



DRUG REHAB IN EUGENE, OREGON

CALL CRESTVIEW RECOVERY TODAY.
(866) 262-0531

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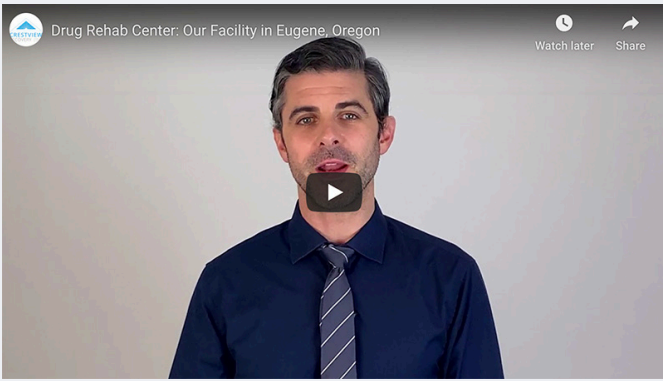
Have you ever looked into a rehab program but thought that it was too complicated or demanding to find the right one for you? Trying to find the best drug rehab that Eugene, Oregon has to offer can seem daunting. Maybe you feel afraid or concerned about life in rehab or leaving your old life behind. Or, perhaps you are wondering if you will achieve a lasting recovery that is strong enough to keep you from relapsing. All of these concerns feel stressful, but they are extremely common for many people who are entering a drug rehab program. Our [Crestview Recovery](#) drug rehab center in Eugene, Oregon offers each of our patients the chance at a lifetime free from addiction.

We want you to know that it is possible to find an easier, more direct path into a drug rehab center to achieve recovery. Contact Crestview Recovery at [866.262.0531](tel:866.262.0531) to learn more about our drug rehab program and what it has to offer. We are here to provide answers to any questions or concerns you may have about the entire process.

We provide our patients with a variety of different treatment methods that help them achieve a long-lasting recovery. Through this individual treatment, you can have confidence that your program will work specifically for you

DRUG REHAB IN EUGENE, OR

When you start thinking about rehab, you must realize that simply entering into rehab does not create miracles on its own. Recovering from addiction takes hard work. You must invest yourself in your program to gain the benefits you want. No shortcuts exist for wellness and recovery after addiction. However, if you participate fully in the treatment that we offer at Crestview Recovery and work to incorporate what you learn into your new life after rehab, you can achieve a life without [substance abuse disorder](#). If you go into your rehab program with an open mind and participate fully, you will achieve recovery. Our [professional staff](#) will help you along every step of the way and will do everything we can to help you achieve the life that you want.



Click image for link to video.

OVERCOMING RELAPSE



Relapse is a normal part of recovery, and some studies have shown that more than 85% of people with addictions who stop using a drug begin using it again within a year.



Experiencing a relapse after the completion of a treatment program does not mean that the treatment failed, nor does it mean that a return to rehab is necessary. If you were able to get clean and sober once, you will be able to do it again.



Recent studies involving teens and young adults have shown that an interactive mobile texting aftercare support program helps participants engage with post-treatment recovery activities and avoid relapse.

The goal of treatment at Crestview Recovery is to help keep you clean and sober for a lifetime. This may involve seeking treatment more than once. It is important to realize that relapse is a normal part of recovery and to get back on the right track after relapse so you can continue to work on achieving recovery in your everyday life.

Source:
<https://americanaddictioncenters.org/rehab-guide/ways-to-avoid-relapse>

HOW TO AVOID RELAPSE

Often times, the time you spend outside of your rehab program and after treatment will be the most difficult. It is very possible to relapse after rehab. Research shows that nearly 40 to 60 percent of people relapse after completing a rehab program. That is an extremely large number, and it can seem discouraging. At our Eugene, Oregon drug rehab center, we want you to achieve

a lifelong recovery, not just a recovery during rehab. In order to do this, we provide you with a chance to learn how to overcome your addiction. This involves re-learning a lot of the ways of thinking that have allowed your addiction to persist in the past.

When you want to achieve lasting recovery, you need a wide range of therapies and approaches to your treatment. You need support from peers and from your counselors and other people who personally understand your journey. At Crestview Recovery, we offer you all these tools in one rehab program. Combining all of these elements with the right amount of support gives you the best chance of success for lifelong recovery.



