

Recovery Services

Call our free helpline now.

979.426.0086





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At [Promises Brazos Valley](#) in Texas, we understand that diverse populations require diverse treatment options. That's why we offer evidence-based addiction treatment programs that work to fit each client's unique needs. After all, no two recovery stories are exactly alike. Contact our team at [979.426.0086](tel:979.426.0086) to learn more about our addiction recovery services in College Station, TX.

What to Know About Our Addiction Recovery Services

No matter if you seek help for yourself as a professional, as a young adult looking to get your life back on track, or as a parent of an adolescent in need of rehab, we have addiction treatment options that provide safety and support. Our [addiction treatment programs](#) and recovery services include:

- [12-step approach to addiction treatment](#)
 - A structured program designed to help people overcome addiction through a series of supportive steps.
- [Addiction treatment for professionals](#)
 - Tailored treatment options that address the unique challenges faced by professionals struggling with addiction.
- [Addiction treatment for young adults](#)
 - Programs specifically designed to meet the needs of young adults in their journey to recovery.
- [Alcohol rehab program](#) – A well-rounded treatment plan aimed at helping people overcome alcohol dependency.
- [Alumni program](#) – A supportive community for graduates of treatment programs to maintain connections and continue their recovery journey.
- [Drug and alcohol detox](#) – A safe and supervised process to help people safely withdraw from drugs and alcohol.
- [Dual diagnosis treatment](#) – Integrated care that addresses both addiction and co-occurring mental health conditions.
- [Fentanyl rehab program](#) – Specialized treatment focused on overcoming addiction to fentanyl and other opioids.
- [Heroin rehab program](#) – A dedicated program to assist people in breaking free from heroin addiction.
- [Inpatient drug rehab](#) – An immersive treatment experience providing 24/7 support in a residential setting.

- [Men's addiction treatment](#) – Programs designed to address the specific needs and challenges faced by men in recovery.
- [Outpatient drug rehab](#) – Flexible treatment options allowing people to receive care while maintaining their daily responsibilities.
- [Women's addiction treatment](#) – Programs tailored to the unique experiences and needs of women battling addiction.

These addiction recovery services can be meticulously tailored to meet any level of care you require, ranging from holistic inpatient drug detox and rehab programs to intensive outpatient treatment and robust aftercare services. Our approach focuses on personalizing treatment plans to align with each client's unique needs and circumstances, making sure that every client receives the specific support they deserve. Creating a safe and nurturing environment is pivotal for fostering long-term recovery and allowing clients to thrive

Our compassionate and experienced team will be by your side throughout your recovery journey, offering guidance and support at every turn. Your journey to success is our top priority, and we're committed to walking this path with you every step of the way. We aim to empower you to achieve lasting transformation and a healthier future by fostering solid connections and understanding.



Residential Rehab Programs

Our residential addiction treatment programs in College Station, TX, work to educate clients on proven ways to manage their substance use disorders (SUDs). Some of our residential programs include:

- Medically monitored detox with 24/7 staff attendance
- Dual diagnosis for those struggling with SUDs and co-occurring mental health conditions
- Adult addiction treatment programs with gender-specific living quarters
- Collegiate addiction treatment programs for young adults
- Outpatient programs for those looking for help while maintaining their daily obligations
- Aftercare services to help clients avoid relapse after they've completed their treatment program

We provide a comfortable, structured place to ease off drugs or alcohol and work with clients as they begin to learn the tools that help them maintain lifelong sobriety.

Outpatient Addiction Treatment Programs

Our outpatient addiction treatment programs work as another option for those who need less intensive care. That means that if you're stepping down from residential treatment or just beginning your recovery journey, we have options that fit into your life. Our rehab center in College Station provides outpatient treatment, including partial hospitalization programs (PHPs) and intensive outpatient programs (IOPs). We also offer virtual intensive outpatient programs (VIOPs).

PHPs are well-rounded treatment options that provide structured care for those recovering from SUDs without the need to stay overnight at the treatment center. Clients attend treatment sessions during the day, typically five to seven days a week, allowing them to receive intensive therapeutic support while returning home in the evenings. PHP is ideal for clients who require more support than outpatient treatment but don't need full-time residential care. It includes medical support, individualized therapy, group counseling, and skill-building activities.

