



# SUBSTANCE ABUSE TREATMENT

CALL CRESTVIEW RECOVERY TODAY  
**(866) 262-0531**

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A brain that requires a psychoactive substance in order to feel normal or okay has developed a dependency on that substance. Chemical dependency becomes a problem when the side-effects outweigh the positive effects of a drug. Or when changes in legislation prevent highly functioning people from getting the drugs they need in order to function. At [Crestview Recovery](#), our life's work is helping people take back their lives from drug and alcohol addiction in the most compassionate, safe, positive, and professional environment available. If someone you love is battling addiction, contact Crestview Recovery at [866.262.0531](tel:866.262.0531) to speak to a counselor. We help families navigate these waters every day.

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## DRUG ADDICTION CAN HAPPEN TO ANYONE

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Although prescription drugs are legal and overseen by doctors, they affect different people in different ways. Their misuse can wreak havoc on a person's brain, body, relationships, and life in general. Even people who follow their doctors' instructions to the letter are still at risk

of developing a chemical dependency, especially on opioids. The National Institute on Drug Abuse (NIDA) estimates that 18 million people misused prescription drugs for non-medical reasons in 2017. Chronic misuse can lead to an increased risk of heart attacks, strokes, seizures, cerebral hemorrhaging, psychosis, kidney, liver, and lung damage.

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## ADDICTION RECOVERY PROGRAMS

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The health, interpersonal, and financial consequences are not enough to discourage an addict from using; the desire to be sober—whatever its strength—is not enough. Addiction affects the survival portions of the human brain, causing people to feel completely trapped by their addiction. Chemically dependent people often understand the consequences of their addictions, but they don't have a practical framework in place to help them abstain from using. Thankfully, our [addiction treatment programs](#) can help people who find themselves dependent on prescription medications get on the path to long-term recovery. **These include:**

- Residential & inpatient treatment program
- Partial hospitalization program
- Intensive outpatient program
- Dual diagnosis treatment
- Women's drug rehab
- Men's drug rehab

The addiction treatment programs we offer at Crestview Recovery provide people with the tools and strategies that sobriety requires. Our team of clinicians and community organizers will be there for you every step of the way. Imagine what you could accomplish if your addiction weren't holding you back.



Click image for link to video.

## THINKING AND BEHAVIOR

The mindfulness practices we teach at Crestview Recovery help participants monitor internal reactions, become aware of personal triggers, and foster more effective behavioral choices. Our therapists focus on increasing acceptance and awareness

of which emotional, physical, and cognitive states that increase the likelihood of turning to substance abuse. Pretending that cravings don't exist does not help people avoid them. Our treatment exercises also help participants increase self-efficacy and self-worth, which have also been shown to lower the possibility of relapse.

## PORTLAND'S PREMIER DRUG & ALCOHOL TREATMENT CENTER

Many of our clients at Crestview begin their addiction recovery in a [medical detox program](#). This inpatient model provides essential support and structure in the early days of recovery. Devastating withdrawal symptoms during detox from drugs and alcohol discourage people from getting sober. Still, an experienced medical team and constant support can give you the comfort and support you need. At Crestview Recovery, we offer [medication-assisted treatment](#) to help you get through the most difficult parts of detox.

At Crestview Recovery, we provide multiple [substance abuse treatment programs](#). Every addiction is different, and the road to recovery can vary just as much as the road that led to substance abuse. Our various programs help people get sober and maintain their sobriety for years to come. Our staff at Crestview has dedicated their lives to helping people take back their lives from the addictions that held them hostage.

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## DRUG & ALCOHOL ADDICTION

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People turn to drugs for a variety of reasons. Some of the most common include past trauma, extreme stress, or to cover up an underlying mental illness. Regardless of why people turn to drugs, these substances can ruin lives. Some of the most common drug addictions that we see and treat include:

- **Opiate addiction rehab**
- **Alcohol addiction treatment**
- **Heroin addiction rehab**
- **Prescription drug addiction rehab**
- **Meth addiction rehab**

“Crestview went above and beyond to help me navigate the addiction treatment maze — even offering information on other programs to ensure that my daughter would access treatment after detox.

Thankfully, she was able to enter Crestview the day before Thanksgiving, and while there, received a personalized treatment program that addressed substance use, mental health, trauma history, and family system issues. She had access to a clean/safe women’s residence, medication assisted treatment, individual and group therapy, community-based providers, recovery activities, skill-building, and case management. \*Most importantly, the intake and clinical staff at Crestview cared deeply about her — she was not simply another client moving through the program.\*

Bottom line: I would recommend Crestview Recovery to friends and family without hesitation.”

- M MCEVOY

Whether you’re dependent on legal or illicit substances, you could find yourself spiraling downward quickly. Fortunately, a substance abuse treatment program in Portland can help you renew your sense of purpose, hope, and connection to others. The friends you make during treatment will be some of your best resources.

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## RESIDENTIAL ADDICTION TREATMENT

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Participating in our inpatient rehab center program is our most intense treatment option. It provides a higher level of care than any other rehab program in Portland. During inpatient treatment, our clients live with us on campus during treatment while maintaining appropriate contact with loved ones.

