



**ALCOHOL  
DETOX  
TINTON FALLS**

GOD IS  
WITH ME  
I CAN'T LOSE



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archangelcenters.com





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DETOX**

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Alcohol detoxification looks easy from the exterior. Quit drinking, wait a couple of days, go on. Anyone that has actually endured it, or aided an enjoyed one via it, understands better. The body adapts to alcohol in manner ins which touch sleep, high blood pressure, state of mind, and memory. When the alcohol quits, those systems misfire. Good detoxification in Tinton Falls keeps you secure while those systems reset. Fantastic detoxification prepares you for the following component of healing, the component that lasts.

This guide walks through what alcoholism treatment resembles today in Monmouth Region, what occurs in the very first 72 hours, exactly how medical professionals handle threat, and just how to select in between options. It includes the trade-offs I discuss with households every week, and it utilizes local realities to ground the recommendations. Whether you are seeking alcohol detox Tinton Falls for yourself or a person you like, understanding the terrain decreases fear and enhances outcomes.

**Detox and rehab are not the very same thing**

Detox is the medically managed procedure of removing alcohol from your system while handling withdrawal symptoms. It is short, generally 3 to 7 days. The primary goal is safety. The second goal is comfort.

Rehab is what follows. It consists of treatment, education, medicine for relapse avoidance, family members job, and technique living without alcohol. Rehab can be household, partial a hospital stay, or outpatient. It typically recently to months. Think about detox as a runway and rehab as the flight. You need both to get to a destination.

In Tinton Falls, many individuals full detox at a specialized unit, a hospital-based program, or a qualified withdrawal administration facility, then enter alcohol rehab Tinton Falls or a close-by outpatient program. Some facilities bundle both under one roof covering; others collaborate with companion programs around Monmouth County.

## **The first phone call and what admission looks like**

Most admissions start with a quick telephone call. Anticipate to respond to sensible concerns: just how much you consume, how typically, the last drink, medical history, present medications, allergies, seizures, episodes of severe confusion, and psychological wellness background. Accuracy matters. Under-reporting the last beverage or quantity can threaten the detoxification plan. If you are asking for an enjoyed one, share what you see. Slurred speech, hand tremblings in the early morning, sweating, or irritation by late afternoon point toward physical dependence.

Timelines vary. If you go to high threat for complex withdrawal, the team will attempt to admit the exact same day, sometimes within hours. If risk is moderate, you might have a planned admission home window. When beds are limited, staff usually coordinate a risk-free bridge: hydration, vitamins, and a cautious strategy to stay clear of a hazardous gap.

Insurance confirmation typically runs in parallel. Many commercial plans and Medicaid plans acknowledge detox as clinically required when particular requirements are met. Anticipate authorization for a short keep initially, with updates sent daily from the scientific team.

If extreme signs appear at home, do not wait. Call 911 or go to the closest emergency situation division. Seizures, extreme confusion, high fever, unchecked vomiting, or breast pain need prompt care. In this area, hospital emergency divisions coordinate very closely with detoxification programs for safe transfers when you are stabilized.

## **Day one and the very first 72 hours**

The intake nurse will certainly check vital signs, blood alcohol material if relevant, and location you on a standard assessment like CIWA-Ar, a confirmed device that scores withdrawal symptoms. You will generally receive thiamine, folate, and a multivitamin early to protect the brain and protect against Wernicke's encephalopathy, which is unusual but serious. If you are already unstable, sweaty, nervous, or nauseated, the physician or nurse specialist begins symptom-driven medication promptly.

Here is how the very first stretch usually unfolds.

- Hour 0 to 12: Intake, laboratories, hydration, vitamins, and an initial dosage of medication if indicated. You might really feel groggy or uneasy. Team look at you often.
- Hour 12 to 24: Symptoms can heighten. Trembling, stress and anxiety, poor sleep, and high blood pressure spikes are common. Medicine dosages are adapted to your score and vitals. Easy food, liquids, and brief strolls help.

