



SUMMIT ESTATE

# Alcohol Addiction Treatment Program

Call Summit Estate today to get started  
on your recovery!

800.701.6997



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# How Common Is Alcohol Addiction?

- About 1 in 4 adults in the United States binge drinks regularly.
- The United States government estimates about 7.5 million children nationwide live with a parent battling an addiction to alcohol.
- Nearly 15 million people over the age of 12 battled alcohol use disorder in 2019. However, less than 8% of this number sought treatment.
  - Source: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

More people use alcohol than any other substance, but unfortunately, many people don't realize how dangerous alcohol abuse can be. Is alcohol addiction negatively affecting your life? If so, it may be time to get help. Contact Summit Estate Recovery Center today at 800.701.6997 for more information about our alcohol addiction treatment program.



Alcohol is one of the most abused substances in the U.S. today, and no wonder; it is socially acceptable and often encouraged. We see advertisements for beer, wine, and hard liquor on TV and in the movies, and it is widely available in grocery stores, sports arenas, and restaurants. Although socially accepted, alcohol use can quickly turn into addiction or dependence, leading to severe, sometimes fatal consequences. In such cases, it is critical to find an alcohol addiction treatment program in California.

Excessive alcohol use and abuse will eventually sabotage the user's personal and professional life. A structured, individualized intensive [alcohol abuse treatment program](#) is the most effective way to repair the emotional, professional, and physical damage alcoholism causes. Our comprehensive alcohol addiction treatment program can give you the care and support you need to put an end to your alcohol addiction. To learn more about our alcohol addiction treatment program can support your recovery, please [contact Summit Estate Recovery Center](#) today at 800.701.6997 .



## Signs of Alcohol Addiction

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Many people don't know the signs of alcohol addiction, so they don't know when it's time to get help. While the symptoms may vary from person to person, there is a range of signs that our team looks for to determine the severity of a person's addiction. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition lists the following symptoms of addiction:

- You continue to drink even if you know that alcohol causes or worsens a physical or psychological condition.
- You've developed a tolerance of alcohol, meaning you need to imbibe more to get the same effect.
- When you don't drink, you develop withdrawal symptoms, which don't go away until you consume more alcohol.
- You're unable to complete responsibilities at home, school, or work due to your alcohol use.
- You continue to drink even if it causes issues in your interpersonal relationships.
- You've given up major professional, social, or recreational activities in favor of drinking.

- You continue to drink even though doing so endangers yourself or the people you love.
- You drink more significant amounts or for more extended periods of time than you meant to initially.
- You're spending a significant portion of your time buying, drinking, or recovering from alcohol use.
- You've experienced cravings and other urges to drink.
- You want to stop or cut down on your alcohol use, but you're unable to do so alone.

If you're experiencing several of these symptoms, it is time to reach out to our treatment program. At Summit Estate, we offer a range of inpatient and outpatient treatment programs, which we can then tailor to each person's needs.

## Inpatient & Outpatient Alcohol Addiction Treatment Programs in California

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[Summit Estate Recovery Center](#), based in the Bay Area in Northern California, uses tried and true methods to treat alcoholism and alcohol abuse in a [luxurious, private rehab environment](#). We have a high staff-to-client ratio and craft customized recovery plans to provide an exemplary alcohol addiction treatment program in California to those who need it most.

There is a range of parts in our alcohol addiction treatment program in California, including:

- [Detoxification](#)
- [Inpatient alcohol addiction treatment](#)
- [Partial hospitalization program](#)
- [Outpatient treatment](#)

No matter what treatment option you choose, you can rest assured that our team will be at your side to support you through the recovery process.



# Detox Services at Our Alcohol Addiction Treatment Program

The recovery process begins with medically supervised detoxification with the help of our well-trained staff. We ensure that resident's time in our alcohol detox center is as comfortable, safe, and effective as possible. During the multi-day alcohol detox treatment, residents are introduced to our clinical staff and create an individualized plan that best suits their needs. Additionally, they can participate in [holistic therapy exercises](#) that follow their recovery plan, including yoga, massage, acupuncture, reflexology, and outdoor activities, as approved by supervising healthcare practitioners. We offer our clients delicious, nutritious meals prepared by our culinary staff and personal training during their stay with us. We provide these tools so that they can rebuild physically, emotionally, and mentally.

