



**DRUG REHAB CENTER
NEAR BEND, OREGON**

CALL CRESTVIEW RECOVERY TODAY.
(866) 262-0531

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Deciding to get help for your addiction can be tough, but once you do, your life will improve leap and bounds. Suffering from addiction can make your life extremely difficult. If you have thought about getting help to overcome addiction, you have already taken a huge step in your recovery process. Know that you are not alone in any step of the process. Our Bend, Oregon drug rehab center can help you begin to live the life of your dreams. Commit yourself to recovery today and get the help you deserve at our Crestview Recovery [rehab center near Bend, Oregon](#). Recovery is possible, and we provide you with the right treatment and care to help you achieve it throughout your entire life.



REHAB CENTER NEAR BEND, OREGON

Have your friends or family ever told you that they are worried about your substance use? Or, have you ever considered getting treatment on your own? You are not alone. Be confident in your decision to seek help, because choosing to get help for substance abuse over continuing to live a life of addiction is one of the best decisions that you will ever make. Sometimes, getting the help that you need from someone that cares is all you need to get help. No one should have to hit rock bottom before they decide to get clean. You do not need to lose it all to realize that things can be much better. At Crestview Recovery, each member of [our professional staff](#) cares about your recovery and is invested in your success. We want you to achieve the life you want and we will help you get there.

If you are thinking about seeking help for a substance abuse problem, call us at [866.262.0531](tel:866.262.0531) to learn more about how you can improve your life today. Even if you have not yet accepted that you have a problem with substance abuse, seeking out help to find out what you can be doing to overcome your addiction is an excellent start. It is not easy to accept that you may have a problem with abusing drugs or alcohol. The first step is understanding that your life can improve and that there are people who can help you achieve the life that you want.



Click image for link to video.

Nearly 1 in 7 people suffer from addiction. However, only 10% of those people seek help for their addiction.

DIVING DEEPER INTO CAUSES OF ADDICTION



Genetics, including the impact of one's environment, account for about 40% to 60% of a person's risk of addiction.



Environmental factors that may increase a person's risk of addiction include a chaotic home environment and abuse, parent's drug use and attitude toward drugs, peer influences, community attitudes toward drugs, and poor academic achievement.



Teenagers and people with mental health disorders are more at risk for drug use and addiction than other populations.

At Crestview Recovery, we help you figure out the causes of your addiction so you can work through it and treat it. Our goal is to help you achieve recovery from alcohol or drug abuse in the best way possible. That is why we offer a variety of services and programs to help you do so. These include different forms of treatment and therapy. Through our treatment center, you can find the method or combination of methods that works best for you.

Source:
<https://americanaddictioncenters.org/rehab-guide/addiction-statistics>

HOW ADDICTION OCCURS

Most people do not understand addiction because they have never been in your shoes. Know that you are not alone and that addiction never discriminates. Anyone can become addicted to something. It has nothing to do with your character, social status, or any other factors.

In short, addiction comes down to your brain chemistry. When you are addicted to something, your brain believes that it is as or more important than food or water. When you start using a substance to feel better or to relieve some stress, your brain begins to build a tolerance to the substance. This means that your cells grow additional receptors for the substance that you are taking.

When your cells have these extra receptors and the substance is no longer around, you will feel even worse than normal. Then, parts of your brain start to tell the decision-making center, your prefrontal cortex, that you need the substance to survive. Your prefrontal cortex begins to reorganize your priority list and puts the substance at the top.

If you are tired of addiction controlling your life and would like to get started on a life free from the struggles of addiction, give Crestview Recovery a call at [866.262.0531](tel:866.262.0531). We look forward to hearing from you and cannot wait to help you on your way to living the life that you deserve!



THE CYCLE OF ADDICTION

In short, this is how you can become addicted to a substance:

You begin to use the substance regularly

The substance alters your brain chemistry

Your brain thinks that it needs the substance for survival

Obtaining the substance becomes more important to your brain than reason

You lose control of your drive for the substance

It is scary how simple the process of addiction sounds. However, you should remember that help is always available. Our Crestview Recovery addiction treatment center near Bend, Oregon can help you overcome your addiction and get you on the path to a healthy lifestyle.

We understand addiction and how it happens. We also know how to treat it. At our drug rehab center, we have a variety of different programs that can help you re-learn unhealthy habits and help you overcome addiction.

OUR DRUG REHAB CENTER

At our addiction treatment center, our professionals will expose you to many different types of treatment. We do this so we can find the best treatment that works for you. One of the main goals of our addiction treatment center is for our patients to come out of treatment with a new mindset. This new mindset is a plan that can help you to live and sustain the sober life that you want.

Our drug rehab center offers a variety of different programs and treatments to help you achieve sobriety such as:

Cognitive Behavioral Therapy

Dialectical Behavioral Therapy

One-on-One Therapy

Group Therapy

Family Therapy

Experiential Therapy Program

Yoga Therapy

Life Skills Coaching

12-Step Support System Exposure

As you go through our rehab program, you will figure out the specific treatment that works for you. Each patient may need a different treatment, and that is okay. At Crestview Recovery, we understand the unique needs of every individual who seeks help for substance use. We work with you to figure out what your treatment plan may be, and then we help you achieve it as well as make adjustments along the way.

We want to help you achieve long-term recovery. This means teaching our patients how to live a healthy life without relying on substance use. The therapy and treatment that you will do on a daily basis at our treatment center will help you form healthy habits after you leave. This new way of thinking will guide you through treatment and into lifelong recovery.

YOUR AFTERCARE PROGRAM

After your treatment, our professionals will help you formulate your own [aftercare plan](#). This will help you to take all of the coping skills and methods that you learned in treatment and incorporate them into your daily life outside of the rehab center. Often times, the decisions that you have to make after rehab will be the toughest. You will be on your own, and you will have to take everything you learned and apply it to your new life. However, we are confident in our treatment methods and know that you

can achieve a successful life in recovery. Your aftercare program will serve as your guide for after treatment when you have to make consistent decisions to stay substance-free.

Your aftercare plan is your strategy for staying sober when you return home from rehab. You will work out the things that you will keep up with after treatment, such as [individual counseling](#) or [exercise therapy](#). In rehab, you will pick up new hobbies and activities that excite you. You will no longer crave substance abuse to sustain your lifestyle. After rehab, you will continue these activities which will keep you on the path to sobriety.

In aftercare, you will also learn about 12-step programs and how to use them as part of your support system after rehab. You will also learn essential life skills for after rehab such as how to eat a well-balanced diet and how to decorate your house. All of these elements will help you in your recovery outside of the rehab center.



OUTPATIENT SERVICES

If you ever need to seek treatment again or need additional [outpatient services](#), Crestview Recovery offers a variety of ways that we can help you after you have completed an inpatient treatment program. Our [intensive outpatient program](#) provides you with a flexible schedule where you can receive treatment while participating in your daily work and life activities. If you need even more flexibility, our [telehealth intensive outpatient treatment program](#) may also be a great option for you. We can provide you with the guidance and help you need even in the comfort of your own home.

CONTACTING OUR DRUG REHAB CENTER NEAR BEND, OR

IF YOU ARE LOOKING FOR A REHAB CENTER NEAR BEND, OREGON, AND DO NOT KNOW WHERE TO START, GIVE US A CALL TODAY FOR MORE INFORMATION.