



SUMMIT ESTATE

A silhouette of a person wearing a cap and a jacket, standing with hands on hips, set against a warm, orange-hued sunset background. The person is positioned centrally, with the text box overlaid on their upper body.

Heroin Addiction Treatment Program

Call Summit Estate today to get started
on your recovery!

800.701.6997



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Why Is a Heroin Addiction Treatment Program Necessary?

Across the United States, individuals and communities at large are feeling the impact of heroin addiction. In fact, some regions identify heroin as one of the most notable drug addictions that their communities are facing. Unfortunately, few people who are suffering from this challenging condition seek the care that they need. As a result, many people are currently facing a range of health concerns due to their addiction. In order to avoid the long-term consequences of heroin addiction, it is vital to seek a heroin addiction treatment center. Doing so can vastly improve your mental and physical health, allowing you to [live a life free of substances once more](#).

At Summit Estate Recovery Center, we recognize the impact drugs like heroin can have on a person's life. However, we also know that through treatment and support, there is hope. Please don't let your heroin addiction rule your life anymore. Contact Summit Estate Recovery Center today at [866-679-9855](tel:866-679-9855) to learn more about the treatment options available.

Using heroin affects the opioid receptors in the brain, as heroin binds to these receptors and releases a flood of dopamine. When people use heroin, they experience changes in the brain within minutes. The brain develops a dependence on the drug, and the users feel a strong compulsion to get their next dose. The heroin addiction treatment program provides intensive therapy for the users and helps stop dependence on heroin.

Statistics show that approximately 23 percent of the people using heroin are dependent on the drug. A heroin addiction treatment program in CA helps the users to live a more fulfilling and satisfying life. Through this program, you will learn about the root cause of your addiction and create coping mechanisms to help you manage your cravings outside of treatment.



Heroin Addiction Treatment Program

Treating heroin addiction usually involves lifestyle changes, support groups, medication, and therapy. Both outpatient and inpatient treatment centers provide these programs. A heroin addiction treatment program offers the best chances for a quick and successful recovery. However, heroin detox is usually the initial step in addiction treatment. It would be best to detox with a group of experts who have the skills to monitor and supervise you throughout the heroin detoxification process.

Heroin withdrawal may last for several weeks and can be intense and fairly uncomfortable. Our health care providers prescribe medication that helps in managing the pain and allows the body to adjust slowly. Therapy helps to tackle any underlying behaviors that may be the cause of the individual's use of heroin. It also handles co-occurring disorders, such as anxiety and depression.

Relapse Prevention and Ongoing Treatment

Some heroin users opt for outpatient rehab for the treatment of their addiction. Outpatient rehab is ideal for individuals with mild addictions. It involves people in

recovery who are receiving medications and therapy while also taking care of their work and personal lives. If you intend to begin treatment for heroin addiction,

How Common Is Heroin Overdose — In The United States? —

In 2019
over a quarter of all opioid overdose deaths were due to or...
involved heroin

In the same year, about...
964 overdose deaths
in California were due to...
heroin use

Between the years 1999 and 2019, more than
130,000 overdose
deaths have involved heroin.

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Heroin is a potent but extremely addictive opioid. Unfortunately, because it is an illicit drug, there is no control over its production, meaning that heroin could contain other harmful substances that could make using it deadly. If you're suffering from an addiction to heroin or other opioids, please reach out to our heroin addiction treatment center today at **866.569.9391**

Source: https://www.oas.samhsa.gov/2k2/2k2_2c.htm | https://www.samhsa.gov/2k2/2k2_2c.htm

*I feel that **Summit Estate** gave me not only the skills, knowledge and ability to stay sober, but more importantly, the program taught me how to love and respect myself again. Maybe more importantly, they helped me to understand how key self-esteem and self-worth are to seeing myself as someone who deserves to be sober. Summit Estate gave me far more than just 60 days of drug and alcohol treatment- **they gave me the happy, successful future I have in front of me.***

– S. D.

