



For Immediate Help Call Us Toll-Free (888) 202-5610

The first step to recovery can be a difficult decision and is a life changing process. Best Drug Rehabilitation, is an open-ended program based on results not a time limit. How can any program say that they will fix your loved ones addiction in 30-60-90 days. We allow the client to leave when he has completed each phase of the program.

Best Drug Rehabilitation Philosophy

There is not one form of treatment that works for every person. Some clients may be more receptive to traditional methods of treatment or Holistic methods of treatment or cognitive approaches. The bottom line is that there is not a single approach towards addiction recovery that works for everyone. At Best Drug Rehabilitation we offer multiple educational approaches to addiction treatment ensuring that they find true meaning to the word recovery and what works for them. We combine that approach with one-on-one counseling.

Our trained counselors have agreed that we want to stay away from the typical clinical setting. Our counseling rooms, lecture areas, sound and movie rooms and lounges have been designed to provide comfort and relaxation as the client works through many areas of their addiction. At Best Drug Rehabilitation we don't refer to our clients as patients because they are here to learn.

Staff and Their Credentials

Best Drug Rehabilitation employs trained counselors. Our staff is a group of treatment professionals with a background in various successful rehabilitation therapies and modalities. We are always there to help guide the client into exploring the different recovery paths that one might take for their personal addiction..

Many of our current and previous clients have

experienced other forms of recovery therapies and have become frustrated with ending the addiction battle due to failure in one size fits all methods. Best Drug Rehabilitation offers a combination of different therapies that work wholly on the Body, Mind, and Spirit and fulfill the need to stop the addiction cycle.

In order to create such a successful approach to recovery, we have a large variety of counselors from many different modalities of recovery available at Best Drug Rehabilitation. Some of our counselors have worked in 12-step programs, others Christian faith based treatment centers. Others have gotten sober themselves through cognitive programs, while others practice their own brand of spirituality our staff of counselors come from all walks of faith that helps those of our clients to find their own way. Ask your intake counselor for a copy of all certifications.

Detoxification and Withdrawal

The very first part of any drug rehabilitation program must include withdrawing from any immediate effects of the drugs. We have two methods of accomplishing this: A standard withdrawal and medically supervised withdrawal. For someone not wanting to experience the full symptoms of opiate withdrawal, or individuals on a very high level of alcohol consumption, methadone or other prescription drugs, a medically supervised detoxification is available.

Communicate, Confront and Control

According to the counselors at Best Drug Rehabilitation, individuals who depend on alcohol and drugs tend to distance themselves from family and social involvement. They lose their ability to get along with and understand people around them, especially those who share the same social values. They would rather focus their attention inward and prefer staying in contact with peers who are struggling with a similar addiction.

To address this problem, Best Drug Rehabilitation teaches individuals how to restore effective communication, how to confront issues with others and how to regain personal control.

First and foremost, Best Drug Rehabilitation instructs clients in the basics of good communication skills. If an addict can learn to **communicate** well, he or she can deal with tough issues. Otherwise, there will be a tendency to introvert and never handle the situation.

Next, Best Drug Rehabilitation teaches clients how to confront their issues. Best Drug Rehabilitation believes that an addict must learn to **confront** everyday problems, issues, relationships, finances and any other roadblocks that are detouring them.

Confronting an issue does not make it a problem. On the contrary, once an issue is confronted, a solution can be adapted and it is *no longer* a problem.

The Best Drug Rehabilitation client completes exercises over and over again in order to learn how to confront until he or she is proficient at confronting any situation at any given time. Best Drug Rehabilitation clients learn to be more comfortable around others and find that the pull to revert to addictive behaviors becomes less powerful. The recovering addict learns how to confront and handle old friends, situations, people and places by applying new skills learned in the Best Drug Rehabilitation training.

Finally, Best Drug Rehabilitation teaches individuals how to regain personal control of their lives. Individuals work with a partner in a college-like classroom setting, assisted by a Best Drug Rehabilitation supervisor. They learn to handle difficult situations without using physical force and how to become fully responsible in a social and drug free setting. Best Drug Rehabilitation supervisors drill with clients in “live” situations that are set up to be much tougher than normal life situations.

Successfully completing these steps demonstrates to Best Drug Rehabilitation staff the willingness and ability to handle the rest of the program. Confront, communicate and control all situations and issues. It sounds simple because it is.

Individual Counseling

What is the source of irrational behavior?

Is it the source of addiction?

It’s nearly impossible to get a straight answer from a drug addict or alcoholic about the reasons behind their addiction. An addict will offer excuses or point a finger at their spouse or the kids – or even make up an excuse that it is the devil. They may blame it on their back pain or just an inability to cope with the sheer pressures of life.

