

ADDICTION TREATMENT CENTER FOR RESIDENTS OF PALO ALTO - RESURGENCE BEHAVIORAL HEALTH

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Best Detox & Rehab Center for Addiction for Residents of Palo Alto

Many people suffer from substance use disorder (SUD), more commonly referred to as addiction. While this outlook can seem overwhelming, the truth is that SUD can be effectively managed and treated through professional help. Drug and alcohol rehab can give you the means to overcome your substance abuse issue so that the problems associated with addiction no longer control your life.

We can provide you with the best detox and rehab center for addiction for residents of Palo Alto. The treatments and therapies available at Resurgence will be able to guide you through the recovery process so that, through the treatment of the underlying causes of addiction, you are able to establish a new lifestyle and improved wellbeing so that recovery from addiction is lasting.

It's easy to claim that you offer the best addiction treatment services but how do you know that you are getting the best possible treatment for SUD? One of the ways in which you can establish the effectiveness of rehab is how well they adhere to the established principles of

effective treatment created by the National Institute on Drug Abuse (NIDA). These guiding principles of effective treatment can ensure that addiction treatment has a lasting effect.

Some of these principles include the following. Providing personalized addiction treatment because the treatments and therapies that may work well for one person may not be as effective for another person in recovery from SUD. At Resurgence, we assess your unique needs so that we can formulate the ideal treatment plan for you and help you to set short- and long-term goals that you can work toward in recovery.

The multiple needs of a person with SUD must be addressed which include areas such as their vocation, medical, and psychological issues as well as provide treatment that is suitable for their culture, gender, and age. Resurgence takes a holistic approach to treatment because we understand that each of the people who seek our help may have several issues in their life that may not be directly related to SUD but are nonetheless important for long-term recovery from addiction.

Providing addiction treatment programs that are long enough to have a lasting effect on the person's life and substance abuse. In our drug and alcohol rehab center for residents of Palo Alto, we offer short- and long-term rehab programs that range from one to three months. According to NIDA, 3 months should be spent in recovery programs such as rehab and aftercare services and Resurgence can provide you with the appropriate treatment lengths to achieve this.

Medication in a drug and alcohol detox program as well as in long-term addiction treatment programs such as medically-assisted treatment (MAT) is an important part of effective treatment. In the drug and alcohol rehab programs for addiction that we offer at Resurgence, we provide a range of FDA-approved medications to help you through your detox process and we offer MAT programs to help to sustain recovery and prevent relapse.

Comorbidity, which is when a mental health disorder such as an anxiety disorder occurs at the same time as addiction, is common among addiction cases. Treating both mental health disorders – addiction and co-occurring mental health disorders – is a crucial part of effective treatment. In our alcohol and drug rehab for residents of Palo Alto, we are able to provide co-occurring mental health disorder treatment (dual diagnosis), helping to overcome a major cause of SUD and improving the overall quality of life.

The principles of effective treatment that guides Resurgence is one of the reasons why our addiction treatment services are among the best in Palo Alto. Reach out to Resurgence now so that we can give you the means to overcoming SUD and the issues that may surround it. Through the compassionate support of our healthcare professionals and sober community as well as the effective treatments that we offer for addiction, you can stop abusing drugs or alcohol for good.

Why Choose Resurgence Palo Alto CA?

At Resurgence, we understand the complexities involved with treating substance use disorder. Our dedicated team of healthcare professionals has interdisciplinary expertise that allows our drug and alcohol rehab to provide a comprehensive range of treatment for addiction. Our facility is fully accredited by The Joint Commission which helps to ensure the high level of care that we can provide for recovery from addiction.

Since the medication that is designed to treat the symptoms of withdrawal during detox and as a long-term addiction management solution require a prescription, we are also LegitScript monitored to ensure that any medication that we use to treat addiction is controlled and more importantly, safe.