- Day 2: If withdrawal risks are higher, this is an important day. Seizure danger is higher in the very first two days. The group watches carefully. Many individuals start to stabilize, with much less shaking and better sleep.
- Day 3: Signs and symptoms frequently alleviate. The group changes towards preparation. You fulfill a counselor, go over triggers, and map the following degree of care. If readily available, you might go to a brief team or a one-on-one session.
- Day 4 to 7: Length relies on seriousness, co-occurring problems, and feedback to medicines. Some discharge on day 3, others need a few more days to land gently.

Families often fear that medications merely replace one material with an additional. Done effectively, detoxification relies upon brief programs of medicines that reduce as signs and symptoms fix. The strategy is personalized and time-limited.

## **Medications made use of in alcohol detox**

Most systems make use of symptom-triggered benzodiazepines, due to the fact that this class lowers the danger of seizures and ecstasy tremens when alcohol stops. Common choices consist of diazepam and lorazepam. Doses are not one dimension fits all. Older adults, individuals with liver condition, or those with extreme rest apnea require cautious adjustments.

Adjuncts reduce certain symptoms. Gabapentin can minimize anxiousness and insomnia. Clonidine or propranolol aids with free signs and symptoms like quick heart rate and trembling. Hydroxyzine or trazodone sustains rest. Antipsychotics such as haloperidol may be used briefly for serious frustration or hallucinations, yet not as a standalone for seizure avoidance. Thiamine is non-negotiable, given prior to glucose when feasible. Much more extreme or complex instances occasionally need inpatient hospital management with IV liquids, electrolyte modification, and continual monitoring.

An excellent detox program go for the most affordable reliable medication dose and stops it as soon as it is risk-free. The objective is not a chemical cushion for weeks. It is risk-free passage.

## **Understanding risk: who requires inpatient detox**

Not everybody requires inpatient detox. Light to modest withdrawal can be handled at home with everyday center check-ins and prescriptions, specifically when there is strong social assistance and no major wellness problems. That said, particular aspects press the scale toward supervised care:

- History of withdrawal seizures or delirium tremens, even once.
- Heavy or long period of time of drinking, as an example a pint or more of alcohol daily for months.
- Significant medical concerns such as cardiovascular disease, unrestrained diabetic issues, or liver failure.
- Pregnant people, who require worked with obstetric and dependency care.
- Lack of a dependable sober caretaker at home.

Tinton Loss has prepared access to both inpatient and ambulatory settings. The appropriate match depends upon safety initially, after that logistics and preference.

## **What rehab appears like after detox**

The handoff from detox to rehab forms the following 6 months. Solid programs construct that bridge early. You will likely meet a situation manager or therapist by day two that timetables the initial appointments, prepares

transport when needed, and checks insurance coverage. Alternatives include:

- Residential rehab, typically 2 to 4 weeks, for those who require an organized setting without very easy access to alcohol.
- Partial hospitalization, 5 days each week for several hours daily, with nights at home.
- Intensive outpatient, 3 to 4 days weekly, normally in the evenings to stabilize job or family.
- Standard outpatient therapy, once or twice weekly, typically paired with peer support.

Therapies differ, however cognitive behavioral therapy and motivational talking to are pillars. Several programs in this region add trauma-informed treatment, household sessions, and skills training for sleep, tension, and interaction. A reliable alcohol rehab Tinton Falls plan looks mundane on paper however requiring in life: regular therapy, peer link, medicine when proper, and day-to-day issue fixing at home and work.

## Medication for relapse prevention

Detox addresses withdrawal, not craving or relapse risk. Ongoing alcohol addiction treatment commonly includes medicine:

- Naltrexone decreases incentive from alcohol consumption and can lower hefty drinking days. It comes as an everyday tablet or a month-to-month shot. It is an excellent suitable for many, unless there is severe hepatitis or opioid use.
- Acamprosate supports abstinence by alleviating post-acute signs like inner restlessness. It is dosed three times daily and functions best when you are alcohol-free.
- Disulfiram develops an aversive reaction if you consume on it. It helps individuals that desire a solid outside brake and have reputable supervision.
- Off label medicines such as topiramate or gabapentin can assist some clients who do not endure first-line options.

The selection relies on objectives. Someone going for overall abstinence might choose acamprosate or naltrexone. A person attempting to minimize hefty alcohol consumption days, en path to abstaining, may start with naltrexone. A patient with severe liver condition calls for extra care and commonly favors acamprosate.