IOPs offer a more flexible treatment approach for those who don't need the intensive care provided by PHP. Clients generally participate in therapy sessions for a few hours a day, three to five days a week, making it suitable for clients who need structure while maintaining work, school, or family obligations. IOP provides therapy, education, and support to help clients develop coping strategies and prevent relapse, facilitating their transition into regular daily activities.

Our outpatient services allow clients to choose in-person or online rehab services

so those in more rural areas can still find the support they need. Each of our outpatient addiction treatment programs requires a commitment of a few hours a day for several days a week. We've created a treatment schedule that makes sure you can maintain your work, school, or childcare obligations.



Addiction Recovery: Frequently Asked Questions

If you have any other questions, please get in touch with our compassionate and knowledgeable Promises Brazos Valley team in College Station, TX, at [979.426.0086](tel:979.426.0086).

How can you help someone struggling with addiction?

You can help by encouraging them to seek professional assistance through rehab programs and recovery services such as therapy, counseling, or support groups. It would be best to offer your emotional support and understanding throughout their journey, reassuring them that they're not alone and that you're there to help them navigate recovery challenges.

What are the three R's from addiction to recovery?

The three R's are: Recognize the problem, which involves acknowledging that addiction has become a significant issue in someone's life. Reach out for help, where they actively seek assistance from professionals or trusted loved ones. Finally, they recover through addiction treatment programs, which may include therapy, medication, and lifestyle changes to regain control over their lives.

Which recovery program is for people struggling with a drug addiction?

Rehab programs specifically designed for drug addiction provide tailored support and structured environments for recovery. These programs often include medical detoxification, individual and group therapy, educational workshops, and aftercare planning to help people develop the skills needed for lasting recovery.

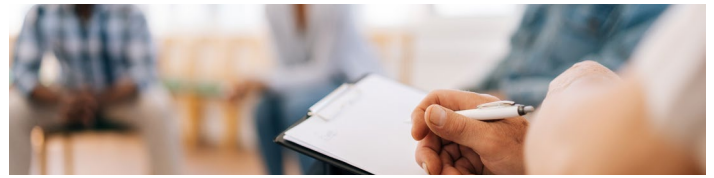
What are three tips for recovery from addiction?

Engage in addiction recovery services, such as attending support groups or therapy sessions that foster healing and growth. Build a supportive network of friends, family, or peers who understand your journey and can provide encouragement. Stay committed to your treatment plan, set goals, and track your progress to maintain motivation and accountability throughout your recovery process.



What is the 5-step recovery program?

The 5-step recovery program includes several key components. First is acknowledgment, where people confront their addiction. Next is action, involving proactive steps toward change. Maintenance focuses on sustaining new habits and routines. Support is about seeking help from friends, family, or professionals. Finally, continuous improvement encourages reflection on one's journey and adapting strategies for long-term success, often through addiction treatment programs.



What to Expect from Promises Brazos Valley

Balance, flexibility, and resilience are vital components of addiction treatment and central themes in our programs. We'll teach you the tools to maintain these critical components through traditional, evidence-based therapy models and innovative, holistic approaches. This is especially important for those struggling with addiction and co-occurring mental health conditions. Our addiction treatment approaches include:

- Addiction education
- Trauma-informed care
- Individual and group therapy sessions
- Family education groups
- Relapse prevention
- Decision-making skills

We also offer support for processing shame, spiritual awareness, stress management, values clarification, codependency, family conflict, coping skills, mindfulness, and anger management.

At Promises Brazos Valley, you'll work with a distinguished treatment team made up of medical doctors, nurse practitioners (NPs), psychiatrists, master-level therapists, licensed chemical dependency counselors, and other professionals with experience treating addiction and other behavioral health issues.



Connect with Promises Brazos Valley and Get the Support You Need for a Happier, Healthier Future

We're here to help you fulfill the promise of a better future through comprehensive long-term recovery services. Our experienced admissions specialists can help you find the most suitable treatment options tailored to your needs. They'll guide you step-by-step through the admissions process, making sure you feel supported and informed at every stage. Additionally, our team will take the time to verify your insurance coverage, making the transition to recovery as smooth and stress-free as possible. [Contact Promises Brazos Valley online](#) or call [979.426.0086](tel:979.426.0086) today to learn how we can get you the help you need.