In our drug and alcohol addiction treatment center for residents of Palo Alto, we place an emphasis on providing ample support because we understand how addiction may be isolating and that when you are a part of a sober community, it can give you the motivation to be successful. Our staff truly care about your wellbeing and have dedicated their careers to helping people suffering from SUD to overcome their condition and go on to lead happy lives.

The environment that we've created is an ideal healing space where recovery from the troubles of addiction can take place. It is a non-judgmental space where you will feel a sense of unconditional love and support as you are welcomed into our sober family. This community will be a guiding force in your life both during your inpatient or outpatient treatment program as well as in the years to come after rehab.

At Resurgence, we provide an extensive range of addiction treatment services with the aim of providing both comprehensive treatments as well as affordable addiction treatment for residents of Palo Alto. We will work with you so that your treatments and therapies match your budget while still providing you with ample addiction treatment services and support to help you overcome SUD in the long term.

The range of addiction treatment services that we provide includes stress management, life skills, Life After Treatment, cognitive-behavioral therapy, rational emotive behavioral therapy, EMDR, 12-step recovery, SMART recovery, group therapy, experiential therapy, family therapy, individual therapy, dialectical behavioral therapy, process addictions, trauma-informed care, and medically-assisted treatment among others.

With Resurgence, you will receive the best possible care and treatment for drug and alcohol addiction. With our help, you can break free from the hold that SUD may have on your life so that you can build a drug- and alcohol-free life that is sustainable and fulfilling. Call us today so that we can help you to beat SUD.

Alcohol Detox Program Palo Alto

One of the most dangerous substances to quit is, surprisingly, alcohol. Even without prior medical conditions, detoxing from alcohol without professional help can lead to fatal outcomes in severe situations. This is why alcohol detox should always be done at a qualified treatment facility such as at Resurgence so that you can have all of the medical support you need to get through detox safely.

Alcohol withdrawal symptoms can be very severe. The most common symptoms include things like nightmares, insomnia, depression, irritability, anxiety, fatigue, headaches, clammy skin, vomiting and nausea, tremors, and rapid heart rate. You may experience some or all of these symptoms and they can start in just a few hours from your last alcoholic drink. These symptoms may start off fairly mild and then quickly become intense as they peak after roughly 1 to 3 days of detox.

The most dangerous of the alcohol withdrawal symptoms are known, collectively, as delirium tremens (DTs). The symptoms associated with DTs include severe confusion, seizures, hallucinations, fever, and agitation. DTs can set in very rapidly and there is no clear sign that you'll have these symptoms before they start, meaning it's not possible to accurately predict the occurrence of DTs during alcohol withdrawal, stressing the importance of receiving professional care.

While trying to get through alcohol detox alone may be harrowing and dangerous, using our alcohol detox program for residents of Palo Alto will help to ensure your safe recovery as well as make the entire experience far easier to deal with. The symptoms of alcohol withdrawal can be intense and overwhelming and in our medical detox program for Palo Alto residents, we can give you medication that will treat and manage your symptoms, making you far more comfortable and helping to prevent symptoms from becoming dangerous.

In our inpatient treatment programs, we are also able to provide you with medical support throughout the entire process. This allows us to monitor your health and wellbeing so that we can effectively treat any medical concerns immediately. Alcohol detox may be difficult and dangerous to complete alone, but with Resurgence, we can help you to feel comfortable through the process and ensure that you make it through safely.

Drug Detox Program Palo Alto CA

Quitting drugs at first can be difficult because of what happens when you stop abusing a physically addictive drug such as methamphetamine, cocaine, RX drugs, and heroin among others. Over time, these drugs essentially become a part of your body chemistry as your body adapts to their constant presence. This both changes the way your body functions and leads to a drug tolerance which forces you to have to take higher quantities of the drug if you want to experience the same effect.

As your body becomes used to a drug, it creates a situation of reliance. If you were to not use the drug, then your body – which is in this adjusted state – struggles, and you are left with withdrawal symptoms. For example, a person who abuses heroin for a period who has become physically reliant on the drug may not feel any sense of reward or pleasure when not taking the drug. Their body has reduced its natural production of “feel-good” chemicals such as dopamine to counteract the high levels of dopamine-producing drugs in the body.

