

Outpatient Drug and Alcohol Treatment In Layton, Utah

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Are You Ready for a Positive Change and Support in Your Life?

We are a spiritually-based treatment drug and alcohol treatment center in Layton Utah. We focus on spirit, body, and mind as we help those victimized by addiction.

Victims include the families, loved ones, and support network of the person abusing substances, as well as the individual who suffers from the abuse. Our professionals understand that addiction does not discriminate against people regardless of their age, color, gender, or social status.

Alcohol Abuse Treatment

Those who drink alcohol without concern for the consequences suffer from alcohol abuse. This may happen when a person binge drinks, consumes alcohol uncontrollably after abstaining for a period of time, or tries to use alcohol as a coping mechanism. ***Although symptoms may vary, patterns to look out for include:***

- Loss of interest in work, friends, and family
- Decline in social interactions
- Notable behavioral changes or mood swings
- Desire to drink alcohol excessively

If left unchecked, alcohol abuse will have long-term effects on a person's physical and mental health. Beyond the damage to a person's social life, this may include fatigue, insomnia, nausea, an increase in anxiety and the chance of liver disease, and a decline in memory retention and cognitive skills. ***Our outpatient alcohol treatment addresses both the patterns of consumption and the underlying issues that may have led to the drinking.***

Drug and Substance Abuse Treatment

People who have an uncontrollable urge to use drugs will suffer from brain changes that may become permanent. ***Our approach to treatment asserts that the family plays a pivotal role in offering support and preventing relapses in behavior***. Working with those closest to the person using the drugs, we bring the addict and family together, strengthen the bonds between them, and ***develop a customized plan that takes into account the family's dynamics***.

Our holistic treatment approach combines a ***twelve-step program*** and a spiritual approach that emphasizes the importance of family members in the recovery process. Some of the important elements include:

- **Cognitive Behavioral Therapy** (that helps a person understand, confront, and reject situations where there is a tendency to use drugs)
- **Motivational Incentives** (that offer positive alternatives to deter patients from using or returning to drugs)
- **Multidimensional Therapy** (that allows younger patients and family members to address the situation collaboratively)

Prescription Drug Abuse Treatment

Doctors prescribe certain medications to manage anxiety, pain, or other physiological or behavioral conditions. When taken as directed, these medications offer relief and maintain or improve an individual's health. When abused or taken by others, these same medications become harmful rather than beneficial. ***National studies have indicated that abuse of prescribed medications is more of an epidemic than that of any other controlled substance except for marijuana***.

Prescription drug abuse cuts across all populations. People increasing their dosage, taking medications after the symptoms they needed them for disappear, or sharing them with others are reasons that prescription drug abuse has reached such high levels. Misuse occurs when an individual decides to take a medication in ways that differ from the directions on the prescription. Whether a person abuses or misuses the prescription, the results can be deadly.

Our treatment approach for the abuse or misuse of prescription drugs also combines the twelve-step program with an emphasis on spirituality. We work with families to strengthen the patient's support system and prevent relapses.

Renaissance Ranch is Ready to Help You or Your Loved One with Drug and Alcohol Treatment in Layton, Utah

Alcohol and drug treatment centers offer different approaches and interventions. Among the drug and alcohol treatment centers available to those living in Layton, ***we believe that our programs can rebuild lives and restore families***. We employ spiritual principles to educate and empower all family members affected by alcohol, substance, or prescription drug abuse. Rather than see this abuse as a failure of willpower, we address it as a

disease. ***By offering spiritual support, individualized attention, family-based healing, and factual knowledge, our drug and alcohol treatment center in Layton Utah will move people forward on the road to recovery.*** Give us a call today at 385-222-3737.