## A day inside a modern-day detox unit

The clinical components are predictable. The human parts differ. On a regular morning, vitals and signs and symptom ratings preceded, followed by a light breakfast. A nurse look at hydration and rest. If you feel queasy, bland foods function best, and ginger tea aids more often than you would certainly expect. If you rested poorly, the group changes the evening plan.

Afternoons often consist of a brief psychoeducation group, if you are up for it, on topics like triggers, sleep hygiene, hydration, and what the next week resembles. People who really feel also unstable remain in their spaces and meet one-on-one later. Many devices build in quiet hours to minimize overstimulation. A counselor might rest with you to provide phone numbers you want to stay clear of for some time. Phones are often limited throughout intense withdrawal to limit stress.

Evenings are low profile. Simple motion, a short stroll in the corridor, or mild stretching helps. Team encourage showers and fresh clothes, tiny acts that recover self-respect when your body really feels off. This appears fundamental, and it is, yet it assists individuals transform the corner.

## Local context in Tinton Falls and Monmouth County

Location issues. Tinton Falls sits near a number of clinical facilities and outpatient clinics, which reduces the handoff between detox and rehabilitation. Public transport is restricted, so programs that use experiences or collaborate with household have an edge. Work timetables around the Shore can be seasonal, and night extensive outpatient groups help those who manage transforming shifts.

Peer support is easy to locate. There are Alcoholics Anonymous meetings throughout Monmouth County, consisting of morning and lunch break layouts. Some churches and community centers host non-12-step groups as well. A strong alcohol rehab Tinton Falls plan typically consists of a commitment to attempt several conferences, not just one, to find a great fit.

Legal problems emerge in this region as almost everywhere. If you have a pending DUI, tell your therapist. Programs can supply presence documents and coordinate with attorneys or probation when ideal, with your written authorization. Privacy legislations shield your information under HIPAA and 42 CFR Part 2, so absolutely nothing is shared without your permission.

## Special populations and clinical judgment

One size never fits all. Right here are situations where strategies frequently shift:

- Older grownups metabolize medicines in different ways, and drop danger is genuine. Lower benzodiazepine doses, slower tapers, and added attention to hydration and electrolytes stop complications.
- People with liver illness call for cautious drug selection. Lorazepam is often preferred in extreme liver problems because it avoids active metabolites. Naltrexone may be delayed until liver feature improves.
- Pregnant individuals need worked with care. The concern is mother's stabilization, fetal surveillance when indicated, and cautious drug selections. Early prenatal control makes a difference.
- Those with co-occurring mental health and wellness conditions benefit from integrated treatment. Treat unattended depression, PTSD, or ADHD together with alcohol use disorder. Stay clear of chasing after one problem at a time.
- People with persistent discomfort demand realistic plans. An excellent program brings discomfort management into the discussion early, with non-opioid approaches, physical treatment recommendations, and collaborated prescribing.

The common thread is customization. The right plan is the one you can adhere to securely, not the one that looks perfect on paper.

## Cost and insurance coverage without spin

Costs differ widely. In New Jacket, facility-based detox charges can face a number of thousand bucks for a multi-day keep, yet what you pay depends on insurance contracts and deductibles. Business insurance coverage often covers detoxification when criteria are fulfilled, with copays that vary from small to significant relying on your strategy. Medicaid intends in the area cover accredited detox programs, though bed schedule can change. If you are uninsured, ask about state funding obstructs or charity treatment screening. Financial counselors can run a quick advantages examine before admission so you are not surprised.

Medication for regression prevention is usually covered. Naltrexone shot has greater ahead of time price, yet numerous plans accept it when oral medication has not worked or adherence is an issue. Drug stores around Tinton Falls know with previous consents for these medications, but it can still take a day or more to process.

# Therapy that sticks after detox

People do not relapse for absence of info. They relapse when stress spikes, rest collapses, or they encounter an old pattern without a plan. Effective therapy targets those actual minutes. If alcohol rehab consists of just lectures, you will find out interesting truths and little else. Programs that blend private treatment, abilities method, and peer conversation teach you to deal with the edge cases: the colleague that stress you continuously, the anniversary of a loss, the evening you do not drop off to sleep till 3 a.m.

