

A photograph of a man from behind, sitting on a large, textured rock. He is wearing a dark jacket, light-colored pants, and sandals. His right arm is extended upwards, hand open, as if reaching for something or gesturing towards the sky. The background is a vast, misty landscape of rolling hills and mountains covered in dense green forests.

# WASHINGTON REHAB RESOURCES

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CALL CRESTVIEW RECOVERY TODAY  
**866.580.4160**

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If you or a loved one is struggling with addiction in the Vancouver area, Crestview Recovery offers the most progressive social and vocational drug treatment programs in the Pacific Northwest. With beautiful housing, updated treatment modalities, and a staff that truly cares, Crestview Recovery is an excellent drug treatment option. We are located 20 minutes from Vancouver, Washington, about 15 minutes south of Portland International Airport. Get a new start at Crestview Recovery by calling [866.580.4160](tel:866.580.4160) or by contacting us online.



## ADDICTION TREATMENT IN WASHINGTON STATE

The state of Washington is a haven for outdoor and social activities. Drug and alcohol addiction brings with it many negative consequences. These include

increased crime, unemployment, and injuries. Resources for a [Washington rehab center](#) offer a way for individuals who are addicted to drugs and alcohol to overcome their addiction so that we can create a better, safer world without substance abuse. Additionally, our drug treatment programs help people resume living a healthy life where they can enjoy the many activities that the Pacific Northwest has to offer.

## ALCOHOL REHAB RESOURCES NEAR WASHINGTON

We offer a number of different treatment options and locations near Washington. At Crestview Recovery, we offer our clients the opportunity to participate in a [12-step program](#). This helps people connect with others who have experienced similar difficulties. Building healthy relationships is an essential part of addiction recovery. Additionally, many of our clients participate in [dual diagnosis treatment](#), which helps treat mental health issues as well as addiction. At Crestview Recovery, we offer these treatment options to clients seeking recovery in the Pacific Northwest

area. Our clients frequently come from areas of Washington to our Portland rehab center, as it gives them the chance to begin their journey in a new environment that is not too far away from home. **These locations include:**

- [\*\*Alcohol Rehab center near Algona\*\*](#)
- [\*\*Alcohol Rehab center near Asotin\*\*](#)
- [\*\*Alcohol Rehab center near Battle Ground\*\*](#)
- [\*\*Alcohol Rehab center near Bellevue\*\*](#)
- [\*\*Alcohol Rehab center near Benton City\*\*](#)
- [\*\*Alcohol Rehab center near Bingen\*\*](#)
- [\*\*Alcohol Rehab center near Blaine\*\*](#)
- [\*\*Alcohol Rehab center near Bonney Lake\*\*](#)

## DRUG REHAB RESOURCES NEAR WASHINGTON

If you are struggling with substance use disorder, Crestview is here to help. We offer a number of resources for those researching [Washington rehab centers](#). Attending drug rehab at Crestview will change your life. Our staff is ready and able to help so you manage your drug addiction. Visit our drug rehab center if you are searching for treatment near **the following areas:**

- [\*\*Drug Rehab Center near Anacortes\*\*](#)
- [\*\*Drug Rehab Center near Arlington\*\*](#)
- [\*\*Drug Rehab Center near Asotin\*\*](#)
- [\*\*Drug Rehab Center near Bainbridge\*\*](#)
- [\*\*Drug Rehab Center near Battle Ground\*\*](#)
- [\*\*Drug Rehab Center near Bellevue\*\*](#)
- [\*\*Drug Rehab Center near Bellingham\*\*](#)
- [\*\*Drug Rehab Center near Benton City\*\*](#)
- [\*\*Drug Rehab Center near Black Diamond\*\*](#)
- [\*\*Drug Rehab Center near Blaine\*\*](#)
- [\*\*Drug Rehab Center near Bonney Lake\*\*](#)

As part of our healing process at Crestview, we offer many different options for alcohol recovery. We help our clients take advantage of our peaceful treatment center by getting them involved in different outdoor activities. These can be activities such as adventure therapy, [biking therapy](#), a [hiking therapy program](#), and much more. This kind of engagement helps our clients discover new and exciting hobbies. It also helps keep them from relapsing long after they have completed treatment.

