source aside from meth. This is why it's no surprise that a person addicted to meth will make it the center of their lives. It overtakes their other priorities, and they will begin to neglect their other responsibilities. They will spend all of their resources, time, energy, and focus on getting meth and using it. It's easy to see how these three drugs can ruin a person's life. They affect a person's brain in a way that prevents them from making the right decisions.

About Delray Beach, Florida

Choosing the right rehab program to deal with these serious issues can be tricky, but it is an important step towards recovery. Luckily, there are more than 15 diverse rehab facilities in Delray Beach, Florida, each offering different treatment methods to suit different needs. Contact local rehab facilities and inquire—or better yet, visit these facilities yourself to get a feel for the environment and get to see first-hand what they can offer. Delray Beach has an estimated population of 69,358, according to the most recent United States census estimates. This makes it the 38th largest city in Florida. The overall median age is 46.2 years: 44 for males, and 48.1 for females. For every 100 females, there are 97.8 males. In 2017, there were around 34,719 households in the city. It had an average size of 2.4 people

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per household. Beyond these statistics, however, is a beautiful city with a lot of aftercare opportunities. After rehab and detox, patients need time to breathe and adjust to the regular, drug-free lifestyle. This gem of Palm Beach County has a lot of beautiful attractions, sights, and thrills, to help give people the peace of mind they need to fully enjoy their sobriety. This is an intimate beach town with a big-city personality.

Delray Beach is a vibrant South Florida community situated between Boca Raton and West Palm Beach. It even has accolades like Most Fun Small Town in the USA and one of America's Happiest Seaside Towns. This is what makes Delray such a popular destination—and a good choice if you are looking for destinations to visit during recovery. What better way to enjoy the sober life than to soak up the Florida sun on the beach along with the crystal clear Atlantic Ocean? Here are some clear contenders: The Cornell Art Museum has a diversified portfolio of constantly changing exhibits, displays, and unique features. Locals and visitors alike can marvel at the sights of this museum that is open to the local public. The building was originally an elementary school, but it has since been repurposed for the presentation of the finest works of art that the region offers.

A large number of local artists continue to contribute to the interesting and exciting collections of the Cornell Art Museum. Here, you are guaranteed to find something that catches your eyes, no matter your individual artistic preferences. It is worth noting that some rehab programs use art therapy for people who love getting creative. Although unconventional, it works surprisingly well because it helps patients express themselves a bit more. Cornell Art Museum is located at 51 N Swinton Ave, Delray Beach, FL 33444. Now if you are looking for something a little bit more natural, you can step away from the hustle and bustle of city life by exploring the Wakodahatchee Wetlands. It is a natural preserve in Delray Beach that is as fine as any you will find in all of Florida. It features a spectacular array of plants and animals. The Wakodahatchee Wetlands is a park that was constructed on unused city land.

The location has been open to the public ever since. It features a walkway, off of which you can spot all sorts of wildlife. This is a favorite relaxation spot for locals and visitors alike. Getting in touch with nature can relax the mind and body. The Wakodahatchee Wetlands is located at 13026 Jog Rd, Delray Beach, FL 33484. While we're on the topic of wildlife, you can visit the Sandoway Discovery Center at 142 S Ocean Blvd, Delray Beach, FL 33483 to see some diverse species within a state-of-the-art facility. They have an animal adoption program that is not open to the public. Here you can learn more about their immediate habitat, feeding habits, as well as their status in the wild! Not only does the Sandoway Discovery Center allow you to feed one of these animals per year, but it also lets you and your family or friends choose to sponsor an animal.

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Getting involved with these efforts can feel very satisfying. Now you can become more than a spectator to these beautiful Florida creatures. Sandway Discovery Center is also serviced by friendly staff. It's the perfect place to lose track of time. Of course, a trip to Florida wouldn't be complete without a visit to the beach. And why not choose one of Florida's most renowned beaches? Delray Municipal Beach is the place to be during the hot summer season. This exciting and entertaining Delray staple is open to the public and allows anyone and everyone to experience the life-changing power of the beach. Not a lot of things are more therapeutic than a day in the sun, enjoying the sand and the waves. Delray Municipal Beach features deep blue waters bordered by white and silver sands. Outlined by a pale blue sky, it is perfect for photo ops, swimming, and every other beach activity you can think of. It's even a great place to go seashell hunting! Soak up some of the summer sun's warm ocean rays at the Delray Municipal Beach. You will find it at S Ocean Blvd, Delray Beach, FL 33483. When it comes to therapy and addiction treatment, many patients benefit from involving their family in the process. Family therapy is a very effective way to restore broken relationships and develop stronger bonds.

So if you are looking for a place in Delray Beach, Florida where you can take your whole family for a relaxing getaway after your treatment, one good pick would be Putt'n Around. Here, you can ramp up the thrill with an activity that the entire family can enjoy. There is nothing miniature about Delray Beach's Putt'n Around and its miniature golf course. It features thirty-six holes of challenging, adrenaline-inducing miniature golf experience. These are as competitive as they are exciting. The place also has an onsite sports bar, giving you a nice balance of entertainment and refreshment. You can make any occasion entirely unforgettable. Visit Putt'n Around at 350 NE 5th Ave, Delray Beach, FL 33483 and take your outing to the next level. If your family is more interested in recreational efforts that are sweet, organic, and healthy, then Girl's Strawberry U-Pick might be the place for you. This Delray attraction offers strawberries that are available for everyone to enjoy. The entrance fee is well worth the excitement once it is your turn to fill your strawberry basket.

