

Withdrawal Management

Withdrawal management or detox is often the first step clients must take in their recovery journey. St. Gregory Recovery Center has partnered with a local hospital to offer medically-assisted detoxification services. For clients addicted to alcohol, benzodiazepines, or opioids, medically-assisted detox is the safest and most comfortable way to begin the recovery process.

Learning to Make Healthy Choices

At St. Gregory Recovery Center, we recognize that drug and alcohol addiction do not have to define you for the rest of your life. Substance abuse damages the reward center of your brain, limiting your ability to make positive choices. However, our program can help you move toward a healthier lifestyle by rebuilding the neurocognitive processes related to memory, attention, and problem solving.

St. Gregory Recovery Center's programming is designed to help you:

- ♦ Learn about how addiction affects your body
- ♦ Find positive ways to cope with stress
- ♦ Manage depression and anxiety
- ♦ Understand your emotions and how to deal with them
- ♦ Improve your communication skills so you can build positive relationships with others

Personalized Addiction Treatment Options

St. Gregory Recovery Center offers personalized addiction treatment plans designed to meet your unique individual needs. Your plan may include withdrawal management, cognitive behavioral therapy, new habit development, neurochemical therapy, wellness education, and recovery life planning.



For more information,
please contact (888) 915-4295