



SUMMIT ESTATE

# Drug and Alcohol Detox Programs

Call Summit Estate today to get started  
on your recovery!

800.701.6997



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If you've decided that it's time to get free from addiction, you may be wondering what your next step should be. There is a clear answer: a drug and alcohol detox program. In many cases, freeing your body from substances is an arduous process. When you enroll in a detox center, you get treatment for your mind, body, and soul throughout your recovery. The detox process sets the tone for the rest of the recovery process, so it's nearly always best to choose a professional detox center. Doing so can ensure that your recovery is more comfortable and less dangerous.

At Summit Estate Recovery Center, we're proud to offer [drug detox programs](#) and [alcohol detox programs](#) for a wide variety of substances. Our expert staff members walk through the process at your side and are there to help you manage the challenges you face during the recovery process. To learn about the advantages of our detox centers, contact Summit Estate Recovery Center today by calling [800.701.6997](tel:800.701.6997) or use our convenient online form.

## Luxury Medical Detox Centers in Northern California

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At [Summit Estate](#), we help our residents detox from alcohol and drugs under the best possible treatment practices and surroundings. Our medically



supervised northern California drug and alcohol detox programs are located in a beautiful, private location in the hills above Saratoga, California. Our relaxing surroundings, [high-end amenities](#), delicious and nutritious food, and a team of professional practitioners help clients move through the detox phase quickly, safely, and comfortably. After detox, residents can choose to stay onsite and transition seamlessly to the next step in their addiction recovery. While the medical detoxification process is not easy, many residents recognize early on that it is not nearly as intense, painful, or uncomfortable as anticipated. We help them build the foundations necessary to maintain long-term sobriety, ensuring that they have the tools to stay sober after detox.

## Drug & Alcohol Detox Symptoms

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Many people delay seeking an addiction treatment center because they are afraid of going through the detox process. An individual who has been drinking or using

drugs heavily for a prolonged period of time, who suddenly stops or dramatically reduces the amount of their intake, may experience intense pain and discomfort, for a short period, during this phase. Some common symptoms of detox we see at our northern California drug and alcohol detox programs include:

- Sweating
- Shaky Hands
- Anxiety
- Vomiting
- Headaches
- Insomnia
- Disorientation
- Seizures
- Hallucinations

There is no way to determine how severe a person's withdrawal symptoms will be until the process has started. Therefore, it's nearly always beneficial to seek treatment at a detox center.

## Can Detox Include Medication-Assisted Treatment?

One of the most common reasons people refuse to seek treatment is they're nervous about the discomfort of the withdrawal symptoms. If you're addicted to opioids or alcohol, the withdrawal symptoms can be particularly intense, particularly if you don't have support at your side. Fortunately, the withdrawal symptoms associated

with these substances can be alleviated using MAT treatment. MAT or medication-assisted treatment is a recovery option that provides patients with FDA-approved medicine to relieve symptoms. Today, the FDA has approved three medications to relieve the symptoms of alcohol withdrawal and opioid withdrawal.

At Summit Estate, one of the medications we use is buprenorphine. Buprenorphine is a partial opioid agonist that binds with your opioid receptors, which reduces the pain and feelings of euphoria. Buprenorphine isn't a full opioid. However, it acts like one enough to provide relief from opioid withdrawal. You must work with a MAT program to get buprenorphine because the FDA monitors this substance carefully. To discuss the benefits of using medication-assisted treatment with a professional, please reach out to [Summit Estate Recovery Center](#) today at [800.701.6997](tel:800.701.6997).



# Is Medication-Assisted Detox Beneficial to Your Long-Term Recovery?

- Studies show that both buprenorphine and methadone reduce the risk of an overdose from opioids.
- Medications can also assist in decreasing the transmission of blood-borne illnesses, such as HIV because they reduce the risk of risky behaviors like sharing needles.
- Medication-assisted treatment during detox reduces a person's risk of future illicit opioid use.
- One of the most dangerous substances to detox from is opioids. A person can develop an addiction to these medications quite quickly, particularly if you take them over a long period of time. If you have developed an addiction to opioids or another substance, our medication-assisted treatment program at our detox center can help. Contact Summit Estate today at 800.701.6997 to learn more about our services.

Source: <https://www.pewtrusts.org/en/research-and-analysis/fact-sheets/2020/12/medications-for-opioid-use-disorder-improve-patient-outcomes>

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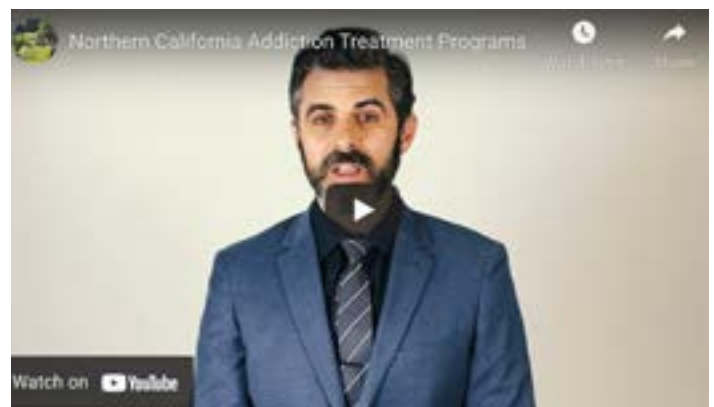
## What Substances Require Detox?

