

Alcohol Detox Vs Alcohol Rehab San Diego What Is the Difference HGR The terms alcohol detox and alcohol rehabs are sometimes used interchangeably by people beginning to research treatment options in San Diego, but they describe distinct phases of the treatment process that serve different clinical functions. Understanding the difference helps families develop realistic expectations about what getting sober actually involves. HGR Drug Rehabs San Diego California provides both, as part of a continuum of care designed to move clients safely through [opioid treatment San Diego](#) each phase. Alcohol detox refers specifically to the medical management of alcohol withdrawal: the process of the body clearing alcohol and re-establishing chemical balance without it. This process carries medical risks in people with significant alcohol dependence, and it is managed by the clinical team at HGR with 24-hour monitoring, medication-assisted treatment, and emotional support. Completing alcohol detox means the client's body is no longer physically dependent on alcohol, but it does not mean the addiction is treated. Alcohol rehabs address the psychological, behavioral, and social dimensions of alcohol use disorder that persist after the physical detox is complete. This is the treatment phase in which clients engage with the CBT and DBT-based therapy, group programming, individual sessions, and holistic therapies that produce lasting changes in thought patterns, coping strategies, and social behavior. Alcohol rehab is where the work of sustained recovery actually happens.

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At HGR, both phases are available as part of a single, coordinated continuum, which means the clinical team managing your alcohol detox is also the team supporting your transition into alcohol rehab programming. This continuity produces better outcomes than coordinating between separate providers. Call HGR Drug Rehabs San Diego California at 760-697-0497 to discuss the full continuum of alcohol treatment. Available 24 hours.

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Drug & Alcohol Rehab San Diego, CA

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