

The life is the first  
step to



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The city of Duluth is located in Gwinnett County which is a county marked as a High Intensity Drug Trafficking Area. (HIDTA) Duluth has had a recurring issue with Methamphetamine busts and in 2009 5 out of 10 of the biggest seizures of this drug had taken place in the Atlanta HIDTA. In 2015 Gwinnett County was second to Fulton County in having the most drug overdoses in Georgia.

Deaths that occurred from Meth had doubled to 19 and Heroin and opioids came into Atlanta's suburbs drug scene. Cities like Duluth became target areas around 2009 for Mexican Drug Trafficking Organizations, as they could easily set up shop in the suburbs without being suspected by their close neighbors. Many of these organizations have started shifting to more rural areas but they have left behind negative impacts of drug abuse on these suburban areas. Fortunately, there are ways for Georgians suffering from addiction to receive help and enroll in treatment programs. Duluth specifically maintains many different treatment facilities within a 20-mile radius. If you are someone you know has any questions regarding treatment in the Duluth area, call us today to speak to one 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 help find a program that will best fit your needs. Journey to Recovery: Addiction treatment centers in Duluth. Coming to the realization that you need to make a change in your life is the first step to recovering from an addiction; even though it is not an easy step there are many resources to help guide you through this journey of recovery. The addiction recovery

process maintains several steps and the treatment center you pick 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 the unknown future of the journey to recovery. The best way to help ease these feelings of discomfort is to understand the steps that will be taken during recovery. Each treatment center is different in which pathways they provide to the freedom from substance abuse. There are two types of treatment that individuals can typically retrieve, finding out which option best fits you is a step towards healing. Recovery is a lifelong journey and both treatment options offer both the tools and resources to avoid relapse.

No matter which option you pick, you are not alone and with the proper support and treatment, you can accomplish your journey to recover and gain sustained sobriety. Inpatient Treatment (RTC, PHP, IOP) There are three types of inpatient treatments: ? Residential Treatment Center: This form of inpatient care involves a live-in health care facility that provides treatment for addiction and illnesses. Residential treatment centers are often referred to as rehab. They provide patients with personalized structured treatment plans to address the specific needs of a client. Some examples of a Residential Treatment Centers in Duluth Georgia MARR Addiction Treatment Center This treatment center located near Duluth specializes in gender-specific addiction treatment, they uphold a home-like ambiance that attempts to build a community that holds each other accountable. They offer long-term treatment that is clinically driven and cost-effective. MARR is a non-profit organization that is able to receive donations from the community which allows for them to offer quality treatment at lower costs than other

locations. Assessment: Taking the first step to look into MARR addiction treatment center is easy as they are a phone call away to access a free and confidential assessment with one of their admissions coordinators.

Once interest in the treatment center is expressed 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: Once you have committed to starting your journey to recovery with a specific treatment center the next step is to prepare for the treatment. While in rehab your focus should be mainly on your healing process so take with you only the essentials. A blank journal to write in is a good way to track progress or even to document how you are feeling every day. Intake MARR has two phases in its recovery process and it is a 90-day commitment that provides 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 receive addiction education, individual therapy sessions, and specialty groups. You and the staff will go over treatment goals for phase 2 and track your progress at the end of this phase. Phase 2 is about 60 days and in this process, MARR requires you to obtain employment or volunteer placement. By incorporating a daily routine, this allows for you to learn and understand a balanced recovery lifestyle.

Detox: This step can be scary as all the harmful substances are cleansed from your body; this is a time in which you may begin to experience withdrawals. Withdrawals happen when someone is addicted to a drug and their brain becomes addicted 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. MARR offers three categories of treatment - individual treatment, groups and modalities, and community living- that can help with detoxing. MARR's individualized treatment plan will work with you to make sure that you have the best resources and tools to recover from addiction. Aftercare: With the completion of receiving recovery treatment, MARR alumni can take place in a community and renewal week that offers an individualized plan after treatment. MARR makes a heavy commitment to "walk with you for life." Unity Healing Center This facility has high reviews on Google and the patients who have gone through treatment with them have high remarks about the facility.

