

# [The life is the first step to](https://assignbuster.com/the-life-is-the-first-step-to/)

Thecity of Duluth is located in Gwinnett County which is a county marked as a HighIntensity Drug Trafficking Area. (HIDTA) Duluth has had a recurring issue withMethamphetamine busts and in 2009 5 out of 10 of the biggest seizures of thisdrug had taken place in the Atlanta HIDTA. In 2015 Gwinnett County was second to Fulton County in having the most drugoverdoses in Georgia.

Deaths that occurred from Meth had doubled to 19 and Heroin and opioids came into Atlanta’s suburbs drugscene.   Citieslike Duluth became target areas around 2009 for Mexican Drug TraffickingOrganizations, as they could easily set up shop in the suburbs without beingsuspected by their close neighbors. Many of these organizations have startedshifting to more rural areas but they have left behind negative impacts of drugabuse on these suburban areas.   Fortunately, there are ways for Georgians suffering from addiction to receive help andenroll in treatment programs. Duluth specifically maintains many differenttreatment facilities within a 20-mile radius. If you are someone you know hasany questions regarding treatment in the Duluth area, call us today to speak toone of our treatment specialists who can get you the information that you need.

No one deserves to suffer alone, help is a call away and we are here to helpfind a program that will best fit your needs.  Journey to Recovery: Addiction treatment centers in Duluth Comingto the realization that you need to make a change in your life is the firststep to recovering from an addiction; even though it is not an easy step thereare many resources to help guide you through this journey of recovery. Theaddiction recovery process maintains several steps and the treatment center youpick will customize the plan to best fit your needs in order to serve you best.

It is completely valid to feel stressed and overwhelmed when thinking about theunknown future of the journey to recovery. The best way to help ease thesefeelings of discomfort is to understand the steps that will be taken duringrecovery.  Eachtreatment center is different in which pathways they provide to the freedomfrom substance abuse. There are two types of treatment that individuals cantypically retrieve, finding out which option best fits you is a step towardshealing. Recovery is a lifelong journey and both treatment options offer boththe tools and resources to avoid relapse.

No matter which option you pick, youare not alone and with the proper support and treatment, you can accomplishyour journey to recover and gain sustained sobriety. Inpatient Treatment (RTC, PHP, IOP) Thereare three types of inpatient treatments: ?      Residential Treatment Center: Thisform of inpatient care involves a live-in health care facility that providestreatment for addiction and illnesses. Residential treatment centers are often referredto as rehab. They provide patients with personalized structured treatment plansto address the specific needs of a client.  Some examples of a ResidentialTreatment Centers in Duluth Georgia MARR AddictionTreatment Center Thistreatment center located near Duluth specializes in gender-specific addictiontreatment, they uphold a home-like ambiance that attempts to build a communitythat holds each other accountable. They offer long-term treatment that isclinically driven and cost-effective. MARR is a non-profit organization that isable to receive donations from the community which allows for them to offerquality treatment at lower costs than other locations.  Assessment: Taking the first step to look into MARR addiction treatment center is easy asthey are a phone call away to access a free and confidential assessment withone of their admissions coordinators.

Once interest in the treatment center isexpressed the admissions coordinator will set up a face-to-face assessment, from there you can be scheduled to admit based on how the assessment goes.  Pre-intake: Onceyou have committed to starting your journey to recovery with a specifictreatment center the next step is to prepare for the treatment. While in rehabyour focus should be mainly on your healing process so take with you only theessentials. A blank journal to write in is a good way to track progress or evento document how you are feeling every day. Intake MARRhas two phases in its recovery process and it is a 90-day commitment thatprovides a safe place in which people can recover and work on their addiction.

The first phase is about 30 – 45 days long and at this stage, you will receiveaddiction education, individual therapy sessions, and specialty groups. You andthe staff will go over treatment goals for phase 2 and track your progress atthe end of this phase. Phase2 is about 60 days and in this process, MARR requires you to obtain employmentor volunteer placement. By incorporating a daily routine, this allows for youto learn and understand a balanced recovery lifestyle.

Detox: This step can be scary as all the harmful substances are cleansed from yourbody; this is a time in which you may begin to experience withdraws. Withdrawals happen when someone is addicted to a drug and their brain becomesaddicted which results in the brain rejecting the detoxification of your body. The intensity of the withdrawal you may experience depends on several factors: the drug that is being used, and the length and severity of the addiction. MARRoffers three categories of treatment – individual treatment, groups andmodalities, and community living- that can help with detoxing. MARR’sindividualized treatment plan will work with you to make sure that you have tobest resources and tools to recover from addiction.  Aftercare: Withthe completion of receiving recovery treatment, MARR alumni can take place in acommunity and renewal week that offers an individualized plan after treatment. MARR makes a heavy commitment to “ walk with you for life.” Unity Healing Center Thisfacility has high reviews on Google and the patients who have gone throughtreatment with them have high remarks about the facility.

