



# GENDER-SPECIFIC ADDICTION REHAB PROGRAM

CALL CRESTVIEW RECOVERY TODAY  
**866.580.4160**

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At Crestview Recovery, men and women who are in treatment for a primary mental health concern attend their own [addiction treatment programs](#). Our drug and alcohol rehab center provides classes, supervision, workshops, and therapy at our community treatment center. We started offering gender-specific process groups in addition to our other programs because our clients requested them. While a person's gender doesn't determine their needs, some people feel safer—especially at the beginning of treatment—in gender-specific groups. Contact our mental health and drug addiction treatment center to learn more. We are open 24 hours a day for a reason; feel free to call us anytime, day or night. We welcome all people at Crestview regardless of gender identity or sexual orientation. You can reach us by calling 866.262.0531.



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## DRUG TREATMENT STARTS AT CRESTVIEW

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Addiction is a complex, extremely personal disease that manifests differently for everyone. Process groups consisting of men-only or women-only offer safe spaces for people to talk openly about sensitive issues. While some aspects of our Portland drug treatment programs are gender-neutral, we understand the [benefits of offering men's drug rehab programs](#) and women's drug rehab programs. The following treatment programs can help those who are struggling with addiction:

- Meth addiction rehab
- Opioid addiction rehab
- Alcohol addiction rehab
- Benzodiazepine addiction treatment

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## WHAT IS INPATIENT DRUG TREATMENT?

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[Inpatient alcohol and drug treatment programs](#) provide 24/7 supervision and care for the duration of our program. A

hospital-based inpatient facility offers around-the-clock medical care from healthcare professionals and clinicians. Other inpatient programs in Portland tend to impose strict, senseless restrictions that actually inhibit growth, but at Crestview, we believe that learning how to manage freedom is an essential component of lasting recovery. While attending inpatient treatment is not a reasonable option for most people because of work, family, and academic obligations, it is the best way to make a dramatic, lasting life change. Portland non-hospital-based residential programs can also facilitate access to medical services when needed.



Click image for link to video.

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## BENEFITS OF CHOOSING A GENDER-SPECIFIC ADDICTION REHAB PROGRAM

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There are a number of benefits that come with entering a gender-specific rehab program. For example, women often may have different reasons than men for turning to substance abuse. Some common reasons include:

- Low self-esteem
- Emotional abuse
- Sexual assault
- Domestic violence or other physical abuse
- Stress from working and balancing a family

Another benefit of joining a gender-specific rehab program is that therapy sessions are more focused. For therapy to work correctly, it's important to get to the root cause of the problem. The causes of addiction are often different between men and women.

"Incredible facilities. The staff is so compassionate and understanding. I have worked in the treatment industry for years and I was very impressed. I would highly recommend and trust Crestview to help anybody struggling with addiction."

**SARA**

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## GENDER-SPECIFIC MENTAL HEALTH & ADDICTION TREATMENT

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Data show that men have a higher chance of abusing drugs than women. However, that doesn't mean that women don't have drug and alcohol abuse problems as well.

Girls under the age of 18 are more likely to abuse drugs than boys of the same age.

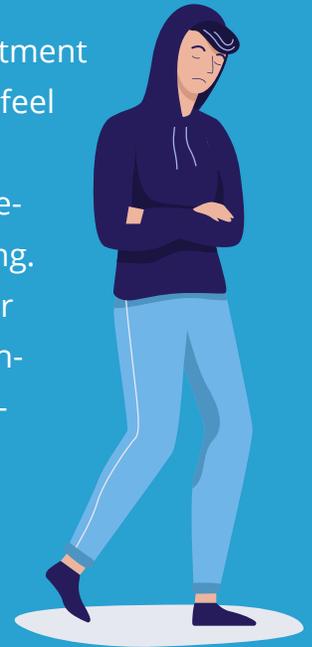
While both men and women benefit from extended care addiction treatment programs, women may benefit even more. Studies show that many women only show significant improvement after a 90-day rehab program. Women's addiction problems are often deeply rooted in their brains, so it takes extra time and therapy to begin the healing process. Gender-specific rehab can make or break someone's recovery process. That's why at Crestview Recovery, we take every step necessary to help you along the way.

The number of people struggling with substance use concerns is increasing in Oregon and throughout the United States.



Women have been shown to experience more negative side effects from taking naltrexone than men.

Gender-specific treatment can help individuals feel comfortable sharing sensitive personal details in a group setting. At Crestview we offer a combination of gender-specific and gender-neutral groups depending on the individuals participating.



Rather than viewing addiction as a male or female problem, we view it as a human problem.

Source:

[https://www.oregon.gov/adpc/SiteAssets/Pages/index/Statewide%20Strategic%20Plan%20Final%20\(1\).pdf](https://www.oregon.gov/adpc/SiteAssets/Pages/index/Statewide%20Strategic%20Plan%20Final%20(1).pdf)

<https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SUBSTANCEUSE/OPIOIDS/Documents/OHA2479.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7668196/>

## LEARN WHAT IT TAKES TO BE IN RECOVERY

Becoming drug-free is hard when you try to do it alone. Thankfully, you don't have to. At Crestview Recovery, we'll work hard

to ensure that you get the help you need to overcome addiction. Some different addiction treatment programs that we offer include:

- Drug addiction treatment
- Cognitive-behavioral therapy
- Intensive outpatient programs
- Group therapy

Don't let the weight of addiction keep you down any longer. Reach out to Crestview Recovery to get started on the next chapter of your life. Each of our programs is LGBTQ- and trans-friendly. Contact us today at [866.262.0531](tel:866.262.0531) for more information.