"As a client it was a very good experience. The therapist were top notch and extremely helpful. Wide variety of therapy and always had my best interest. Activities every weekend to show that we can have fun being sober and they showed me the way to live an alcohol and drug free happy life! If you are contemplating on treatment I would highly recommend going through Crestview it will change your life!!"

- STEPHEN

Above all, at our drug rehab center, we help our clients overcome drug use. We do this by providing them with a variety of treatment programs and options. We pride ourselves on giving our clients the best treatment that works for them. **This includes programs such as:**

- **Intensive Outpatient Program**
- **Outpatient Rehab Addiction Treatment**
- **Extended Care Addiction Treatment**
- **Partial Hospitalization Program**

Additionally, we offer many different types of therapy as a resource for those who want to learn more about what is causing their addiction and how they can overcome it in the coming years of their recovery. Our [individual counseling](#) helps give our clients the one-on-one time they need to discuss

their addiction with a professional. In turn, our [group therapy activities](#) are helpful because they give our clients a support system through rehab.

Also, we may recommend [cognitive-behavioral therapy](#) to help our clients form more positive ways of thinking. In addition to these resources, our professionals might also recommend [mindfulness meditation therapy](#) as a way to overcome drug addiction. We want to help you find a way that works for you. Whatever that may be, Crestview Recovery is here to provide you with the options that will help you live a drug-free life.

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## TYPES OF ADDICTIONS EXPLAINED

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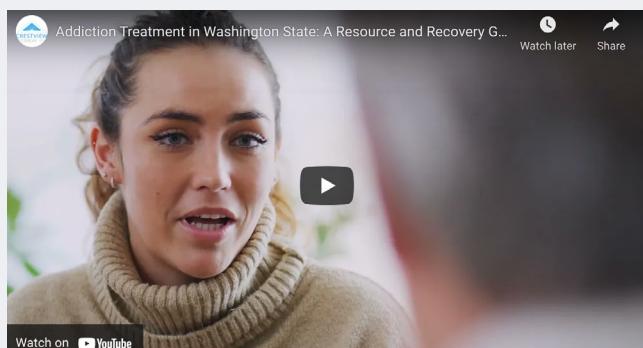
There are many misconceptions about addiction. In some cases, someone may joke that they have an addiction to something when, especially to those who are suffering from an addiction, it is not a laughing matter. Although it is true that you can experience addiction to many things other than illegal drugs, addiction is not simply defined by an affinity for something. Rather, it is a dysfunctional dependence on a substance, object, or activity that cannot be put aside simply by motivation. Keeping this in mind, here are some common types of addictions that may be treatable in a clinical environment for addiction recovery.

## DRUG TREATMENT NEAR VANCOUVER, WASHINGTON

Substance abuse addictions are probably the most commonly diagnosed and treated types of all addictions. They function as a dependency on a substance that provides some kind of chemical reward. A substance abuse addiction may include dependence on and abuse of the following:

- Opioid addiction
- Alcoholism
- Tobacco/nicotine addiction
- Cannabis addiction
- Addiction to unregulated drugs such as cocaine, heroin, and meth
- Hallucinogen addiction (LSD, peyote, mushrooms)
- Legal prescription drugs that are legally or illegally obtained (opioids, etc.)
- Caffeine or sugar addiction

While this is not an exhaustive list, it gives you an idea that addiction can come in many forms. Some individuals with substance abuse addictions can be functional in everyday life until their addiction creates a health problem or disruption of interpersonal relationships significant enough to jolt them into seeking substance abuse treatment.