Additionally, we provide a number of services that can help you long after you have completed your treatment program. Our aftercare program is designed to help you conquer life after treatment so you can continue to make choices that help sustain your recovery. You do not have to worry about life after recovery. Instead, you can be excited about it as you will get to do all of the things that you could not do before due to your addiction.

TREATMENT METHODS

In our rehab center, you will learn the specific factors of your life that have contributed to and fueled your addiction.

You will work on improving a wide variety of your personal traits, including the following:

Communication skills	Relationships
Social Interactions	Thoughts
Behaviors	Life Expectations

Through these different treatment methods, you will be able to explore your own mind and body. You will discover your flaws and vulnerabilities so you can learn how to manage them and prevent relapse.

In our drug rehab center in Eugene, Oregon, you will also build better overall health and mental wellness. You learn new ways to stay physically and mentally healthy. Additionally, you can engage in physical fitness activities, [outdoor recreation](#), and relaxation techniques like [yoga therapy](#). We can even help you improve your diet through good nutrition and by helping you form better wellness practices. Each of these activities will benefit you in your life after recovery.

They produce good chemicals in your brain and will help you stay busy and occupied so you will not revert back to substance use.

At Crestview Recovery, your treatment will revolve around your individual needs. If you participate fully in our program, collaborate with your peers, and make the effort to learn and absorb new ways of thinking, you can achieve lasting recovery. If you want to succeed in your rehab program, you must be ready to learn, change your behaviors, and practice new skills. These methods will be essential to your recovery during rehab. They will also help you avoid relapse after you have completed treatment. You will be able to continue to live a healthy life without substance use, and we will help you do so.



THERAPIES AND PROGRAMS

No two people are the same. This sentiment also holds true for addiction and treatment as well. Therefore, your rehab treatment program must suit your individual needs if you want to successfully overcome addiction throughout your life. At Crestview Recovery, our programs will help you achieve recovery by offering individualized treatment plans that adapt our programs and therapies to your specific treatment goals.

No matter which [private drug rehab center in Oregon](#) you choose, You must also look for these types of therapies and services in order to achieve success in rehab.

The most common and essential services include:



By offering a wide variety of treatment programs, we can begin to treat every aspect of your life that causes your addiction to persist. For example, if you suffer from both a mental health disorder and an addiction, Crestview Recovery can help you treat both of these needs at the same time through dual diagnosis treatment. In fact, it is nearly impossible to treat one issue without treating the other. We take a holistic view of each of our therapy methods, which is how we are able to help you achieve lasting recovery.

If you have experienced trauma in your life that contributes to your addiction, we can help you work through these issues so they no longer negatively affect your life. We can give you tools and coping mechanisms to change your ways of thinking and help contribute to a more healthy lifestyle.

YOUR AFTERCARE PROGRAM

At Crestview Recovery, we are also extremely flexible based on your needs. We understand that not everyone can participate in our residential treatment program. Therefore, we provide a variety of options such as our intensive outpatient rehab and our [telehealth intensive outpatient treatment program](#). These outpatient services make it possible for you to get the treatment you need while you can still participate in your work or family life. Above all, your treatment should

come first. Your participation in treatment will make it possible for you to participate fully in other areas of your life. It will improve your quality of life as well as your relationships.

EUGENE, OREGON TREATMENT THAT MEETS ALL OF YOUR REHAB NEEDS

Crestview Recovery in Portland, Oregon can meet all of your rehab treatment needs. People from all over the [Pacific Northwest](#) enter our rehab at Crestview Recovery. They know they can and will receive the individualized treatment that they need to achieve strong, lasting addiction recovery. Finally, the first step to gaining the benefits of this quality rehab treatment is picking up the phone and calling Crestview Recovery. Talk to an intake counselor today and get to know the program better. When you have this conversation, you learn how Crestview Recovery meets your personal needs. We can help you achieve the future you truly want.



CONTACTING OUR DRUG REHAB CENTER NEAR EUGENE, OR

IF YOU WOULD LIKE TO EXPLORE A LIFE WITHOUT SUBSTANCE ADDICTION, CALL NOW TO SPEAK WITH OUR STAFF. WE CAN WORK WITH YOU TO DETERMINE WHAT TREATMENT MAY BE RIGHT FOR YOU. WE ARE EAGER TO HELP YOU OVERCOME ADDICTION AND GET STARTED ON YOUR LIFELONG RECOVERY TODAY.