"Summit Estates has been a lifesaver for my family. I would describe the staff, counseling services, patient commitment, and facility with every superlative term in the dictionary. Our family member received inpatient treatment, PHP, and IOP through Summit over the course of a year, and we owe Summit a huge debt of gratitude. The staff members are outstanding: Roshin, Judy, Jon, Annee, to name a few. Addiction is a terrible, lonely disease, and the bright spot has been availing ourselves of the support, tools, and community offered by Summit. I would highly recommend Summit and wish that anyone suffering from addiction could be treated by the exceptional professionals at Summit."

-Judy C.

# Our Inpatient Alcohol Addiction Treatment

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Summit Estate's exclusive [inpatient alcohol treatment center](#) in Saratoga, California gives clients their best chance to defeat alcohol addiction. Clients come from all over the world to get the help they need at our elegant, serene property nestled in the Santa Cruz mountains. Our inpatient/residential program usually lasts from 30 to 90 days. In each case, the proper amount of time to break old habits and cravings leads to alcohol dependence. Summit Estate is perfect for the executive who is looking for a private treatment facility.

The residential alcohol addiction treatment program in California begins, for each person, with a comprehensive evaluation upon admission. Our medical and clinical staff will assess any co-occurring disorders (such as depression or anxiety) during this time. The client may be diagnosed as a [dual diagnosis patient](#)— meaning a mental health condition has been identified that plays a role in the individual's alcohol abuse.

From rehab [admission](#) to discharge, our highly-trained staff will customize an alcohol treatment plan to ensure that we address the resident's needs during their stay with us.



# Outpatient Alcohol Addiction Treatment

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Many people do not require inpatient addiction help and want to receive the same excellent services that Summit Estate's residential program offers, but on a plan that fits your schedule. If this is the case, our day treatment program or intensive outpatient treatment center in San Jose, California may be a better option. There, we offer one-on-one, family, couples, and [group therapy sessions](#).

Our luxury outpatient facility is a part of our continuum of care for clients who completed a residential alcohol addiction treatment program in California. Some clients receiving residential treatment for alcohol addiction will be encouraged to transition to our outpatient location after their stay, at the authorization of our medical staff and clinical staff. Then, we can help them begin the [transition to sober life outside of treatment](#).

# Therapeutic Options for Healing

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Whether you've come to our inpatient treatment center, our partial hospitalization program, or one of our outpatient treatment options, therapy will be a part of the healing process. We use a range of therapeutic options, which we will tailor to your unique needs to ensure that you have the tools you need to remain sober outside of treatment.

Summit Estate Recovery Center believes in a holistic healing model. Holistic healing means we treat each part of your life that addiction has impacted, including your mind, body, and soul. With treatments like yoga therapy and art therapy, you can heal from addiction's challenges.



However, we recognize that holistic treatments can't be the only treatment you receive. As a result, we also offer a range of evidence-based treatments. Evidence-based therapies are treatments that experts in addiction recovery have evaluated extensively to prove that they can effectively address alcohol addiction. We offer a range of these therapies, including:

- [Cognitive-behavioral therapy](#)
- [Dialectical behavior therapy](#)
- [Group therapy](#)
- [Family therapy](#)
- [Individual therapy](#)

If you have any questions about the type of therapeutic options you need to recover from your addiction, we encourage you to reach out to our treatment team. We'd be happy to discuss your needs and begin the admissions process to our alcohol addiction treatment center.



# Contact Summit Estate Recovery Center

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Whether on an inpatient or outpatient basis, [Summit Estate](#) strives to provide clinically-based and recovery-oriented alcoholism treatment options to those who come to us at such a critical time in their lives. Our alcohol addiction treatment program is one tool that we use to do this. We also offer a wide array of additional addiction treatment programs. No matter what type of addiction you're battling, our treatment team can help. Our treatment programs include:

- Opioid addiction treatment
- Heroin addiction treatment
- Cocaine addiction treatment
- Prescription drug addiction treatment
- Benzo addiction treatment

Alcohol addiction can have a negative impact on your life, but you don't have to live with it any longer. With the expert treatment team from Summit Estate Recovery Center at your side, you can move into a better and brighter future, armed with the tools you need to stay sober for years to come. For more information about our alcohol addiction treatment program or to begin the intake assessment, please contact us today at 800.701.6997 or use our helpful online form.