Look for a plan that rehearses feedbacks. Technique saying no with a complete sentence. Method leaving an event in the first 15 minutes without description. Technique buying soda water with lime without a long tale. It really feels uncomfortable in the beginning. It gets simpler quickly.

Medication plus therapy is not a prop. It is a clever pairing. People that utilize both tend to remain engaged longer.

## How to prepare for admission

A short, practical list helps the day go smoother.

- Photo ID, insurance card, and a listing of present medications with doses.
- Comfortable clothes and fundamental toiletries, avoiding items that contain alcohol like particular mouthwashes.
- Names and varieties of essential contacts, plus any kind of legal paperwork you could need.
- A small amount of money or a debit card for incidentals if allowed.
- A book or straightforward task for silent periods, because screens might be minimal early on.

Leave belongings at home. If you use prescription glasses, bring a backup instance. If you make use of a CPAP tool for rest apnea, bring it and tell the nurse at intake.

## What progression actually looks like

New individuals in some cases anticipate a surge of energy once the alcohol leaves. What they really feel is more subtle. The first actual win is normally a steady hand. Then a full evening of sleep shows up, typically between days 3 and 7. Early morning nausea discolors. High blood pressure normalizes. The mind clears sufficient to spot patterns.

Cravings can be found in waves. The initial tidy silent Saturday can feel empty and risky. An excellent strategy loads it with easy structure: a conference, a walk, cooking something you in fact want to eat, a call with a person safe. Over weeks, power returns. Over months, confidence expands. The mind's incentive system, down-regulated by years of alcohol, recalibrates. It does not break back in a week. It transforms with repetition.

## Common misunderstandings that get in the way

Two ideas cause a great deal of injury. The initial is awaiting best readiness. Readiness is not a door that opens up completely. It is a home window that fractures. If the window is open today, action. Programs in Tinton Falls can usually start the process promptly once you call.

The secondly is the myth that a person slip removes progress. A slip is information. It informs you where the strategy was slim. Use it to strengthen the plan, not to confirm a tale that you can not alter. Individuals that mount slips as information return on track faster.

## A short story from the work

A man in his fifties from simply outdoors Tinton Falls called one Monday morning after a weekend break he did not keep in mind. He had actually attempted to stop before and confiscated in his cooking area. This moment he was available [alcohol detox tinton falls Tinton Falls, NJ](#) in the exact same day. The first 1 day were choppy. He overslept short bursts, called his sibling two times, and concerned he would never ever steady. On day three, he ate a full morning meal and walked the corridor without gripping the rail. He consulted with the counselor, consented to begin naltrexone injection prior to discharge, and attended a small group where he said exactly three words. A week later on he started evening extensive outpatient and kept functioning early mornings. He noted his progress, not by a grand sensation, however by small notes: stable hands at 7 a.m., coffee that tasted like coffee once more, a complete container of gas at 10 p.m. Without need to detour. Six months in, he still had difficult days. He also had a strategy that fit his life.

## Choosing between programs

If you contrast alcohol rehab choices, ask sharp questions. Exactly how do you collaborate from detox to rehab? What percentage of your detox people begin medication for relapse avoidance? How do you handle co-occurring depression or stress and anxiety? What is your plan on family members participation? That aids with transportation? Can you share aggregate results, also basic ones like 30-day involvement rates?

Visit if you can. The area does not require to resemble a resort, yet it requires to really feel organized and calm. See how staff greet patients. If they learn your name rapidly and explain what they are doing prior to they do it, that is a great sign.

## Life in Tinton Falls after discharge

The real work begins in the house. Tinton Falls has the advantage of being close to coastal parks and routes. Use them. Light day-to-day exercise boosts rest, state of mind, and tension durability. Simple regimens assistance: grocery stores on the very same day every week, washing on a schedule, a weekly meeting with an enroller or advisor. If your home is high risk, think about a sober living residence for a period. Healing real estate near Monmouth Region varies in top quality, so ask your therapist for vetted options.