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## PARTIAL HOSPITALIZATION (PHP)

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Crestview Recovery offers a [partial hospitalization program \(PHP\)](#) for clients who have recently completed detox and need to be medically monitored. Crestview offers medication-assisted treatment and therapy options for people in our PHP. A PHP helps ensure there are no lasting effects of withdrawal before people enter residential treatment.

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## INTENSIVE OUTPATIENT TREATMENT (IOP)

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An [intensive outpatient program \(IOP\)](#) is a step-down from the residential and PHP programs we offer. An IOP is designed for people who have already completed residential addiction treatment. During an IOP, clients attend treatment during the day and return home to their families in the evenings. For clients with sober and supportive home lives, an IOP can help people who have experienced a brief relapse or difficult life event.

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## SUBSTANCE ABUSE TREATMENT PROGRAMS

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Both inpatient and outpatient programs implement evidence-based and holistic approaches to help you recover from addiction. Our staff has experiences and temperaments to serve as therapists, mentors, and coaches. We designed our evidence-based addiction therapy programs around strategies that work. Our approach to addiction recovery is practical, affirming, and community-oriented. These are some of the programs we offer:

- **Cognitive-behavioral therapy**
- **Dialectical behavior therapy**
- **Medication management**
- **Trauma-focused counseling**
- **Family and marital counseling**

A Crestview's addiction treatment center, you'll learn how to identify and change negative thoughts, feelings, and behaviors. An important aspect of addiction treatment programs is learning how to cope with triggers and cravings without using drugs or alcohol. It may seem impossible, but we have helped people more lost than you are.

After you finish treatment, an alumni program offers a supportive recovery community to help keep you motivated, engaged, and connected. We also offer holistic therapies to help treat your body, mind, and spirit in unison. [Holistic drug rehab therapies](#) promote physical activity and mindfulness. Side effects are rare. Some common holistic therapies include yoga, pilates, and meditation.

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## ALCOHOL ADDICTION

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People often underestimate the dangers of alcohol since it's legal in the US. However, this drug can lead to a dangerous addiction. Many times, people drink to deal with other feelings or to unwind after a hard day at work. The problem occurs when people begin escalating from one to two drinks to three or four. As a person's tolerance builds, so do the dangers. Alcohol addiction treatment can address these issues and put you back on the path to healing. According to US News & World Report, the number of alcohol-related deaths in the United States has doubled over the past 20 years.

Join us at Crestview Recovery to start living life on your terms instead of on alcohol's terms. Excessive alcohol use has both short- and long-term health risks, **including:**

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## SHORT-TERM EFFECTS OF ALCOHOLISM

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- Acute Injuries
- Violence
- Alcohol poisoning
- Acquiring an STD
- DUIs
- Dysfunctional relationships
- Sexual violence

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## LONG-TERM EFFECTS OF ALCOHOLISM

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- Organ failure in young adults
- Loss of sexual function
- Social incompetence
- Weakened immune system
- Isolation
- Dementia
- Cancer
- Heart disease
- Cognitive delays

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## FIND THE BEST ADDICTION TREATMENT PROGRAM TODAY

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Substance abuse disorders cause isolation, depression, and feelings of intense hopelessness. The health and relationship turmoil spurred by addiction can make recovery feel even less attainable. No matter what stage of addiction you're struggling with, recovery at a [mental health treatment and addiction program](#) is always an option. Attending addiction treatment may seem inconvenient; many parents feel guilty about leaving their children to get help for a drug or alcohol addiction. When you schedule your intake interview with Crestview Recovery Center, we assess which substance abuse treatments and therapies will work the best for you. Don't let your addiction rule your life for one more day. Browse our treatments below or call [866.262.0531](tel:866.262.0531) today to begin working towards a healthier lifestyle in sobriety. At Crestview Recovery, we offer a variety of different substance abuse treatments, **including:**

- Adderall addiction rehab
- Alcohol addiction rehab
- Cocaine addiction rehab
- Heroin addiction rehab
- Meth addiction rehab
- Methadone addiction rehab
- Morphine addiction rehab
- Opioid addiction rehab
- Oxycodone addiction rehab
- Painkiller addiction rehab
- Prescription drug addiction rehab
- Xanax addiction rehab

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## ADDICTION IN PORTLAND: PUBLIC HEALTH CRISIS

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Substance abuse disorders, alcoholism, and addiction have become a public health crisis in the United States. Although everyone has the potential to become chemically addicted to a substance, there are certain risk factors (such as family history) that increase the likelihood of developing an addiction. Thousands of people in Oregon die from overdoses every year.

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## WHAT HAPPENS WHEN A PERSON RELAPSES?

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Relapsing happens when a person in recovery begins using alcohol or drugs after a sustained period of abstinence and recovery. A relapse can feel like a colossal setback, but this is part of the recovery process.

At Crestview Recovery, we offer the tools, strategies, and resources to help people get their lives back. Addiction is a devastating but treatable condition. It requires treatment because it is a progressive condition meaning that symptoms will return if they are not addressed. [Contact Crestview Recovery today](#) to speak with a clinician about drug addiction treatment by calling [866.262.0531](tel:866.262.0531).

- **Heroin addiction**
- **Prescription drug addiction**
- **Alcohol addiction**
- **Meth addiction**
- **Opioid addiction**

CONTACT US TODAY AT  
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so we can help you begin the  
road to recovery.