The facility is well-maintained and features strawberries that are made without the use of any environmentally harmful materials. There is even a garden set near the middle of the property, so you can enjoy the height of breezy Florida relaxation before or after your strawberry picking adventures. Delray Beach's Girl's Strawberry U-Pick is located at 14466 S Military Trail, Delray Beach, FL 33484 and boasts swans and tortoise. These lovely animals can make the experience even more immersive and exciting. It is a great place for a family outing, for a romantic date, or just a quick and relaxing getaway. Delray Beach makes it seem like life is just better when you are out on the water. With Delray Yacht Cruises, you can enjoy a luxurious water outing. This cruise line company routinely places your priorities front and center. They pride themselves in their hospitality and efficiency.

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From the moment your boat leaves to the time it arrives back at the dock, all your needs will be accounted for. But of course, the main highlight is the fresh Florida breeze. You can enjoy the finest sights and sounds that make Delray Beach the privilege of a vacation stay that it is. Its rates and offers are constantly changing, so look out for low rates and promos, especially when it comes to group rates so you can enjoy it with your loved ones. Visit Delray Yacht Cruises at 801 E Atlantic Ave, Delray Beach, FL 33483. To top off this list, we're including one that will satisfy your appetite. Delray Beach's Craft Food Tours is more than a simple restaurant outpost: it is a certified culinary experience. Here, you can come to check out some of the finest cuisines that Southern Florida has to offer. The contemporary setting allows you to indulge in a culinary experience unlike no other. The dishes are not only delicious—they are also affordable and elegant. In fact, it's an award-winning bistro venue that allows you to taste all of the best Delray Beach culinary aspects, all while you are treated like a VIP. Craft Food Tours also offers regular themed nights and events. No matter when you're in the area, you're always in for a treat. You can keep coming back and still get surprised by what they have on offer. All of these activities and attractions prove that Delray Beach is a haven for activity. It is the perfect getaway for those who are recovering from any addiction. Once you have been treated and detoxed, you can heal from the inside by enjoying what Delray Beach has to offer.

These attractions show that you can enjoy life without these harmful substances. From the contemplative atmosphere of museums, beaches, and restaurants, to the exciting adrenaline-filled environment of cruise ships, miniature golf courses, and nature itself—there's something for everyone to enjoy at Delray Beach. It has plenty of opportunities for exploration, enjoyment, and healing. Here, you can really leave your worries behind, including your struggles with addiction, and start anew.

Even recovering patients can have something to look forward to once their treatment has been completed. Pick one of these recommended attractions and make it your goal to visit it! It's a coastal experience you will not regret. If you would like to focus on rehab first, there are plenty of treatment options available around Delray Beach. Contact the one nearest to you and find out more about how they can help set you on the path to recovery. Remember that aftercare is just as important as rehab itself. This is the part where the patient begins to apply what they learned—but without the constant assistance of medical professionals. This is the part where they need to regain their sense of self and try to make it on their own. Staying sober is the real challenge and some people go through relapse again and again. But like we previously mentioned, those who stayed in rehab longer or participated more have a much higher chance of avoiding relapse. Aftercare involves going back to see the doctor or the therapist every now and then to help you stay on the right track. Aftercare is a vital part of any drug rehab program.

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Most of the time, it takes the form of outpatient counseling, group therapy, and medication therapy if needed. Some facilities offer aftercare or refer their patients to aftercare programs. While rehab helps patients get sober, aftercare helps them stay sober. Getting reintegrated into your community after rehabilitation can take time. It can even be hard for some people to reconnect with their loved ones. But now that you are free from drugs, you can start the process of rebuilding your life and starting over again.

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FAQ

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[Does Drug Rehab Work?](#)

[How Long Are Drug Rehab Programs?](#)

[How To Rehabilitate Drug Addicts?](#)

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Contact Us:

Legacy Healing Center Delray Beach
1690 South Congress Ave Suite 202 A
Delray Beach, FL 33445
(954) 420-7414

Delray Beach, FL

Delray Beach is a coastal city in Palm Beach County, Florida, United States. The population of Delray Beach was estimated at 68,749 in 2017. That is up from 60,522 according to the 2010 United States Census.[11] Situated 52 miles north of Miami, Delray Beach is in the Miami metropolitan area, which was home to an estimated 6,012,331 people in 2015.

The earliest known human inhabitants of what is now Delray Beach were the Jaega people.[12] Tequesta Indians likely passed through or inhabited the area at various times, and an 1841 U.S. military map shows a Seminole camp located in the area now known as Lake Ida. Few other recorded details of these local indigenous settlements have survived.

Population in 2017: 68,749 (100% urban, 0% rural). Population change since 2000: +14.5%
Males: 32,860 (47.8%) Females: 35,889 (52.2%) Median resident age: 47.9 years Florida median age: 42.1 years

Read more: <http://www.city-data.com/city/Delray-Beach-Florida.html>

https://en.wikipedia.org/wiki/Delray_Beach,_Florida

Zip codes:

3060,33444,33445,33483,33484,33061,33062,33063,33064,33065,33066,3306
3068,33069,33072,33073,33074,33075,33076,33077,33093,33097,33301,3302,33303,33304,
33305,33306,33307,33308,33309,33310
33311,33313,33317,33322,33323,33324,33329,33334,33335
33336,33337,33338,33339,33340,33345,33346,33348,33349,33351,33355
33359,33388,33394,33427,33428,33429,33431,33432,33433,33434,33442,33443,33464,33
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