



What to Expect in Detox

At Beach House Center for Recovery, we offer a safe, comfortable, and effective detox experience to help you break free from drugs or alcohol. Our goal is to guide you through withdrawal smoothly and symptom-free while providing the support and empowerment you need to find lasting freedom.



Our detox process involves the careful removal of chemical substances from the body while managing withdrawal symptoms with the help of medications and 24/7 nursing supervision. We offer detox services for a variety of substances, including alcohol, opioids, heroin, benzodiazepines and prescription drugs. Our holistic approach emphasizes both physical and emotional well-being.

[Learn more about Detox](#)

The withdrawal journey typically includes three phases: early withdrawal (0-72 hours), acute withdrawal (3-10 days), and early recovery (11-30 days). During early withdrawal, patients often experience intense cravings and physical discomfort, which our team mitigates with compassionate care and medical interventions. In the acute withdrawal phase, symptoms may peak, but our experienced medical team ensures you are closely monitored and supported. By the early recovery phase, symptoms begin to lessen, and our therapeutic interventions help you build a strong foundation for long-term sobriety.

“Unsupervised detox from drugs or alcohol can present real medical danger. Beach House has a highly trained team of medical and clinical practitioners who guide our clients through an evidence-based program of recovery. Our physicians closely monitor any existing conditions so that clients can focus on one thing: getting better.”



*Michael Slifer, MD, PhD
Medical Director*

At Beach House, we provide numerous benefits such as personalized treatment plans, professional management of withdrawal symptoms, access to therapy and support groups, and a dedicated care team. Our holistic rehabilitation program fosters mental, physical, and spiritual healing, helping you achieve lasting recovery. With our comprehensive support, you can focus on healing and reclaiming your life from addiction.

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