## BEHAVIORAL ADDICTIONS

Some addictions do not require the use of a substance at all. These addictions concern patterns of behavior that may be ultimately self-destructive. While there is not a substance involved, the behavior that the individual has an addiction to provides a similar pattern of chemical reward. This includes a comedown period that drives the individual to continue the cycle of behavior even if it begins to cause a disruption of their life or is detrimental to their well-being. **Some common behavioral addictions include:**

- Internet/smartphone addiction
- Sex addiction
- Addiction to Gambling
- Shopping addiction
- Gaming addiction

## ADDICTION TO HIGH-RISK BEHAVIORS

Sadly, many behavioral addictions go undiagnosed until something has gone terribly wrong, such as a person getting caught engaging in criminal activity or otherwise causing harm to themselves or others in the pursuit of a cycle of activity that is unsustainable.

## COMMON ADDICTION TRIGGERS

Addiction is a serious and recurring disorder that can return at any time. It's also very complicated as it impacts your brain's chemical makeup. Here are some of the most common addiction triggers that cause people to relapse after periods of abstinence:

- Stress from work, your relationships, from money, or everyday life
- Holidays or moments of celebration like Thanksgiving, Christmas, birthdays, and graduations
- Being around people you used to drink or use drugs with
- Conflicts such as arguments, traffic accidents, or family strife
- Large sums of money
- Boredom

## FIND AN AA MEETING NEAR VANCOUVER, WA

Beating addiction is a massive challenge. It takes a lot of work both during and after treatment. Part of that is because of the fearsome nature of addiction. Statistically speaking, a high number of rehab graduates will relapse in their first year after treatment. Our programs at Crestview are 12-step informed in order to make treatment accessible to more people. After finishing treatment for alcoholism, any AA meeting

near you will provide assistance. While an AA meeting might not provide the same comprehensive treatment found in alcohol rehab, it can help you prevent relapse and connect with others.

## WHAT MEDICATIONS TREAT ALCOHOLISM?

While we do not recommend this treatment to everyone, some of our patients find success in a medication-assisted treatment program. The medications prescribed have their own potential for addiction, but they can be used to help people with treatment-resistant chemical dependency. Gabapentin, Suboxone, Naltrexone, and Methadone may be helpful for people.

## WHAT HAPPENS AFTER REHAB?

Relapse prevention is the main purpose of our aftercare program at Crestview. In the aftercare phase, you continue with counseling and work on a strong set of coping skills as well as lifestyle changes to keep addiction at bay.

In addition to counseling, you also will be encouraged to enter 12-step addiction programs, such as Alcoholics Anonymous or SMART Recovery. Peer support has been proven to be a significant benefit in relapse prevention. After finishing treatment, an AA meeting nearby can provide the support you need to stay sober.

Both counseling and peer support are places where you can further discuss your own common addiction triggers and what to do about them.

## INPATIENT DRUG TREATMENT

With so many different types of addictions, there is no one rule of thumb that will separate who is suffering from addiction from one who is simply overly fond of a substance or activity. The most pertinent question to ask is how the substance or activity is causing dysfunction in your life. Residential drug rehab near Washington can help you gain the skills you need to start a new life.

While many people who have an addiction can remain functional, even those individuals will feel the undue strain and stress that the addiction is causing in their lives. The most dangerous part of addiction is denial and minimization, as both may discourage people from getting the help they need. This is especially true of more uncommon addictions that many people find innocuous, such as video gaming or smartphone use. Addiction therapies help each individual understand these dysfunctional patterns and identify long-term coping skills and resources for recovery.

## NEED HELP WITH MEDICATION MANAGEMENT?

For people who have been prescribed a number of medications, it can be difficult to know whether they are working properly or interfering with one another. Call [Crestview Recovery](#) at [866.580.4160](tel:866.580.4160) to learn more about our addiction recovery and rehabilitation services.

## HOW CRESTVIEW RECOVERY CAN HELP

If you are ready to take the next steps in your recovery, do not hesitate to reach out to Crestview Recovery at [866.580.4160](tel:866.580.4160). We are here to help get you the treatment you need so you can live a life free of drugs and alcohol in Washington.

**CONTACT US TODAY AT  
866.580.4160**

so we can help you begin the road to recovery.