If you work in a setup where alcohol becomes part of the culture, like hospitality or sales, be straightforward with your manager if you have a relying on partnership. Numerous employers will sustain a phased return or schedule modifications during very early recovery. The Household and Medical Leave Act might use. A HR conversation prior to issues surface is better than one after.

## When to look for help again

Return early if rest breaks down for a number of evenings, if food cravings ramp past your strategy, or if old patterns start to slip back. This is not failure. It is maintenance. Most programs can offer booster sessions, short term medication adjustments, or a few days of partial hospitalization to reset. Colleagues can help you normalize this. People who succeed long-term use assistance as a tool, not as a last resort.

## The course ahead in Tinton Falls

Alcohol detoxification Tinton Falls is not regarding white-knuckling in a room till the clock runs out. It is a clinically led reset that shields your mind and body. The step into alcohol rehab Tinton Falls, with treatment and

medicine when required, builds a new day-to-day rhythm. Success resides in the ordinary: the coffee that tastes like coffee, the stable hand, the prepare for a demanding Tuesday. Modern alcohol addiction treatment does not rest on self-control alone. It pairs scientific research with useful support, and it appreciates the life you require to return to.

If you or an enjoyed one is considering a beginning, make the phone call. Ask direct concerns. Bring the truth. From there, the group can construct a strategy that is safe, realistic, and yours.

### **Archangel Centers**

Address: 44 Apple St STE 3, Tinton Falls, NJ 07724

Phone: +1 732-889-5400

Website: <https://archangelcenters.com/>

## **Archangel Centers**

Archangel Centers is a compassionate addiction recovery and mental health treatment center in Tinton Falls, NJ. We provide evidence-based care for substance use and co-occurring mental health disorders through personalized treatment programs, including Partial Care, Intensive Outpatient Programs (IOP), Outpatient Programs (OP), Virtual Treatment, and Dual Diagnosis Treatment.

**Website:** <https://archangelcenters.com/>

**Phone:** +1 732-889-5400

**Address:** 44 Apple St STE 3, Tinton Falls, NJ 07724, US

[View on Google Maps](#)

### **Business Hours**

- Monday: Open 24 hours
- Tuesday: Open 24 hours
- Wednesday: Open 24 hours
- Thursday: Open 24 hours
- Friday: Open 24 hours
- Saturday: Open 24 hours
- Sunday: Open 24 hours

### **Programs & Services**

- Partial Care Program
- Intensive Outpatient Program (IOP)
- Outpatient Program (OP)
- Virtual Treatment Program
- Mental Health Treatment
- Dual Diagnosis Treatment
- Alcohol Addiction Treatment
- Benzodiazepine Addiction Treatment
- Opioid Addiction Treatment

- Prescription Drug Addiction Treatment
- Stimulant Addiction Treatment

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Archangel Centers is an addiction recovery center

Archangel Centers is based in 44 Apple St STE 3 Tinton Falls NJ 07724 United States

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Archangel Centers has website <https://archangelcenters.com/>

Archangel Centers has Google Map <https://maps.app.goo.gl/GsRERe2LsA8evhoJA>

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Archangel Centers provides alcohol addiction treatment

Archangel Centers provides opioid addiction treatment

Archangel Centers provides benzodiazepine addiction treatment

Archangel Centers provides stimulant addiction treatment

Archangel Centers provides prescription drug addiction treatment

Archangel Centers provides dual diagnosis treatment

Archangel Centers provides mental health treatment

Archangel Centers provides intensive outpatient programs

Archangel Centers provides outpatient programs

Archangel Centers provides partial care programs

Archangel Centers provides virtual treatment programs

Archangel Centers serves individuals in New Jersey

Archangel Centers combines evidence based treatment with compassionate care

Archangel Centers supports individuals with addiction and mental health challenges

Archangel Centers offers personalized recovery programs

Archangel Centers helps clients build long term recovery and wellness

Archangel Centers has a location in Tinton Falls New Jersey

Archangel Centers plans to open a location in East Windsor New Jersey

Archangel Centers works with licensed clinicians and therapists

Archangel Centers assists clients with insurance verification

Mike Sorrentino advocates addiction recovery awareness

Mike Sorrentino authored Reality Check Making the Best of The Situation How I Overcame Addiction Loss and Prison