When the person stops using heroin, they will quickly feel withdrawal symptoms such as stomach problems, depression, and muscle pain among other symptoms because of the adjusted state their body is in which creates an imbalance when heroin use stops. The only way to get through this situation is to let the body return to its normal function which can take a week or longer. Without help, you will feel the full effect of your withdrawal symptoms which can make it very difficult to not take more drugs as cravings and withdrawal symptoms start to overwhelm you.

In our [drug detox](#) program for Palo Alto residents, we can drastically reduce the effects of drug withdrawal. Our medical detox program will reduce your symptoms by giving you over-the-counter medication as well as FDA-approved medications that treat your symptoms directly. You will experience reduced cravings and the overall process will be much more comfortable for you thanks to the medications that we can provide.

In our inpatient drug detox programs, we can monitor your health to help ensure that prior medical conditions don't cause unexpected problems during the detox process. This round-the-clock care together with the medications that we will give you will make drug detox comfortable and much safer.

Alcohol Rehab for Residents of Palo Alto

Alcohol addiction, or alcohol use disorder (AUD), is one of the most serious substance addictions because of the severe impact that alcohol can have on a person. Alcohol, while widely accepted in society, is, in reality, the most dangerous commonly abused substance in the world – according to a multicriteria study by The Lancet. Once severe AUD has developed, then getting professional help is your best option to overcome the mental health disorder and physical dependence.

In our [alcohol rehab](#) for residents of Palo Alto, the personalized treatment program that we will create for you will be the key to your recovery success. We employ some of the most effective treatment modalities with our team's multidisciplinary expertise to be able to treat every aspect of AUD recovery.

Our alcohol rehab for residents of Palo Alto will begin with an assessment of your individual needs. Goals will be set and an ideal tailor-made treatment plan will be created. From here, you'll likely enter into an alcohol detox program to help you safely and comfortably deal with

your withdrawal symptoms. If your alcohol dependence is severe, then you'll likely take part in an inpatient medical detox program so that our medical team can monitor your health.

Following your detox program, you'll then take part in both holistic treatments and evidence-based behavioral therapies. Holistic treatments refer to the available programs at Resurgence that address the multiple needs of our clients. These are programs that treat other important areas of your life that may not seem connected to your alcohol abuse at first but will prove to be one of the factors that may be preventing you from achieving long-term sobriety. For example, the treatment of co-occurring mental health disorders.

Behavioral therapy is another important part of recovery from AUD. We provide several trauma-based treatments as well as effective treatment models such as dialectic behavioral therapy and cognitive-behavioral therapy. These therapies will be completed in both a one-on-one and group format since each format has positive benefits during recovery.

By the end of your alcohol addiction treatment program for residents of Palo Alto at Resurgence, you will be ready to transition back to your mainstream life with the skills needed to prevent relapse. We offer aftercare programs that will further help you through this transitional period so that you can get back on your feet with the right foundation for long-term sobriety.

Drug Rehab for Residents of Palo Alto

When someone abuses drugs such as prescription medication, meth, heroin, or cocaine, then eventually, it can become very difficult to stop. The withdrawal symptoms and cravings that you experience when you stop taking drugs can quickly overwhelm and lead to relapse. Even if you manage to stop using drugs, if the underlying causes of your addiction are still present, then there is a high likelihood that substance abuse will eventually take over again.

Treating the causes of your addiction together with being supported during recovery are key elements of a successful recovery from drug addiction. At Resurgence, we are able to provide you with a range of affordable treatments and therapies that will help you to overcome the three main factors of addiction; your biology, development, and environment. With these causes treated together with a supportive sober network to rely on during difficult times, you can sustain your recovery and build a drug-free life.

