



BOCCA

RECOVERY CENTER



Drug and Alcohol Services, Individual Counseling, Group Counseling, Eating Disorder, Faith Based Services



Contact one of our admissions navigators for assistance [here](#)



24/7 Helpline, Give Us A Call:
(855) 461-3185

Medical Detox

Medical detox programs give people the time their bodies need to get rid of the substances or alcohol from their system. When you enter the drug detox program at Boca Recovery Center, you will start your journey to a sober, healthier life in a safe, supervised environment. We will keep you as comfortable as possible throughout withdrawal. Our expert staff can manage a range of withdrawal severities depending on the substance abused and your level of dependence. Call us today on (855) 637-1331 to learn more about our medical detox programs.

Outpatient

Outpatient addiction rehab centers provide alcohol and drug treatment to those in need. Outpatient rehab centers offer many types of addiction rehab and assistance in recovery. During outpatient treatment, individuals at that level of care are required to visit the rehabilitation center regularly. Outpatient rehabilitation programs are usually suitable for people who do not require medically-supervised detoxification, intensive treatment, or around-the-clock supervision.

The outpatient program for substance use disorders at Boca Recovery Center provides a strong program of therapy and support to recovering individuals. The goal is to provide our clients with the tools and direction they need to achieve lasting sobriety. We specialize in the rehabilitation of many different substances, including cocaine, heroin, methamphetamine, benzodiazepine, marijuana, and opioid (pain pill) addiction.



Residential Treatment

People struggling with alcohol or substance use disorders can benefit from participating in addiction treatment programs. The best rehab facilities can not only help individuals struggling with addiction achieve sobriety, but also help them overcome the underlying issues that likely contributed to their addiction in the first place.

Individuals with severe, long-term alcohol or substance use usually need to participate in an inpatient (residential) program to recover fully. Residential treatment programs for drug or alcohol addiction have proven to be highly effective.

Partial Hospitalization

At Boca Recovery Center, we offer a Partial Hospitalization Program (PHP) for individuals who are in need of intensive rehab treatment for their substance use disorder and co-occurring mental health issues, but are ready or able to live independently and engage in activities of daily living as they prepare to move back into the community. These are individuals who do not require 24 hour medical supervision, and are able to attend outside 12 step meetings, and go out on passes in the community with sober support. However, these clients participate in treatment 5 days a week for 6 hours, and 3 hours on a Saturday.

Dialectical Behavior Therapy

Dialectical behavior therapy (DBT) is a type of psychotherapy that is used to treat a variety of mental health conditions. It has proven to be very effective in addiction rehab. DBT helps people struggling with substance use disorders learn new skills to solve the problems that are causing their addiction. These skills include distress tolerance, emotional regulation, interpersonal communication, and mindfulness. During dialectical behavior therapy, recovering addicts are taught coping strategies that are critical in helping them move away from drug and alcohol use.

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is an evidence-based psychotherapy technique that helps recovering individuals overcome substance abuse. This is accomplished by changing the way an individual thinks and behaves. In addition to addiction treatment, CBT is also useful in managing a wide range of mental health problems that frequently co-occur with substance use disorders, including anxiety and depression.

Family Therapy

Substance Use Disorders affect every aspect of a person's life. They make it difficult to carry out daily activities and function at school or work. At Boca Recovery Center, we know that drugs and alcohol affect not only the individual but the entire family. We offer a range of family therapy services to help families break out of unhealthy behavior patterns. We support family members directly affected by a loved one's addiction



Trauma Informed

Trauma and substance use disorders often go hand-in-hand. Traumatized individuals have a high rate of dependence on various substances like alcohol, cocaine, heroin, benzodiazepines and opiates. At Boca Recovery Center, we understand the far-reaching effects that trauma can have on individuals battling substance use disorders. Our therapists practice trauma-focused therapy that recognizes and emphasizes the impact of traumatic experiences on a person's addictive behaviors.

Eating Disorders

At Boca Recovery Center, we recognize that an eating disorder is a serious and potentially fatal illness related to a person's behaviors, thoughts, and emotions. We provide a range of treatment options for eating disorders, including psychotherapy, nutrition education, medical monitoring, and medications. It is important to understand that eating disorders commonly co-occur in individuals who are struggling with substance use disorders.

Christian Rehab Services

Addiction is a challenging condition to overcome. An individual who is lost in the depths of addiction can use all the help they can get. In addition to detox and psychotherapy, spiritual support and guidance play an important role in recovery for people dealing with drug and alcohol abuse. There are many faith-based drug rehabs and Christian recovery centers to help people battling substance abuse. These facilities provide spiritual guidance as part of addiction treatment.

Abstinence Based and Harm Reduction Model

Many people struggling with drug or alcohol abuse find the idea of quitting overwhelming. Abstinence treatment requires recovering individuals to avoid substance use entirely. The finality of never using a drug or drinking alcohol again can be intimidating. And there is the fear of withdrawal symptoms. These concerns cause many addicts to delay seeking treatment. But drastic as it may sound, abstinence-based rehab is generally considered to be the most effective approach to drug and alcohol treatment.

The harm reduction approach focuses on reducing the harm caused by drugs or alcohol to the individual's health, psychosocial status, and finances. It does not advocate completely stopping drug use. Harm reduction simply tries to make the drug use safer for the individual who is engaging in substance use.



Medication Assisted

Recovering from addiction is one of the most challenging things a person will do in their lifetime. Luckily, there is a range of effective treatments available to help recovering individuals overcome their dependency. Psychotherapy is the mainstay of addiction rehab. It helps recovering individuals examine the unhealthy behaviors that fuel their addiction. In addition to therapy and counseling, certain medications can help patients during their treatment. This is known as Medication-Assisted Treatment (MAT). MAT increases the effectiveness of other addiction treatments and decreases the chances of relapse.

The Medication-Assisted Treatment program at Boca Recovery Center utilizes FDA-approved drugs to treat people with alcohol and opioid addictions. Medication-Assisted Treatment is offered in conjunction with psychotherapy to help clients get through detox and actively participate in their recovery from substance use disorders.