Unity Healing Center focuses on personalizing each treatment plan to efficiently help each client on their road to recovery. They focus heavily on the steps to sobriety and work with your interests. They offer supervised detoxifications, therapy, and a dual diagnosis. ? Partial Hospitalization Program: This program is a mix of both inpatient and outpatient care as individuals have access to the components of Residential Treatment Centers and have the ability to go home after treatment. These patients have access to a minimum of 6 hours of treatment a day for 5 days a week.

This program allows for more freedom than a residential stay if you could not commit to an inpatient stay. Lakeview Behavioral Health and Summit Ridge Hospital are other options to consider in Duluth, Georgia as they provide inpatient, outpatient, and partial hospitalization treatment options for patients. ? Intensive Outpatient Program This form of treatment is

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recommended for individuals who do not necessarily need supervised detoxification periods. This treatment allows for more freedom and maintains a part-time schedule that accommodates the other responsibilities you may have in your life. Through this program mainly group therapy is utilized, but you will also undergo weekly individual therapy. Decision Point-Substance Abuse- Decision Point is an affordable way to get the help you need while still living at home.

They also only charge individuals once and if they relapse they will not be charged again for going through additional treatment. Decision Point lets their clients know that they can always come back if they need help. They have a variety of programs that meet the needs of any individual who has obligations in their life that would not allow them to enroll in inpatient care.

They have an easy registration process and also offer a free assessment for anyone who is curious and wants to learn more. 6. Outpatient

Treatment Outpatient treatment is less demanding than an inpatient care treatment as they usually require about 10-12 hours per week. Patients in outpatient treatment visit local centers that have sessions with both individual and group therapy that help teach people how to cope without a drug.

This specific treatment is good for individuals who have a more mild addiction and it can be a great option for a long-term option. This type of treatment allows for you to remain home and keep up with your daily life; this allows for individuals to interact closely with family and friends and continue to work. The sessions normally take place during early mornings or at night to ensure

that patients can maintain their everyday schedules. Outpatient care can also be a good program for individuals who have completed an inpatient program and are searching to continue their journey to recovery. The Diversion Center This Duluth treatment center is a court-approved outpatient treatment facility that provides treatment for many different forms of addiction. 7. Aftercare Completing treatment is a major accomplishment and a major step in creating a better life for yourself. Nevertheless, it is important to note that aftercare is a significant step towards maintaining your recovery.

In the journey to recovery from any addiction, it is important to have a transition phase in between your treatment period and the reintegration into your normal daily life. Aftercare helps to lessen the chance of relapse by continuing support and counseling, this helps to transition a person into their new life with their newly found habits and tools from treatment. Aftercare helps bridge any gaps from rehab treatment to reintegrating into the world; outpatient care is a common option people use to maintain a support system and avoid relapsing. Aftercare helps guide you through your journey of recovery and sobriety by helping you remember the tools you learned during your treatment period. Aftercare will help provide you with the resources to utilize those tools in your new way of sober living. Some individuals will attend Narcotics Anonymous for their aftercare treatment which involves the patient to go to weekly periodic meetings that follow the same format as Alcoholics Anonymous. The American Journal of Drug and Alcohol Abuse reported that individuals who participate in meetings more frequently had the tendency to maintain sobriety over those who did not. These meetings are a

great option for aftercare treatment and there are many meetings that take place in the state of Georgia.

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

Hope for the future It was tragically reported that in Georgia last year there were 1,426 Georgia residents who died from drug overdoses. Towards the end of 2017 Senate HHS Chair Renee Unterman stated, " Throughout this year, I have worked closely with Lt. Governor Cagle to develop a comprehensive set of solutions that will allow our state to jump to the forefront of taking on addiction, the opioid crisis, and strengthening behavioral health services. In the coming weeks, we will come forward with legislation ready on day 1 in January to continue our fight against this epidemic.

" Unterman later reported that a bill to address this crisis in Georgia will be dropped on January 22. This is a good step for Georgia's government as they are addressing the issue and will hopefully be creating a piece of legislature to aid individuals with addiction. There are many outlets to utilize when it comes to beginning your passage to recovery. Don't give up! If you are



ready to make a change give us a call to talk to one of our treatment specialists and find a treatment that will work for you.