



SUMMIT ESTATE

Addiction Treatment Center

Call Summit Estate today to get started
on your recovery!

800.701.6997



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Summit Estate Recovery Center is committed to providing exceptional and [effective addiction treatment](#) in a [luxurious, private rehab environment](#). We have a number of different program options for individuals looking to overcome addiction. Additionally, we attack addiction from all sides, from [drug and alcohol detox](#) to residential to day treatment to outpatient and even intervention services. We offer a range of varied rehab programs at our northern California addiction treatment center. Furthermore, we provide individualized treatment for each person at our treatment program, so everyone is able to get the healing and support that they need.

At [Summit Estate Recovery Center](#), we're committed to each client's long-term recovery. With our help, you will be able to overcome your addiction and move into a healthier, happier future. If you have questions about the addiction treatment programs available, call us today at 800.701.6997 or use our helpful online form to get started.



Click to watch video

How Many People in the United States Are Battling an Addiction?

- In 2019, about 14.5 million people struggled with alcohol addiction.
- Over 8.3 million Americans had an addiction to at least one illicit substance in the same year.
- Additionally, 9.5 million people had both a mental health condition and a substance use disorder in 2019.
- Source: <https://www.samhsa.gov/data/sites/default/files/reports.pdf>

Addiction and other mental health issues ravage the country, and many of those suffering don't have the tools to manage their condition. Additionally, many don't seek treatment because they don't realize the severity of their condition. Fortunately, there is help and hope available to those battling an addiction to drugs or alcohol. At Summit Estate Recovery Center's addiction treatment center, we're committed to providing care for the people who come to us for help. To learn about our treatment options, please [contact our team](#) today at 800.701.6997 .

Program Highlights

Our clinically-based and recovery-oriented treatment approach utilizes various evidence-based treatment modalities consisting of CBT, DBT, and mindfulness practices. One of our licensed and professionally trained staff members will lead each program and ensure that you're getting the care you deserve. Furthermore, the full continuum of care at our northern California addiction treatment center uses the same strategies and philosophies to further your recovery from drug or alcohol use.

At the same time, your treatment program is tailored to your individual recovery needs. For instance, holistic substance abuse treatment modalities make up a large portion of our approach to help those who are addicted. Activities such as yoga and meditation are a large part of your physical, mental, and emotional recovery. These programs give each person the support and knowledge that they need to stay sober outside of treatment.



Medically Supervised Drug and Alcohol Detox Program

Summit Estate offers [medically supervised detox](#) at our residential northern California addiction treatment center. Detox is usually necessary for someone struggling with dependence on alcohol or other addictive substances.

Clients undergo detox, which is roughly a one-week process, then begin residential treatment all on the same premises. Our medical detox professionals take extra care to make the sometimes-intense process as comfortable and effective as possible by tailoring each client's detox protocol to their needs.

Residential Alcohol and Drug Rehab Program

Our [residential addiction treatment program's home site](#) is a private, iconic estate on an oak knoll in the Saratoga Hills. We believe this location offers the perfect setting for executive treatment.

We have private and semi-private rooms and other luxurious amenities such as a hot tub, sauna, gym with personal

training available, and more. The serene nature of the residential property creates a comfortable substance-free living environment. Stays usually range from 30 to 90 days. You can fuel your recovery in several different ways, from therapy, counseling, and holistic practices to gourmet meals and sober adventures.

True healing occurs when a person is not simply trading one addictive vice for another but has taken the necessary steps to address core issues. Our diverse, [multifaceted approach to holistic treatment](#) allows you to explore techniques and modalities specific to your individual needs. While some may resonate more with yoga or a personal trainer, others may find healing with massage therapy, acupuncture, or nutritional counseling. We make these additional services readily available to clients who wish to take advantage of them.



“Summit Estate Recovery Center provides superior care to its’ clients in many different regards. The entire staff there functions like a well-oiled machine, and they treat their clients with love, compassion, and understanding. The facility and the property it sits on provide a serene and private setting optimal for healing and recovery. The importance of a healthy diet, especially in early recovery, is emphasized at Summit. They provide whole food, organic, chef-cooked meals for all who attend their program. This, coupled with top-notch clinical care, enables their clients to recover physically, mentally, and emotionally while attending the program at Summit Estate.”