The counselors at Best Drug Rehabilitation know that there are many factors involved in the struggle. But there’s always a deeper reality – the REAL truth. An addict may have a serious loss or a traumatic experience and turned to drugs to feel better to take away the pain. The drugs as we know have helped him or her cope with painful past experiences that are affecting present time behaviors.

What causes an addict to depart from rational actions when struggling with addiction?

The mind uses past experience to justify future

decisions, whether good or bad. When a painful experience is recorded, a decision is made to hide it deep within the mind. This choice affects day-to-day living and changes and how the individual feels about himself, family, job and environment.

It’s not uncommon to react irrationally without being aware of the root cause. Painful experiences hidden from sight after years of being forgotten can reappear and cause fear, insecurity, negative thoughts and unwanted emotions. Painful experiences accumulate over a lifetime and keep building up. Using drugs or alcohol masks your true self and true feelings by hiding the pain.

One-on-One Counseling

The counselors at Best Drug Rehabilitation invite addicts to be freed from pain one experience at a time through one-on-one counseling sessions. This one-on-one counseling helps them find healing from the pain. Getting a handle on life allows a recovering addict to rediscover family relationships, goals, and ambitions – even improving his or her ability to earn a better living and greatly improve the quality of their life.

Best Drug Rehabilitation gets to the basic root of why an addict felt and behaved irrationally. One step at a time, true peace comes, bringing with it freedom from anxiety, freedom from feeling anxious and freedom from painful feelings. The former addict feels confident, productive and happier, and he or she is free to enjoy life and to reach his or her true potential and goals.

When a client comes to the point where they are ready to meet with one of our certified Best Drug Rehabilitation counselors, he or she is invited to experience the true meaning of finding what really caring treatment is all about. True one-on-one sessions are able to pull those underlying issues that effect the addict. That is what a real counselor does. In our one-on-one sessions we at Best Drug Rehabilitation services match our certified counselors, which a majority have been former addicts themselves, with each client based on who is going to have the best ability to truly help the person overcome their own addictive behaviors that have been pursuing them throughout most of their life.

We find that walking with an addict through one-on-one counseling makes all the difference in whether the former addict walks out with their head held high aware of their environment and surroundings and at peace with those they care about ready to confront the World. This is the goal of every counselor at the Best Drug Rehabilitation treatment centers. Pick up the phone and make the call and welcome to the first step

on the road to sobriety!

Education, Lectures, Workshops and Films

For additional enhancement, our resident counselors as well as outside lecturers speak at night 5 days a week to provide addition education on various topics of addiction and the recovery process.

Ideally, by completion of the program, the client not only gains a better understanding of his addiction and his old way of thinking, but has already begun to change the way that he views his life, his goals and how to overcome the obstacles that have been blocking him and his future. Freedom from active addiction becomes an actuality and life gains new purpose.



Aftercare

Our aftercare prevention staff is committed to ensuring that clients transition into everyday living is as smoothly as possible. Our staff designs a relapse prevention plan for each client. Relapse prevention will address the individual triggers that might sabotage recovery. The aftercare prevention staff will address behavior and also patterns of thought that may also hinder the recovery process. Regardless of the relapse prevention plan during aftercare, it is the primary responsibility of the client to do the everyday work involved with drug rehab aftercare and continue a drug free existence. If the client feels they are at risk for relapse our staff is a phone call away to help the client. With Relapse statistics so high, our clients need as much help as possible. We give a year of aftercare with each client.

About Our Facility

At Best Drug Rehabilitation, we strive to give the client a positive environment to help him face and overcome his problems with addictions. We have many beautiful facilities perched over private lakes, with rolling acres of beautiful land, which helps to give our clients a sense of serenity and peace.

Recovery from drugs and alcohol involves facing many difficult obstacles. Years of abuse can bring about feelings of shame guilt, and remorse. Our therapy rooms, lounges and walkways have been designed to stray away from the typical "clinical setting" seen in most treatment centers and facilities. Using soft color earth tones, our clients (not "patients") will have the advantage of an ambient soothing environment to face their demons.

From the moment our clients arrive, the first thing that many notice is that Best Drug Rehabilitation isn't like other treatment facilities. A truly innovative approach in addiction treatment and recovery, our goal is to help heal the damage wrought from years of abuse. We are a body, mind and spirit program that allows the client to successfully gain power over the things that have been blocking him for so long. At Best Drug Rehabilitation, we seek to uncover the potential that is found underneath in each of our clients...the **real** you.

We invite you to call and speak with one of our certified addiction counselors and understand why Best Drug Rehabilitation changes lives forever.



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