

ASHEVILLE DETOX CENTER

WHAT TO EXPECT AT ADC



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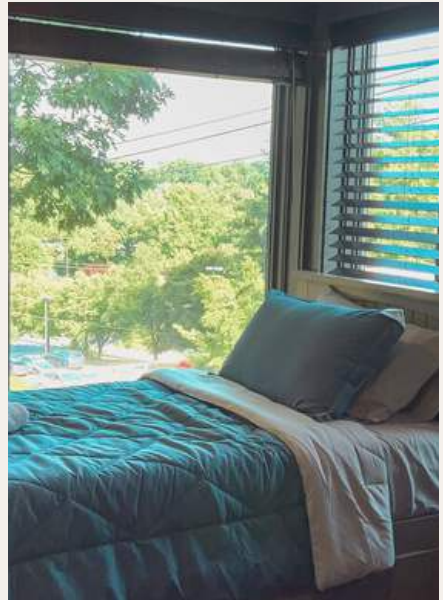
Contact Us

OUR FACILITY

A Compassionate Environment for Healing

Beginning detox can feel overwhelming, but at Asheville Detox, we are committed to making the process as comfortable and supportive as possible. Here's what you can expect during your stay.

Our zen-inspired facility is intentionally designed to reduce stress and promote relaxation. From the moment you arrive, you'll be cared for by a dedicated team of professionals who understand the challenges of recovery.



Asheville Detox provides thoughtfully designed accommodations, communal spaces for relaxation, and areas for therapeutic activities. The serene surroundings and thoughtfully designed interiors create an environment that promotes peace and recovery.

THE DETOX PROCESS

Evaluation, Stabilization, and Aftercare

At Asheville Detox, we believe in a holistic approach to detoxification, ensuring that every client receives individualized care tailored to their specific needs. Our three-phase process—Evaluation, Stabilization, and Aftercare Planning—provides a comprehensive framework to guide clients safely through detox and into long-term recovery.

Evaluation

Every client undergoes a comprehensive evaluation to assess their physical and mental health, addiction history, and individual needs. This step ensures a tailored treatment plan.

Stabilization

Through personalized care and, when appropriate, medication, clients are safely guided through withdrawal, ensuring physical and emotional stability.

Aftercare Planning

Detox is only the beginning. Our team works with each client to develop a plan for ongoing treatment, helping them transition smoothly into the next stage of recovery.



MEDICAL AND THERAPEUTIC SERVICES

Helping You To A Substance Free Life

Medical Detoxification

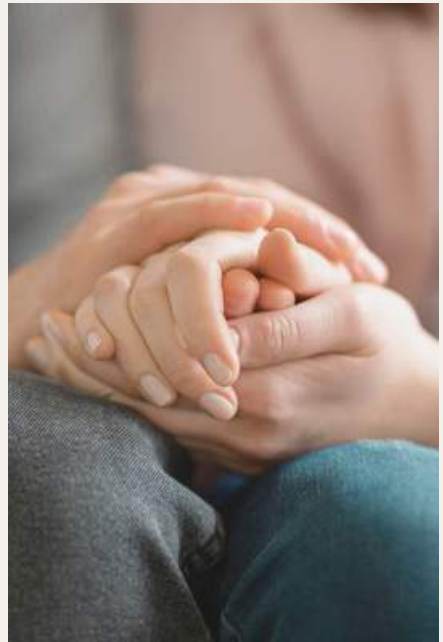
Under the supervision of licensed medical professionals, clients undergo detox in a safe and controlled environment. Our team is experienced in managing withdrawal from various substances, including alcohol, opioids, benzodiazepines, and stimulants.

Medication-Assisted Treatment (MAT)

To enhance comfort and reduce the risk of relapse, we offer MAT using FDA-approved medications such as Suboxone, Methadone, and Vivitrol. These medications are administered as part of a comprehensive treatment plan that includes counseling and behavioral therapies.

Therapeutic Support

In addition to medical care, we provide therapeutic services to address the emotional and psychological aspects of detox. This includes individual counseling, group therapy sessions, and educational workshops designed to equip clients with coping strategies and insights into their recovery journey.



COMPREHENSIVE WELLNESS

Healing the Mind, Body, and Spirit

**Holistic Activities**

We believe in treating the whole person, not just the symptoms of addiction. Our holistic services may include mindfulness workshops, meditation, and other activities aimed at promoting overall well-being. These approaches complement medical treatment and support the development of healthy routines and coping mechanisms.

**Nutritional Therapy**

Proper nutrition plays a vital role in the detoxification process. Our Nutritional Therapy Program focuses on replenishing essential nutrients, supporting physical health, and stabilizing mood. Clients receive balanced, chef-prepared meals and have access to nutritional education to promote healthy eating habits during and after detox.

**Family Involvement**

Recognizing the impact of addiction on families, we encourage family involvement in the recovery process. Our program offers family counseling sessions, educational resources, and support to help loved ones understand addiction and contribute positively to the client's recovery journey.

CLIENT EXPERIENCES

Hear From Our Past Clients



I had a wonderful experience at ADC! The staff is incredibly kind and welcoming. I immediately felt safe and at peace as soon as I arrived and settled in. The beds are comfy and the community room is super cool. They provide great snacks and the meals are excellent as well. They allow you to smoke/vape anytime you want which is nice. They do laundry for you as well. Shout out to literally all the staff there at the center. Everyone played a big role in my recovery process. It proved to be a huge help for me and great experience. Highly recommend! – **Nathan**



Asheville Detox Center saved my life! Not knowing what to expect, I was overtaken by alcoholism & couldn't fight the battle alone anymore. From the moment I walked through the door, I knew this was where I needed to be! The facility was clean & neat. I felt safe & in a healthy environment I could thrive in. The staff & nurses never failed to answer every need I had. The food was incredible & the friendships will last a lifetime!! 451 days free from the chains of addiction & the rest of my life to go. – **Alyson**



This place saved my life. I honestly didn't want to leave. I made the bestest friends there, that I will forever be connected to. All of the staff and nurses were completely amazing. So compassionate and caring. The counselors were fantastic. Never once did I feel judged or felt out of place. I would 1000% recommend this place to anyone wanting to seek help. I became so happy sober here it was truly an amazing experience. I couldn't Thank EVERYONE at Asheville Detox enough! – **Cassie**

THE ADMISSIONS PROCESS

Reach Out To Us Today

Embarking on your recovery journey with Asheville Detox is a straightforward process:

Initial Contact

Reach out to our admissions team via phone at (828) 522-5822 or through our website's contact form.

Assessment

We conduct a confidential assessment to understand your specific situation, including substance use history, medical background, and any co-occurring conditions.

Insurance Verification

Our specialists assist with verifying your insurance benefits and exploring payment options, working with most major providers to ensure maximum coverage.

Admission

After completing the assessment and financial arrangements, we coordinate your admission, providing a thorough orientation to familiarize you with our facility and team.

Contact Us



admissions@hcana.com



ashevilledetox.com



(828) 761-7226