– Bobby



Outpatient Recovery Program

Many people have completed a [residential treatment program](#) at Summit Estate or another drug rehab center, or they're looking for a non-residential level of care. Summit Estate offers rehab services at our [San Jose, California outpatient addiction treatment center](#) in such cases. Like our Residential facility in the hills of Saratoga, attention is paid to every detail at our unique and informal outpatient center. Here, you can undergo counseling and holistic therapy of various types and are treated to a nutritious meal prepared by our expert culinary staff.

Staging an intervention

Need help convincing someone you love to enter rehab for drug abuse or alcoholism? If you can't persuade your loved one to speak to one of Summit Estate's [admissions counselors](#), we will connect you with a specialist to coordinate an intervention. You can even hold the intervention at our outpatient facility in San Jose. Our northern California addiction treatment center partners with trained interventionists who are deft at managing the emotions in the room and making sure everyone is heard. An effective intervention will end up with the loved one agreeing to accept treatment.

Dual Diagnosis Treatment

Unfortunately, many people who battle addiction are also suffering from mental health conditions. In fact, nearly a quarter of those who are struggling with a mental health condition also have a substance use disorder. Sometimes, a person's mental health leads them to use substances. They believe that they need to use alcohol or drugs to manage their emotional challenges. Alternatively, they may have begun using drugs or alcohol and developed a mental health condition as a result of their substance use. Signs that you may have a co-occurring disorder include:

- Feeling empty or disappointed in life when you don't use drugs or alcohol
- Using substances to escape feelings of hopelessness, sadness, or anxiety
- Experiencing a traumatic event in your past
- Having a family history of drug or alcohol use

If you have both an addiction and a mental health condition, you may require [dual diagnosis treatment](#). Dual diagnosis treatment addresses a person's addiction and mental health condition concurrently. This treatment can reduce the risk of relapse by giving you the tools you need to manage your mental health condition while also giving you the support you need to escape addiction.

Therapeutic Options Available at Our Addiction Treatment Center

When you come for treatment at Summit Estate Recovery Center, a range of therapeutic options will be at the heart of your addiction treatment. Some of our treatment options are evidence-based, which means that experts in addiction treatment have researched and tested these therapeutic options extensively. After their testing, they determined that these treatment options are effective in addressing the damage that addiction leaves behind. As a result, treatment centers around the country use these therapies to aid in the recovery process.



In addition to our evidence-based treatment options, our team also offers holistic treatments. Addiction rarely touches on just one aspect of your life. All too often, it impacts your physical, mental, and spiritual health. Many evidence-based treatment options don't address addiction's damage to your mind, body, and soul. Holistic treatment options fill that need. We offer a variety of holistic therapies to help you heal.

A combination of evidence-based and holistic therapies is often necessary to address addiction's full effects. After you call our treatment center and complete an intake assessment, we'll create a treatment center tailored to your unique needs. Your treatment program may include:

- Cognitive-behavioral therapy
- Dialectical behavior therapy
- Yoga therapy
- Art therapy
- Individual therapy
- Group therapy

Our team has the experience and knowledge you need to begin the recovery process. Please reach out to Summit Estate Recovery Center today at 800.701.6997 for more information about our addiction treatment center.



Contact Summit Estate Recovery Center Today

At Summit Estate Recovery Center's addiction treatment center, we focus on your long-term health and recovery. We provide the support you need to overcome addiction and stay sober for an extended period of time. We offer a wide array of addiction treatment programs, including:

- [Alcohol addiction treatment](#)
- [Drug addiction treatment](#)
- [Cocaine addiction treatment](#)
- [Heroin addiction treatment](#)
- [Prescription drug addiction treatment](#)

You don't have to live with your addiction any longer. With the help of Summit Estate Recovery Center, you can put it in the past and give yourself a chance for a better future. We have a team of experts who will be at your side throughout the process so that you never have to feel like you're alone. Additionally, you'll have the opportunity to work with a wide array of people who are going through similar challenges.

For more information about how we can help you put an end to your addiction, please contact Summit Estate Recovery Center today at [800.701.6997](tel:800.701.6997) or use our convenient online form. A healthier future begins today when you reach out to Summit Estate Recovery Center.