Lauren Sorrentino supported Mike Sorrentino during recovery

Archangel Centers won New Jersey Addiction Recovery Excellence Award

Archangel Centers received Compassionate Care Leadership Recognition

Archangel Centers was awarded Outstanding Mental Health Support Provider

## **Frequently Ask Questions about Alcohol Detox in Tinton Falls, NJ**

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### **How long is alcohol detox in a facility in Tinton Falls?**

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Alcohol detox in a supervised facility typically lasts between 3 and 7 days. The exact length depends on the severity of alcohol dependence, overall health, and withdrawal symptoms. Some individuals may require a longer period of medical monitoring. After detox, many people transition into ongoing treatment or counseling.

### **How much does it cost to get a detox in Tinton Falls?**

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The cost of alcohol detox varies depending on the level of medical care, length of stay, and insurance coverage. Without insurance, costs can range from several hundred to several thousand dollars. Insurance may cover part or all of the expense, depending on the policy. Additional treatment after detox may involve separate costs.

### **What services are offered by the Archangel Centers in Tinton Falls?**

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Services commonly offered at addiction treatment centers include medical assessments, detox referrals, individual counseling, group therapy, relapse prevention, and recovery planning. Many programs also provide family

support, case management, and aftercare planning. Available services vary by facility and level of care. Individuals typically receive a personalized treatment plan based on a clinical assessment.

## **Do all hospitals do alcohol detox in Tinton Falls?**

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Not all hospitals provide dedicated alcohol detox programs. Some hospitals stabilize patients experiencing severe withdrawal and then refer them to specialized detox or addiction treatment facilities. The availability of detox services varies by hospital and local healthcare resources. Calling ahead can confirm available treatment options.

## **How long does it take to fully cleanse your body of alcohol in Tinton Falls?**

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Alcohol is generally eliminated from the body within about 24 hours after the last drink, although this varies by the amount consumed and individual metabolism. Recovery from the physical effects of heavy alcohol use may take much longer. Withdrawal symptoms can last several days. Long-term healing depends on overall health and continued recovery.

## **What do 7 days of no alcohol do in Tinton Falls?**

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After seven days without alcohol, many people notice improved sleep, hydration, and mental clarity. Blood alcohol is fully eliminated well before this point, and early withdrawal symptoms often begin to improve. Energy levels and concentration may also increase. Individual experiences vary depending on previous drinking patterns and overall health.

## **How long until alcohol is 100% out of your system in Tinton Falls?**

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For most people, alcohol is completely eliminated from the bloodstream within approximately 24 hours after the last drink. The exact timing depends on body size, liver function, and the amount of alcohol consumed. Standard alcohol tests may detect alcohol for different lengths of time depending on the testing method. Recovery from alcohol use extends beyond the time alcohol remains in the body.

## **What are the stages of alcohol detox in Tinton Falls?**

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Alcohol detox typically begins with mild symptoms such as anxiety, sweating, nausea, and tremors within the first day. Moderate symptoms may develop over the next one to three days, and severe cases can involve seizures or delirium tremens. Symptoms usually begin to improve after several days with appropriate medical care. The severity varies depending on the individual's history of alcohol use.

# How much is 3 months of rehab in Tinton Falls?

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The cost of a three-month rehabilitation program varies based on the type of care, accommodations, and insurance coverage. Without insurance, expenses can range from several thousand to tens of thousands of dollars. Outpatient programs generally cost less than residential treatment. Insurance may significantly reduce out-of-pocket costs.

## What is a cheap detox in Tinton Falls?

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Lower-cost detox options may include publicly funded programs, nonprofit organizations, or facilities that accept Medicaid or other insurance plans. Community health programs may also provide financial assistance for eligible individuals. Costs and eligibility requirements vary by provider. A medical assessment is important to determine the appropriate level of detox care.

Looking for Alcohol Detox in [Capelli Sport Complex - Monmouth County, NJ](#)? Professional alcohol detox programs provide a safe and supportive environment for individuals beginning their recovery journey. Medical supervision, personalized care plans, and compassionate support help manage withdrawal symptoms while preparing patients for the next steps in long-term addiction treatment and recovery.