- **Continuing with meetings and therapies:** Constantly meeting your therapist helps you overcome the temptations to use the drug.
- **Continue taking medications:** Don't stop taking the prescribed medicines unless the doctor advises you to. Stopping the medications may cause cravings and withdrawal symptoms.
- **Find sober hobbies and make sober friends:** This helps to keep your mind off using heroin.
- **Be careful with new prescriptions:** Opt for non-narcotic pain relievers to minimize the occurrence of a relapse.

In addition to the tools listed above, we also recommend engaging in relapse prevention therapy. Through this therapeutic option, many of our clients have the tools in place to prevent relapse and manage cravings when they encounter them.

What Therapeutic Options Are Available?

When someone is trying to break free from heroin addiction, one of the most effective tools they require is counseling. Through therapy, our clients learn about themselves, the root cause of their addiction, and any underlying conditions that contribute to their addictive behaviors. Once they understand the

you should consult with a substance abuse professional. These experts help you determine the best treatment program that fits your preferences and needs. Ongoing treatment is vital in ensuring one stays sober for a long time.

Therapists help you stay focused on maintaining sobriety. They also ensure you identify and overcome your weaknesses and triggers.

Some of the tips for preventing heroin relapse while in recovery include:

mitigating factors that have led to their addiction, they can begin to create coping mechanisms and healthy habits that can prevent them from returning to drug or alcohol use in the future.

At Summit Estate Recovery Center, we offer a unique blend of evidence-based and holistic treatments. We tailor these treatments to the client's needs, so each person gets the tools they need to overcome their unique challenges. Our evidence-based treatments have proven to be effective in treating addiction, while holistic treatments address the damage that addiction has done to the person's mind, body, and soul. Our therapeutic modalities include:

- Cognitive-behavioral therapy
- Dialectical behavior therapy
- Art therapy
- Yoga therapy
- Family therapy

Please get in touch with our treatment team today at [866-679-9855](tel:866-679-9855) to determine what treatments can effectively address your challenges.

Dual Diagnosis Treatment

Unfortunately, many of those who suffer from an addiction to heroin and other

substances have co-occurring mental health concerns. In some cases, these mental health issues led to them using heroin, while in others, the mental health concern resulted from their heroin use.

Regardless of which came first, it is vital to seek concurrent treatment of both conditions. If you only seek treatment for your mental health condition, your addiction may continue, leading to further or worsening mental health symptoms. Conversely, if you only seek treatment for your addiction, your mental health symptoms will turn unabated, which may lead you to relapse. Our dual diagnosis treatment program can simultaneously treat your addiction and mental health concerns, giving you the best possible chance for long-term recovery. This treatment can effectively address the cause of your addiction and give you the tools you require to manage any mental health symptoms that you may encounter.



Treatment Programs Available at Summit Estate Recovery Center

This heroin addiction treatment program in CA provides a safe and comfortable environment to ensure the residents recover fully. Some of the programs available at the facility include:

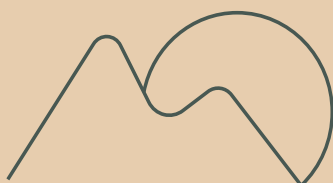
- **Outpatient treatment program:** This form of treatment is ideal for people who do not need residential treatment or detox. The clinicians at the facility provide support to the clients as they go about their daily lives.
- **Day treatment/partial hospitalization:** Clients receive treatment for 6 hours during the day. They are free to cater to their work and personal lives.
- **Residential treatment program:** The health experts at the facility monitor the residents for 24 hours to ensure they are comfortable during the detox process.
- **Telehealth:** Telehealth treatment services are essential when patients

are not in a position to visit the treatment facility. This option is ideal, especially during this time of the COVID-19 pandemic.

Heroin addiction no longer has to control your life. Get support at Summit Estate Recovery Center today.

Seek Treatment at Summit Estate Recovery Center Today

Don't allow heroin addiction to interfere with your work and personal life. Seek help from our facility and choose a heroin addiction treatment program that best suits your needs. Reach out to us via 800.701.6997 or using our convenient online form and begin your journey to sobriety.



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