



# SUBSTANCE ABUSE TREATMENT

CALL SANTE CENTER FOR HEALTH TODAY.  
**(866) 238-3154**

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Contrary to how movies and TV shows portray it, drug and alcohol abuse isn't all fun and games. In fact, substance addiction and [polysubstance abuse](#) is mostly a day-to-day existence ruled by powerful, relentless urges to keep using. If this destructive habit is threatening to ruin your life, consider seeking professional help. Quality [substance abuse treatment](#) can help you to get sober and learn life-long coping skills to prevent relapse.

Substance abuse often leads to dependency or addiction. Addiction is a disease requiring professional help to heal and recover from fully. Whether it is drugs or alcohol an individual is struggling with, [Sante Center for Healing](#) can help. We offer a wide range of [addiction treatment programs](#) designed to fit the specific needs of individuals. Beginning with medically supervised drug or alcohol detox, patients learn to deal with and overcome withdrawal symptoms then transition into the therapeutic programs necessary to address their underlying mental health issues that contributed to their substance abuse.



## WHY SEEK SUBSTANCE ABUSE TREATMENT?

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If you've ever tried to suddenly stop abusing drugs or alcohol following extended use, you've likely experienced unpleasant withdrawal symptoms. This is because your brain and body have grown accustomed to consistent use. They need the substance's effects to feel normal and perform optimally.

Withdrawal is a result of heavy, long-term use. When usage suddenly stops or decreases, the brain goes into panic mode and tries to revert itself to its prior functions. Though it can feel uncomfortable,

withdrawal is an indication that the body is trying to heal itself. Withdrawal is accompanied by overwhelming urges to abuse again. When cravings become too intense, many individuals slip and fall back into the dangerous cycle of abuse.

To minimize your risk of relapse, consider seeking outside help from a substance abuse treatment center. Supervised medical detox is the safest and most effective option for getting through withdrawal. Although detox is an unpredictable process, it's rarely life-threatening under medical supervision.

Santè Center for Healing's [addiction detox programs](#) are a vital first step in substance abuse treatment. Our medical team will make evaluations to determine what is needed both physically and mentally. If necessary, we prescribe and administer medications to safely minimize your discomfort while also providing you with mental support. We monitor each patient as they go through withdrawal, a process that can range from one to two weeks. Once through detox for drugs or alcohol, individuals can turn their full attention to the addiction treatment programs they need. Also, they are better able to participate in the therapeutic services offered through the Santè Center for Healing like our [individual therapy](#), [group therapy](#), and [family therapy](#) programs.

Rehab specialists are available 24/7 to help clients manage pesky symptoms and ease the burden of the experience.

## HOW CAN REHAB HELP?



**It's estimated 90% of those in need of substance abuse treatment don't receive it.**

A top-level substance abuse treatment center will offer many comprehensive programs and therapies to foster rehabilitation. Individuals who undergo these types of treatments are far more likely to achieve lasting sobriety than those who don't seek treatment.

The best addiction treatment facilities offer:

**Detox:** For individuals who need assistance removing harmful toxins from their body, managed detox is recommended. Rehab specialists and our [addiction treatment staff](#) are on hand to monitor client progress and help reduce discomfort associated with withdrawal symptoms. Once detox is complete, it's time to begin a personalized treatment plan.

**Individualized Treatment:** In order for substance abuse treatment to work, individuals need personalized plans designed to suit their unique needs. Careful evaluation of each individual's history and personal experiences helps rehab professionals to create an effective plan.

**Opportunity for Therapy:** Recovery is just as much an emotional transformation as it is a physical journey. For rehab to be a success, individuals must face issues that addiction has helped them to bury. Therapy offers a chance to work through any personal problems that may be fueling the addiction. Without therapy, the risk for future relapse remains high.

Through these stages, individuals are able to address the physical side of addiction and then progress into treating the emotional and mental aspects of the disease.

Don't spend another day feeling helpless, guilty, or ashamed because of your addiction problem. Call Santé Center for Healing now at 866.238.3154.

## THE NEED FOR SUBSTANCE ABUSE TREATMENT

It's estimated **90%** of those in need of substance abuse treatment don't receive it.

In 2018, nearly **140 million** people drank alcohol regularly and nearly **32 million** used illicit drugs monthly

Over **20 million** people have a substance use disorder (SUD) related to their use of alcohol or illicit drugs



## OVERCOME ADDICTION AT OUR PREMIER DETOX AND REHAB FACILITY

Don't let your problem with addiction continue to weigh you down. Santé Center for Healing in Argyle, Texas offers top-rated substance abuse treatment you can trust.

Our facility offers:

- A comprehensive three-day evaluation upon intake: This allows our staff of experts to better understand each patient's unique situation and their needs. No two individuals have the same experience with addiction so no two individuals will have the same recovery. We make it a point to craft our substance abuse treatment to the specific needs of the individual to give them the best chance at a lasting recovery.

- Residential treatment program: Once evaluation and intake are complete, patients can enter our inpatient or residential treatment program. Here individuals live at our facility free from temptations and negative outside influences. Instead, they can focus solely on working through their program and get the most out of our therapeutic services. Also, it affords patients the time they need to find, build, and take part in supportive communities.
- Intensive outpatient program (IOP): For individuals unable to commit themselves to the standard 30-day inpatient program, an intensive outpatient program or IOP may be the best fit. This program delivers the same high-quality treatment but in a more condensed form. Individuals come to our facility for a fixed time daily built around their schedule to participate in group and individual therapy. This allows patients to continue to meet their work, school, or family obligations while still getting the substance abuse treatment they know they need.
- Transitional living services: After completing a treatment program, some individuals still feel they need more structured support to make the transition back to their everyday lives. Also, it's not uncommon for patients to need to re-organize their personal life around being sober meaning they have to change their living situation and acquaintances. One way Sante Center for Healing can help with this is through sober living homes. Here individuals live in a community home with others also at their stage of recovery learning how to use the techniques taught in treatment while still having a safe space to come to that is drug and alcohol-free.
- Dual diagnosis treatment program for co-occurring disorders: Often when individuals are struggling with substance abuse they have an underlying mental health issue such as depression or an anxiety disorder. Drugs or alcohol are used as a means to self-medicate because of this mental health issue. Abusing substances seems to alleviate the distress or pain the individual is experiencing. Unfortunately, this leaves the mental health condition untreated and it will only worsen. Further, the repeated use of drugs or alcohol greatly increases the likelihood the individuals will become dependent or addicted. When this situation arises (called a co-occurring disorder) individuals need to have both their addiction

and their mental health issue address at the same time. If only one is treated, then it is extremely likely the individual will relapse due to the other not being addressed. Dual diagnosis treatment is the process through which the Sante Center for Healing helps patients recover from addiction and improve their mental health.

If you're ready to change your life in amazing ways, we're eager to help. You can overcome addiction and discover powerful tools for preventing relapse in the future. Recovery won't be easy, but your renewed health and independence will make every ounce of effort worthwhile.

**DON'T SPEND ANOTHER  
DAY FEELING HELPLESS,  
GUILTY, OR ASHAMED  
BECAUSE OF YOUR  
ADDICTION PROBLEM.**

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