



How is Detox Included in Treatment for Substance Use Disorders?



Detoxification, or detox, is often a first step in treating addiction. However, it's important to know that detox alone is not a complete treatment for substance use disorder.

During detoxification, the body metabolizes drugs and alcohol in the system to clear their toxic influence. Professionally supervised detox programs can:

- Safely clear the body of an unwanted substance
- Manage symptoms of acute withdrawal
- Motivate people to pursue ongoing substance use disorder treatment

The severity of a substance use disorder will help a professional determine whether inpatient/residential or outpatient detoxification is the best choice for an individual.

Your doctor or counselor may suggest:

- **Medically supervised detox**—If you've had negative experiences with withdrawal in the past, or have experienced significant mental or physical health issues, you could benefit from medically supervised detox. Medications may be administered to ease the process and ease substance cravings. Medically assisted detox is most appropriate for people fighting alcohol addiction, barbiturates and benzodiazepines abuse, and dependence on opioids like heroin, morphine, and prescription pain medication.
- **Clinically managed ("social") detox**—This is a short-term, non-medical strategy that can involve peer encouragement and professional support.

Regardless of the method, detoxification is a necessary step in recovery. And for those fearing withdrawal symptoms or feeling anxious about the loss of drugs or alcohol, it may seem like a giant leap. But detox is only the beginning of a journey towards a happier, healthier life.

Detox is only the first step in treating substance use disorders

The road to recovery is a lifelong process, and detoxification is a key step. However, the treatment process involves more than the initial elimination of substances.

While the physical symptoms of withdrawal may subside in hours, days, or weeks, it can take months to heal the brain. That's why specialists agree that detoxification and ongoing treatment should take place in a supervised facility that offers a support system for the challenges that may follow, both emotionally and psychologically.

When you're ready for a roadmap to lifelong recovery, we're here 24-7. At Rosecrance, caring, qualified professionals are ready to offer confidential support. We offer detoxification services at several of our campuses for both teens and adults.

Start the road to recovery today with comprehensive treatment for substance use disorder.

Call **815.391.1000** or **866.330.8279** right now.

To learn more about Rosecrance and view our facilities, visit [rosecrance.org](https://www.rosecrance.org).

Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. Nearly 50,000 children, teens, adults, and families received help last year. (Rosecrance embraces the 12-Step philosophy.)