It is extremely difficult to begin the recovery process if you're still using drugs or alcohol. At Summit Estate Recovery Center, we believe that in order to [begin addiction treatment](#), each person needs to go through the detox process. Doing so gives them a clean state for recovery.

We provide a range of detox and addiction treatment programs, including:

- Alcohol detox
- Heroin detox
- Drug detox
- Medical detox
- Opioid detox

When you come to any of our detox programs, we work with you to create a treatment program that's specifically tailored to your unique needs.



[Click to watch video](#)

“When I left treatment from Summit Estate Recovery Center I needed additional support to get a good foundation in my recovery. At Summit Estate taught me to live and let live. I learned how to keep myself and hygiene clean and they loved me as a friend supported me on how to get a sponsor. Where to attend meetings and to be an honest human being. Thank you Summit Estate staff for teaching me. My parents are happy too, as is my boss at work. Highly recommended!”

-Eric H.

## What To Expect Upon Admission To Our Detox Center

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At Summit Estate detox [residential center](#), our Northern California drug and alcohol detox program protocols are designed to alleviate adverse physical effects accompanying withdrawal. Upon admission, each resident meets with one of our highly qualified physician partners in order to design a unique plan for detoxification and recovery. As part of a customized rehabilitation plan, the physician will prescribe medications needed for our clients to be as safe and comfortable as possible during the detox phase. We regularly monitor vitals and self-reported symptoms to determine the efficacy of the detox protocol and to mitigate health risks. At all times, we strive to assist our clients in maintaining optimum comfort throughout this process.



## Dual Diagnosis at Our Detox Center

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One of the things that our admissions process may determine is that you require [dual diagnosis treatment](#). In many cases, drug and alcohol use is due to a mental health condition. Alternatively, you may experience a mental health issue because of your drug or alcohol use. Dual diagnosis treatment is an option for those who suffer from both addiction and mental health issues. This treatment option addresses both conditions concurrently. We offer

an array of mental health treatment options alongside our detox programs, including [depression](#) and [anxiety](#).

Simultaneous treatment of mental health conditions and addiction is vital to an individual's long-term recovery. If you only get treatment for the addiction, you won't have the tools to cope with the uninhibited mental health symptoms. These unabated symptoms often cause people to return to drug or alcohol use in order to get relief. Alternatively, if you choose to continue drinking or using drugs after getting treatment for your mental health condition, your [substance use](#) could lead to additional mental health problems. It could also lead to worsening symptoms for the condition you're already battling.

With dual diagnosis treatment that occurs concurrently with detox and the next steps in treatment, you have a much better chance of long-term recovery.

## What Happens After Detox

At Summit Estate Recovery Center, our northern California drug and alcohol detox programs are only the beginning of your treatment options. We also provide:

- [Residential treatment](#): If you've suffered from addiction for an extended period of time, residential treatment is crucial to your recovery. During this program,

you'll stay at our treatment center 24/7. You will receive therapy and ongoing support from our expert staff members.

- [Partial hospitalization treatment](#): A partial hospitalization program, or PHP, is the next step in treatment. During this program, you'll attend treatment each day of the week but return home at night.
- [Intensive outpatient treatment](#): Once you've overcome the initial hurdles of sober living outside of our treatment center, you may be ready for our intensive outpatient treatment program. During IOP, you'll attend treatment a few days a week and put your coping mechanisms into practice the rest of the time at home.
- [Aftercare programs](#): Even after leaving treatment, you may feel like you'd benefit from additional support. We offer a range of aftercare programs to help you through life's challenges and stresses.

At Summit Estate Recovery Center, we provide care for our clients during each step of the recovery process. Our treatment programs give you the tools you need to manage and take back control of your life after addiction.





## Contact Summit Estate Recovery Center Today

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No one deserves to suffer from an addiction to drugs or alcohol alone. With the help of Summit Estate Recovery Center's detox programs, you can begin the recovery process. We'll work with you through withdrawal and into the next step of treatment with programs such as:

- Alcohol addiction treatment
- Heroin addiction treatment
- Cocaine addiction treatment
- Prescription drug addiction treatment
- Drug addiction treatment

Are you ready to say goodbye to your substance abuse disorder? Our excellent treatment staff is here to help. To learn more about our northern California drugs and alcohol detox programs or to enroll in treatment, contact [Summit Estate Recovery Center](#) today at **800.701.6997**.