Our drug rehab for residents of Palo Alto is an ideal therapeutic environment where transformative treatments and healing can take place. We offer treatments that are aimed at your early, mid, and long-term recovery such as a drug detox program, behavioral therapy, and 12-step support groups respectively.

With Resurgence, we will provide you with an individualized treatment plan. Personalizing drug addiction treatment is an important part of creating an effective treatment plan. We are also able

to help you through your withdrawal symptoms through our medical detox program for residents of Palo Alto through the use of FDA-approved medication.

Resurgence is further authorized to provide prescription medication such as methadone as a long-term treatment solution for addiction recovery. This is known as medically-assisted treatment (MAT) and it is a treatment program that can help to stop relapse from happening as well as help the brain to function normally again in cases where long-term complications in brain chemistry may be present.

Resurgence will give you a therapeutic, healing space to go through the profound changes required to properly beat addiction. Our team of experts is dedicated to your wellbeing and will treat you as a valued member of the family, supporting you through every step of your recovery from SUD.

How Much Does Rehab Cost in Palo Alto?

At Resurgence, we work to ensure that we can provide affordable addiction treatment solutions. Our quality treatment services for drug and alcohol addiction recovery can be tailored to not only suit your recovery needs but also to suit your budget.

The cost of rehab may be reduced by various factors such as an outpatient program instead of an inpatient program, the duration of the program, the types of treatments and therapies involved, and the amount of insurance coverage you have among other things. At Resurgence, we accept most health insurance plans and will ensure that you understand all of the costs involved during the intake process, before treatment starts.

How Long is Detox Palo Alto?

Our alcohol and drug detox for residents of Palo Alto is a program that will help you through alcohol and drug withdrawal safely and comfortably. The entire process usually takes between 5 and 7 days to complete but it may take up to 10 days for your body to fully recover from substance dependence.

Generally speaking, withdrawal symptoms will start within the first day of detox – usually after between 6 and 12 hours. The symptoms may start rather mild but then they will quickly become more intense as they peak after roughly 1 to 3 days have passed. During the peak of your symptoms is when the medications that we can provide will be most useful. By the fifth to the seventh day of detox, you'll feel much better and will feel ready to take on the next part of your recovery plan which is behavioral therapy and holistic treatments.

How Long is Rehab in Palo Alto CA?

The National Institute on Drug Abuse (NIDA) urges people to receive at least 3 months of treatment for addiction for the treatments to be effective. At Resurgence, our rehab programs can last 30-, 60-, or 90-days. These short- and long-term rehab programs for Palo Alto residents will provide you with the time that you need in treatment to be able to sustain your recovery and reach long-term sobriety.

You may use a combination of inpatient and outpatient programs to complete your treatment. For example, you may start your recovery in a 2-month inpatient rehab program and then continue with your care through our 1-month outpatient rehab program. After your inpatient and outpatient programs are complete, then you can receive a continuum of care through our aftercare services which include alumni events, sober living homes, and 12-step support groups.

30-Day Rehab Palo Alto

In terms of short-term drug and alcohol rehab solutions, our 30-day rehab for residents of Palo Alto is ideal. It gives you a full month of intensive addiction treatment that will help to address the various underlying causes of addiction. Each treatment plan for addiction that we create can be a comprehensive treatment plan meaning that if all you used was our 30-day inpatient rehab program and then continued with your recovery through our aftercare programs such as 12-step recovery, then you will have all of the crucial elements of treatment and therapy in your 1-month program.

Resurgence offers highly effective short-term rehab programs that will help you to overcome your drug or alcohol addiction. Of course, you can combine two short-term treatment programs such as a 30-day inpatient rehab program with a 30-day outpatient rehab program.

Long-Term Rehab Palo Alto

Long-term rehab programs offer the best way to overcome drug or alcohol addiction. They give you a great deal of time to go through the process of recovery while being treated in a professional rehab program. At Resurgence, we offer 60- and 90-day rehab programs for Palo Alto residents.

