



DETOX TREATMENT PROGRAM

Find addiction treatment help
today at **Gaudenzia!**

833.647.0719

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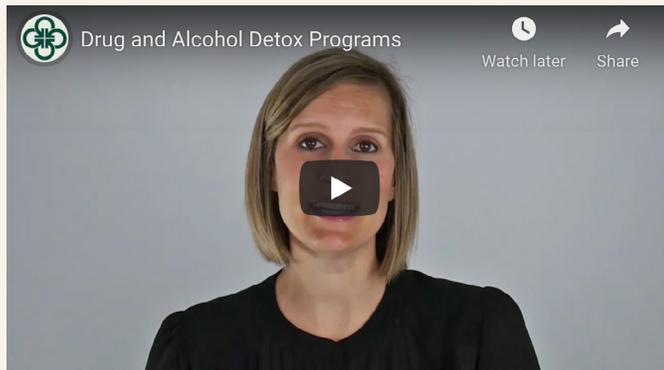
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What do irritability, insomnia, vomiting, and confusion all have in common? They're all uncomfortable symptoms of the withdrawal that happens during detox. Detox from substance use disorder is necessary if you wish to begin addiction treatment. However, with these symptoms looming in your future, where do you find the courage to start the detox process? The answer lies in a detox treatment program that guides you gently through drug withdrawal stages while treating the symptoms to make them less severe. Contact **Gaudenzia** today at **833.647.0719** for more information about our **addiction treatment programs**.



The Cost of Substance Use Disorders

Aside from being risky to your mental and physical health, detox often causes cravings that make it feel impossible to continue. It's hard to get over this hump without having someone on standby to help. Drug and alcohol addiction treatment centers that provide detox services keep medical personnel on call to help clients through detox. They often use specialized methods such as medication-assisted treatment or MAT to mask the cravings and uncomfortable withdrawal symptoms. This treatment makes the experience much more comfortable and easier to achieve. Drugs commonly used in MAT include:



Can I Detox at Home?

Detox is the first part of your recovery journey when you have a substance use disorder. Regardless of which chemical substance you're using, whether it's alcohol, prescription drugs, or street drugs such as methamphetamine or heroin, removing it from your body is necessary for healing to begin.

However, trying to detox at home without professional medical help is not a good idea. There are risks associated with detox, and detox comes with withdrawal symptoms that range from mildly uncomfortable to fatal. Risks associated with detox include:

- **Seizures**
- **Spikes in body temperature and blood pressure**
- **Heart arrhythmia**
- **Sudden stroke**
- **Death**

- **Methadone**
- **Buprenorphine**
- **Naltrexone**
- **Disulfiram**
- **Lofexidine**

Several of these drugs work by blocking symptoms of withdrawal and are used for detox. Others work in reverse and make you feel ill if you use a drug such as alcohol. These drugs are typically part of an inpatient treatment program.

If you're ready to seek recovery support services for a substance use disorder, contact a drug and alcohol addiction treatment center such as Gaudenzia for help in getting safely through the detox stage. Gaudenzia offers a detox treatment center in PA and other areas throughout MD, DC, and Delaware.

What Happens During Detox?

During detox, the chemical substance is leaving your body. This process happens when you refrain from using the drug for a period of time after becoming addicted. Depending upon how long you've used and how much you use in a day, you may experience withdrawal symptoms. Typically, these symptoms are more severe for clients who have been dependent long-term.

The symptoms of detox may begin happening within hours after your final dose of drugs or your last drink of alcohol. They may be mild at first and grow progressively stronger. At this point, a client who's attempting detox at home may relapse because the cravings become too overwhelming. However, in a good detox program, symptoms such as these can be treated to make them feel less severe. This treatment gives you a better chance of success. It also keeps you from becoming so ill that you require hospitalization.

For many clients, detox is one of the most challenging legs of the journey for several reasons:

- **The physical and emotional cravings are too overwhelming.**
- **They miss the feelings of euphoria and pleasing numbness caused by the drug.**
- **Feelings of anxiety, paranoia, and irritability make detox feel too distressing.**
- **They are scared that things will only get worse.**
- **They may be fearful of relapse.**

These are all common feelings associated with drug and alcohol detox. Nearly every client experiences them, yet many still manage to

come out on the other end, safe and sober.

This is especially true for clients who choose to recover in a detox treatment program instead of at home. A detox rehab program gives you more than just the medical care needed to get through withdrawal. It lends the emotional support you need to begin healing, as well.

What Should I Look for in a Detox Treatment Program?

It would be best if you looked for a detox treatment program that meets your specific needs. We've put together a short checklist of questions to ask when choosing the right detox rehab program for you:

- **Your medical history.**
- **The type of drug or drugs you're currently using.**
- **How frequently you use drugs and for how long.**
- **Whether you're subject to domestic violence at home.**
- **Whether others in your home abuse drugs or alcohol.**

Your care team should also know if you're suffering from symptoms of other underlying disorders such as depression or anxiety. It's very common for substance use disorder to accompany other conditions such as panic or trauma. To formulate the best treatment plan, your care team will want to address these as well. Integrated care — treatment that encompasses mind, body, and emotional health — gives you the best opportunity to recover.



What Happens After Detox?

Life may feel a bit strange after detox. In a perfect world, you would feel amazing after removing toxic substances such as cocaine or opioids from your body. In reality, however, substance use disorder takes a toll. You may be malnourished or underweight as the result of addiction. You may have dental problems that range from mild to severe. You may be facing a chronic disease such as HIV or hepatitis. These are all common issues that clients in recovery face every day. But now that you're sober and drug-free, you're better able to manage them.

After detox, most clients enter into some type of outpatient treatment program. This may be a residential program, where you live on-site and receive round-the-clock care, or it may be a day program. Clients of a day program report for treatment every day, but return home at night. Outpatient care may be an option for you if you have a stable home life and a strong network of supportive and drug-free family members. Regardless of which option you and your care team devise, you'll learn how to manage life without self-medicating.

After detox, you'll work on recovery behaviors and healthy coping skills. You may receive nutritional counseling and information on fitness activities to do at home to get your physical health back in order. You'll receive treatment for co-occurring disorders such as depression, chronic disease, or trauma through our **mental health treatment programs**. You'll learn about triggers and how to manage them. In short, life after detox is a wide-open place of opportunity and joy. Days and nights will be challenging but fulfilling, and healing will begin in earnest.

Explore the Detox Treatment Program at Gaudenzia

Gaudenzia is a unique drug and alcohol addiction treatment program with centers in Pennsylvania, Maryland, Delaware, and the District of Columbia. If you're searching for a detox treatment center, we're a solid solution.

Gaudenzia has provided excellence in behavioral health care to clients for more than 50 years. We have a long and happy list of recovering clients whose lives were transformed by the ability to kick their addictions. If you're struggling, we can help.

More than 67,000 individuals died in 2018 because of overdose alone, according to the National Institute on Drug Abuse. They were mothers, fathers, daughters, sons, and even grandparents. They were your neighbor down the street and your child's teacher. They had husbands and wives and jobs. They were good people, just like you, but they had a chronic disease called substance use disorder, and they failed to find treatment. Maybe they failed to seek treatment. Or, maybe they tried to recover but couldn't find the support they needed to prevent relapse. Regardless, their story is not your story. You can recover, and Gaudenzia can help.

When you're ready to reach out to a detox rehab center, contact **Gaudenzia** today at **833.647.0719**.

We have the resources, the experience, and the compassion to help you change your future. **Call today for a consultation.**