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## GENDER-SPECIFIC TREATMENT FOR BEHAVIORAL ADDICTION

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What are behavioral addictions, and can they impact you? These are addictions, activities or habits that you engage in regardless of the risks that involve a specific behavior. They can include drug and alcohol addictions, but they can also involve non-substance addictions such as gambling or video game playing. It's essential to know about behavioral addiction is that it is challenging to stop. It may require the use of an intervention for a loved one or addiction treatment from a professional. At Crestview, we can provide you with the support you need to get that help. Call [866.262.0531](tel:866.262.0531) today to learn about our services.



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## COULD YOUR LOVED ONE HAVE A BEHAVIORAL ADDICTION?

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Addictions are more than just habits. They are typically instances in which a person engages in an activity that is reckless, dangerous, or problematic in another way repeatedly. They know doing the action is risky, but they do not feel they can stop doing it. In addition, many people with drug and alcohol addiction have dependence, a condition in which their bodies and brains have become reliant on access to the drug. Dependencies make it nearly impossible for them to stop.

Some of the [most common types of behavioral addictions](#) include:

- Drug addiction
- Alcoholism
- Sex addiction
- Gambling or gaming addiction
- Shopping addiction

When a person engages in these activities so often that it interferes with their ability to maintain responsibilities or health, it's time to get help.

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## INVESTING IN AN INTERVENTION

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Many people who have an addiction like this are unwilling to seek out help. They may not recognize the need for it or feel as though they have anything wrong with them. They may even find themselves struggling with getting help because of the dependency they have. An intervention may be able to help with this.

It allows family and close friends to come together to show a person with a behavioral addiction what they are doing and the results of their actions. It is also essential to discuss the impact this has had on you and your health. An intervention is also a time to encourage your loved one to get help or decide to no longer support them financially. It can become critical to seek this level of support for someone who is engaging in reckless behavior.

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## CONTACT A MEN'S OR WOMEN'S ADDICTION TREATMENT PROGRAM

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Behavioral addiction does not typically improve on its own. It often requires time focused on working through mental health disorders as well as dependence. This may include advanced therapy, such as detox and mental health counseling services. For those who host an intervention for a loved one, it can be very important to have the right tools in place to support the individual,

including addiction treatment, lined up to meet their needs.

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"I was there for treatment Portland Oregon Crestview. Having been to several rehabs before Crestview, This place is amazing. Beautiful house, great kitchen, you get to do your own shopping yourself once a week and are responsible for your own meals, cooking, cleaning. Rewarded if all goes well with your program and group, day trips to scenic parks, bowling, movies, etc. barbecue, and you are with others that also want to be free of drugs and or alcohol etc. This program works. Best rehab I ever went to.. The CV staff was professional and kind. What else can I say, I should have spoke up sooner about this place. Thank you"

**STEPHEN**

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## OUR TEAM CAN HELP WITH INTERVENTION AND ADDICTION TREATMENT

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Behavioral addiction can be treated successfully for most people with the right type of addiction treatment, sober living, and community support. Our team at Crestview can provide the level of support you need in finding the proper help for your loved one. With a wide range of services to offer, we can listen, guide, and encourage you to get into the right treatment for your loved one. We provide a range of services, including:

- Alcohol abuse interventions
- Drug abuse interventions
- Mental health interventions
- Professional recovery programs

### **BUSINESS EXECUTIVE PROGRAM: ANONYMITY AND INTEGRITY**

Are you a business executive struggling with substance abuse? This can be very challenging to deal with because you don't want to have your job threatened by admitting to your issues.

### **THE EMBARRASSING TRUTH: SUBSTANCE ABUSE**

Business executives and other high-level social figures are always in the spotlight. Your personal life can be inseparable from your public life. So if everyone finds out that you're

struggling with substance abuse, they may think that your company is suffering too. The devastating loss of reputation and business can result from openly entering rehab. You must take care to protect your assets while you seek help.

### **THE ADVANTAGE OF BUSINESS EXECUTIVE REHAB**

A quality rehab center will understand that business executives have needs different from most people. First of all, you need to stay connected to your work. You certainly can't just get up and leave for a few months without losing your job. Specialized rehab programs will allow you space and time to stay in touch with your duties during your rehab program.

### **MEN'S & WOMEN'S DRUG REHAB & SOBER LIVING IN PORTLAND**

There's no reason to worry about your reputation suffering from entering drug rehab. You can find total protection and anonymity while you focus on overcoming your addiction. Before long, you'll be back in the office and better than ever. Whether you are interested in a Portland men's rehab or a Portland women's rehab, Crestview has the [sober living resources available](#) to help.



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## PUT TRUST IN CRESTVIEW RECOVERY FOR HELP

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Behavioral addiction could be limiting your life and putting you at risk for complications. Or, it may be your biggest concern when helping your loved one. Getting help includes intervention and addiction treatment for some. Our team at Crestview has the tools to help and guide you. To learn more, reach out to us by calling [866.262.0531](tel:866.262.0531) or connecting online.

CONTACT US TODAY AT  
**866.580.4160**

so we can help you begin the road to recovery.