The two to three months that you might spend in our inpatient or outpatient rehab program will provide you with every element that you need to recover from drug or alcohol addiction. The programs are long enough to ensure that the underlying causes of addiction are effectively treated and that the person in recovery can be among people who support their recovery.

Couples Rehab Palo Alto

When a couple abuses drugs or alcohol together, the situation can quickly become dire. Not only can a healthy relationship start to have problems due to substance abuse but stopping poses new issues if only one person in the relationship seeks professional help. There is, however, a solution; our couples rehab program for residents of Palo Alto.

In our couples rehab program, ideal for residents of Palo Alto, you and your partner will be able to go to the same rehab facility and be treated alongside each other. You and your partner may take part in joint therapy to help address the problems that may be present such as codependence, trust issues, and other problems that have developed in the relationship.

The support that you can get from your partner will prove to be invaluable for both of you during your time in our rehab as well as in long-term recovery. Our couples rehab is an ideal way to receive treatment for addiction for you and your loved one together.

Pet-Friendly Rehab Palo Alto

Our pets can mean the world to us. They are always there offering their unconditional love and support through all of the situations that we face in life. In recovery from drug or alcohol addiction, your pet can become a valuable line of support and an emotional outlet during your time in rehab thanks to our pet-friendly rehab for residents of Palo Alto.

You can bring your pet with you to keep you company during your 30-, 60-, or 90-day inpatient rehab program at Resurgence. It is just one more way that we go above and beyond to help support you during your recovery.

Does My Insurance Have Coverage for Rehab Palo Alto CA?

Health insurance coverage for addiction treatment can help to drastically reduce the cost of rehab if you are covered under your current plan. Since health insurance plans can vary significantly, you will need to verify your insurance with us to know what you might be covered for.

In general, ACA plans will cover certain aspects of addiction treatment such as outpatient rehab, detox programs, and aftercare services. Private health insurance plans may or may not provide coverage for rehab depending on the plan you have.

Fill out our easy online form to verify your health insurance coverage. Alternatively, call Resurgence or your insurance provider to find out what you might be covered for.

Sober-Friendly Attractions near Palo Alto

Once you've overcome your drug or alcohol addiction and finished your rehab program with us, then finding new things to fill your free time can help to enhance your recovery. After all, many of the things that you may have been involved with prior to quitting drugs or alcohol may no longer be something you'd want to do because of the triggers involved.

To help you with some new things to do after rehab, we will suggest some ideas for sober-friendly attractions near Palo Alto.

STANFORD SHOPPING CENTER

The Stanford Shopping Center is an open-air dining and shopping destination with a wealth of famous stores and fun things to do. Spend a day window shopping with friends or family at places such as Wilkes Bashford, Nordstrom, and Macy's. Get off your feet and enjoy a meal at one of the many delicious restaurants such as P.F. Chang's China Bistro, True Food Kitchen, and The Melt among others. The European Street Market can provide you with fresh produce and a chance to converse with people from all walks of life.

[660 Stanford Shopping Center, Palo Alto, CA 94304](#)

ELIZABETH F. GAMBLE GARDEN

This beautiful garden is nestled in a 2.5-acre plot that is decorated with herb and rose gardens as far as the eye can see. The year-round beauty of the Elizabeth F. Gamble Garden is what draws people to this stunning location throughout the year. They provide many educational programs as well as an on-site library for people to expand their experience. It's operated by a small team of dedicated staff members and volunteers that help to make the experience enjoyable for all.

[1431 Waverley St, Palo Alto, CA 94301](#)

Palo Alto Neighborhoods We Serve Include:

- Adobe Meadow / Meadow Park
- Charleston Gardens
- Barron Park
- Charleston Meadows
- College Terrace
- Community Center
- Downtown North
- St. Francis
- Evergreen Park
- Esther Clark Park

- Fairmeadow
- Green Acres
- Greendell
- Mayfield
- Midtown
- Monroe Park
- Old Palo Alto
- Palo Alto Hills
- Southgate
- Triple El
- Palo Verde