Unity Healing Centerfocuses on personalizing each treatment plan to efficiently help each client ontheir road to recovery. They focus heavily on the steps to sobriety and workwith your interests. They offer supervised detoxifications, therapy, and a dualdiagnosis.  ?      Partial Hospitalization Program: Thisprogram is a mix of both inpatient and outpatient care as individuals haveaccess to the components of Residential Treatment Centers and have the abilityto go home after treatment. These patients have access to a minimum of 6 hoursof treatment a day for 5 days a week.

This program allows for more freedom thana residential stay if you could not commit to an inpatient stay.  Lakeview BehavioralHealthand Summit Ridge Hospital are other options to consider inDuluth, Georgia as they provide inpatient, outpatient, and partialhospitalization treatment options for patients.  ?      Intensive Outpatient ProgramThisform of treatment is recommended for individuals who do not necessarily needsupervised detoxification periods. This treatment allows for more freedom andmaintains a part-time schedule that accommodates the other responsibilities youmay have in your life. Through this program mainly group therapy is utilized, but you will also undergo weekly individual therapy. Decision Point-Substance Abuse- DecisionPointis an affordable way to get the help you need while still living at home.

Theyalso only charge individuals once and if they relapse they will not be chargedagain for going through additional treatment. DecisionPoint lets their clientsknow that they can always come back if they need help. They have a variety ofprograms that meet the needs of any individual who has obligations in theirlife that would not allow them to enroll in inpatient care.

They have an easyregistration process and also offer a free assessment for anyone who is curiousand wants to learn more. 6. Outpatient Treatment Outpatienttreatment is less demanding than an inpatient care treatment as they usuallyrequire about 10-12 hours per week. Patients in outpatient treatment visitlocal centers that have sessions with both individual and group therapy thathelp teach people how to cope without a drug.

This specific treatment is goodfor individuals who have a more mild addiction and it can be a great option fora long-term option. This type of treatment allows for you to remain home andkeep up with your daily life; this allows for individuals to interact closelywith family and friends and continue to work. The sessions normally take placeduring early mornings or at night to ensure that patients can maintain theireveryday schedules.  Outpatientcare can also be a good program for individuals who have completed an inpatientprogram and are searching to continue their journey to recovery.  The Diversion CenterThisDuluth treatment center is a court-approved outpatient treatment facility thatprovides treatment for many different forms of addiction.  7. AftercareCompletingtreatment is a major accomplishment and a major step in creating a better lifefor yourself. Nevertheless, it is important to note that aftercare is asignificant step towards maintaining your recovery.

In the journey to recoveryfrom any addiction, it is important to have a transition phase in between yourtreatment period and the reintegration into your normal daily life. Aftercarehelps to lessen the chance of relapse by continuing support and counseling, this helps to transition a person into their new life with their newly foundhabits and tools from treatment. Aftercare helps bridge any gaps from rehabtreatment to reintegrating into the world; outpatient care is a common optionpeople use to maintain a support system and avoid relapsing. Aftercare helps guide you through your journey of recovery and sobriety byhelping you remember the tools you learned during your treatment period. Aftercare will help provide you with the resources to utilize those tools inyour new way of sober living.  Someindividuals will attend Narcotics Anonymous for their aftercare treatment whichinvolves the patient to go to weekly periodic meetings that follow the sameformat as Alcoholics Anonymous. The American Journalof Drug and Alcohol Abuse reported that individuals who participate in meetings morefrequently had the tendency to maintain sobriety over those who did not. Thesemeetings are a great option for aftercare treatment and there are many meetingsthat take place in the state of Georgia.

This website will show you all the Narcotics Anonymous meetings inGeorgia and more specifically Gwinnett County. 8. Sober Living: The journey to recovery is one that is ongoing and sober living is a lifelongendeavor. Returning to your life is exciting but it can also be overwhelming asevents can trigger temptations or cravings. But with proper aftercare to bridgeyour transition period you can provide yourself with the resources and tools toguard yourself against the upcoming difficulties that come along with soberliving.

Hope for the futureIt was tragically reportedthat in Georgia last year there were 1, 426 Georgia residents who died from drug overdoses. Towards the end of 2017 Senate HHS Chair ReneeUntermanstated, “ Throughout thisyear, I have worked closely with Lt. Governor Cagle to develop a comprehensiveset of solutions that will allow our state to jump to the forefront of takingon addiction, the opioid crisis, and strengthening behavioral health services. In the coming weeks, we will come forward with legislation ready on day 1 inJanuary to continue our fight against this epidemic.

”  Unterman later reported that a bill toaddress this crisis in Georgia will be dropped on January 22. This is a goodstep for Georgia’s government as they are addressing the issue and willhopefully be creating a piece of legislature to aid individuals with addiction. There are many outlets to utilize when itcomes to beginning your passage to recovery. Don’t give up! If you are ready tomake a change give us a call to talk to one of our treatment specialists andfind a treatment that will work for you.