



SUMMIT ESTATE

Alcohol Detox Center

Call Summit Estate today to get started
on your recovery!

800.701.6997



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Because alcohol is legal to consume and is so prevalent in society, it's hard to imagine it as dangerous. However, abusing the substance can lead to addiction, and ending your use leads to withdrawal. Unfortunately, detoxing from alcohol on your own can be dangerous. That is why an alcohol detox center in California is essential. Staying under the supervision of [medical professionals](#) will help to not only keep you comfortable during detox but keep you safe as well. If you need alcohol detox services, reach out to Summit Estate Recovery Center today by calling **800.701.6997**.

Importance of an Alcohol Detox Center in California

A common misconception surrounding alcohol addiction is that the individual can simply stop drinking. However, if they attempt to do so after struggling with alcoholism, they can leave themselves open to a range of health problems. Because of the effect alcohol has on the brain and body, ending your drinking "cold turkey" can cause your body to experience a variety of withdrawal symptoms. While some of these symptoms seem harmless, others can be quite dangerous. An alcohol detox program in California monitors residents as they begin the detox process. They identify those who require more assistance and



administer medications through a MAT program to keep the individual safe. This reduces the risk to the individual's health and also keeps them comfortable.

One withdrawal symptom specific to alcohol is delirium tremens. These can be life-threatening, and the individual can experience fever, an increase in heart rate, and confusion. Medical staff at an alcohol detox center in California can identify delirium tremens and help to reduce the chance of this serious symptom from taking place. Seizures are also another serious symptom of alcohol withdrawal. These two can become fatal if left untreated. A detox center will know how to prevent seizures from occurring and can keep individuals safe should they occur.

Signs and Symptoms of Alcohol Withdrawal

An individual tends to experience withdrawal symptoms anywhere from six to 12 hours after they take their last

drink. The severity of withdrawal they experience will depend on how long their addiction has occurred and the amount of alcohol they tend to consume.

Alcohol withdrawal symptoms tend to include:

- Anxiety
- Nausea
- Tremors in hands
- Sweating
- Insomnia
- Vomiting

For some people, after 24 hours of their last drink, they may experience hallucinations that vary from visual, tactile, or auditory. Seizures might also occur after 24 hours of the last drink.

Do I Need Alcohol Detox Services?

Many people wonder where the line is between drinking for fun and alcohol addiction. Unfortunately, because alcohol is so common in our society, that line may appear somewhat blurred in the best of circumstances. However, medical experts look for 11 distinct signs that a person is battling an addiction. You do not have to have all of the signs to have an [addiction to alcohol](#). In fact, medical experts suggest that just having two or three of the symptoms could indicate that you're battling addiction. In such cases, it's vital to reach out to an alcohol detox center to get treatment before the condition gets

worse. The signs of addiction may include:

- Drinking more or for longer periods of time than you originally meant to.
- Wanting to cut down on your drinking or stop drinking entirely, but being unable to do so.
- Spending excessive amounts of time obtaining alcohol, drinking, or recovering from drinking.
- Having cravings for alcohol
- Being unable to manage your responsibilities at home, work, or school due to your drinking
- Continuing to drink even though it causes problems in your relationships
- Quitting important professional, recreational, or social activities to drink
- Continuing to drink alcohol even though it puts you in danger
- Continuing to drink though it causes or worsens physical or psychological conditions
- Developing a tolerance, meaning that you need more alcohol to get the same effect
- Developing withdrawal symptoms when you don't drink

If you see the signs of addiction in your life, it's time to reach out for alcohol detox services. Doing so can significantly improve your health and may be able to prevent long-term health effects.



Click to watch video

Dual Diagnosis Services During Alcohol Detox

In some cases, an addiction links to a person's mental health condition. In some cases, a person may begin drinking to cope with a mental illness such as depression or anxiety. Alternatively, a person might start drinking for recreation or as a social function. However, as they continue to drink, they begin developing mental health problems.

Both situations are more common than many people expect. Sadly, many people do not feel that they have the tools to cope with their mental health condition without alcohol. They may think that if they stop drinking, the symptoms of their mental health condition will return, and they won't know how to deal with them. Fortunately, with assistance from a dual diagnosis treatment program, this fear doesn't have to become a reality.

[Dual diagnosis treatment](#) addresses both the mental health condition and addiction simultaneously. This treatment gives patients the tools to cope with their mental health symptoms, allowing them to stay sober for longer periods of time. However, at the same time, they learn how to avoid relapsing after detox.

Unfortunately, without dual diagnosis treatment, many people only get help for one condition. As a result, a person

who only seeks alcohol detox services doesn't have the tools to cope with their mental health. Without these tools, the person may quickly return to drinking to cope. Conversely, if the person only gets treatment for the mental health condition, their addiction could cause other mental health problems.

At Summit Estate Recovery Center, we offer a wide array of dual diagnosis treatment options, including:

- [Anxiety treatment](#)
- [Depression treatment](#)
- Bipolar disorder treatment
- PTSD treatment

"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.

Alcohol Addiction Treatment at Summit Estate

Summit Estate offers an alcohol detox program in California for those ready to begin the first step in their recovery journey. Detox is often the first level of care because it allows the body to rid itself of the harmful substance. Once the alcohol is out of the system and the individual is through withdrawal, they are able to turn their attention to the rest of their treatment.

At Summit Estate, we provide the full continuum of care for alcohol addiction. Once our residents complete our detox program, they can participate in the following:

Residential Treatment Program

A residential program allows individuals to live at the facility during their treatment. Here, we eliminate all triggers and distractions that come with everyday life and allow our residents to focus completely on their treatment plan. Days are filled with different therapies and other activities to keep residents busy and on track.

Intensive Outpatient Treatment Program

An IOP allows residents to return to their homes after their day at treatment is complete. This helps them reintegrate back into their normal lives while still providing the structure and support they need for success.

Aftercare Program

We understand that the journey towards recovery doesn't end after treatment. Our aftercare program allows alumni to remain in contact with their peers from treatment and creates a much-needed support system for after treatment.

Get in Touch for Help Now!

To begin at an alcohol detox center in California, [contact Summit Estate](#) today at **800.701.6997**. Our team is ready to help you with the admissions process and to begin your recovery journey.