



ALCOHOL DETOX

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Deciding to quit alcohol consumption is rarely a neat, direct minute. For many individuals, it comes after years of trying to handle alcohol usage privately, cutting down for a couple of days, after that slipping into the very same cycle since withdrawal signs and symptoms hit more difficult than anticipated. By the time somebody starts looking into clinical alcohol detoxification, the inquiry is normally no longer whether alcohol has become an issue. The genuine question is just how to stop safely.

That difference issues. Alcohol withdrawal can be uncomfortable, however it can additionally be medically dangerous. People are usually surprised by how swiftly symptoms can increase, particularly after extended periods of heavy everyday drinking. Drinking, sweating, anxiousness, and nausea may appear convenient at first. After that blood pressure climbs, heart price surges, confusion embed in, and sometimes seizures or ecstasy tremens can adhere to. That is why inpatient alcohol detox stays the common suggestion for many people with modest to extreme dependence.

If you are thinking about alcohol detox in Charlotte, it assists to recognize specifically what inpatient treatment entails, what a normal first few days resemble, and just how medical professionals determine what level of care is suitable. The more concrete the photo, the less complicated it is to take the following step.

Why alcohol detox typically needs medical supervision

Alcohol influences the brain's repressive and excitatory systems in a manner that develops a significant rebound **inpatient alcohol addiction treatment** impact when consuming instantly stops. Over time, the body adapts to the continuous visibility of alcohol. Once it is removed, the nervous system can swing right into overdrive. That overactivation is what drives withdrawal.

In sensible terms, an individual that consumes greatly daily might not just really feel hungover when they quit. They might experience escalating anxiety, tremors, sleeping disorders, vomiting, panic, high blood pressure, and perceptual disruptions. In a lot more severe cases, hallucinations, seizures, and profound disorientation can arise. Delirium tremens, often reduced to DTs, is a clinical emergency situation that can end up being life endangering without prompt treatment.

This is the gap between quitting and detoxing. Stopping is the decision. Detox is the process of helping the body maintain while the alcohol removes and withdrawal runs its course.

People occasionally ask whether they can "persist" in your home. For some light or intermittent drinkers, outpatient support may suffice. But for any person with a lengthy drinking background, previous withdrawal signs, previous seizures, co-occurring medical problems, or unpredictability about just how much they really consume, home detoxification is a wager. A monitored clinical alcohol detox gives clinicians a possibility to keep track of signs, make use of medicines appropriately, correct dehydration, and intervene early if difficulties appear.

Who usually benefits from inpatient alcohol detox

Not everybody needs to be confessed to a facility, but there are clear patterns that push the referral toward inpatient treatment. A person is more likely to need inpatient alcohol detox if they consume alcohol throughout the day, wake up needing alcohol to stable themselves, have undergone withdrawal before, or have blended alcohol with sedatives or other compounds. The same holds true for older adults, people with liver illness, heart problems, poorly managed diabetic issues, or a background of severe stress and anxiety or depression.

Pregnancy, unpredictable housing, and absence of trustworthy support in the house also alter the equation. Detox does not occur in a vacuum. Even light symptoms really feel much more difficult to take care of if a person is alone, frightened, and without transportation or back-up. The best strategy is usually the one with fewer loosened ends.

Clinically, the goal is not to overmedicalize the process. It is to match the degree of like the level of danger. An individual can be extremely motivated and still require inpatient treatment. Inspiration does not reduce the risk of seizures.

What admission generally looks like

Most inpatient detox admissions start with an intake assessment that is extra comprehensive than many people expect. Team will certainly ask about alcohol consumption patterns in detail, not simply whether somebody drinks "a great deal." They need to recognize how much, how usually, what type of alcohol, what time the last drink was, and whether there have actually been prior episodes of withdrawal. They will also ask about drugs, psychiatric signs and symptoms, rest, appetite, various other substance usage, and past therapy attempts.

A clinical assessment complies with. That often includes examining essential indicators, assessing current signs, and getting standard laboratory job depending upon the setup and the person's medical history. Clinicians may assess liver function, electrolytes, blood matters, hydration standing, and sometimes nutritional shortages. Hefty alcohol use usually masks other problems, so the evaluation is made to capture greater than just withdrawal itself.

This initial stage can feel repetitive, particularly if the individual has actually currently told their story numerous times over the phone. There is a reason for that repetition. Tiny details issue. A background of withdrawal seizure three years ago adjustments the treatment strategy. So does a pattern of mixing alcohol with benzodiazepines, using opioids, or having badly controlled hypertension.

Once admitted, the individual is commonly shown to an area, provided a schedule, and oriented to the unit. In Charlotte, as in the majority of cities, inpatient detoxification setups vary. Some are medical facility based. Others are specialized detox facilities or household programs with medical staff on site. The experience will vary by facility, but the professional concerns stay similar: maintain the individual secure, minimize distress, display for difficulties, and get ready for the next phase of treatment.

The first 72 hours, what numerous clients notice

The timing of alcohol withdrawal is not similar for everyone, yet there is a general arc clinicians enjoy carefully. Symptoms typically start within a number of hours after the last beverage, after that build over the initial one to three days. The very first 72 hours are often the most medically significant.

Early on, an individual may discover trembling, restlessness, sweating, nausea or vomiting, frustration, and a sharp sense of anxiousness that feels larger than normal stress and anxiety. Rest is usually bad. Some individuals describe lying in bed tired yet incapable to clear up, with their heart pounding and ideas competing. Appetite may vanish. Also basic jobs can really feel overstimulating.

As checking proceeds, personnel may utilize a standard withdrawal range to track extent gradually. That helps figure out whether drugs need to be begun, changed, or tapered. Registered nurses generally examine blood pressure, pulse, temperature level, and psychological status at normal intervals. If signs get worse, they respond quickly as opposed to waiting on a crisis.

One point families frequently misconstrue is that detoxification is not regarding maintaining somebody sedated. Excellent care go for stabilizing, not chemical restraint. The best-run programs decrease signs and symptoms sufficient for the individual to rest, believe plainly, and stay medically secure. They do not simply knock people out and wait.

Medications frequently utilized in medical alcohol detox

Medication choices depend on extent, age, medical history, and co-occurring material usage. The backbone of therapy in many settings is a benzodiazepine protocol due to the fact that these medications lower the threat of seizures and severe withdrawal issues when used properly. Some facilities dosage on a dealt with schedule. Others use symptom-triggered dosing, where medicine is given according to the person's present withdrawal rating and professional presentation.

Other drugs may be added for certain needs, such as nausea or vomiting, sleeping disorders, elevated high blood pressure, or anxiety. Vitamins are likewise essential, particularly thiamine, due to the fact that long-lasting alcohol usage can develop serious nutritional shortages. That piece typically gets overlooked by clients, however it

matters. Thiamine deficiency can bring about substantial neurologic problems, and changing it is a conventional component of responsible detoxification care.

Not every patient obtains the very same regimen. That is by design. A person with light signs and symptoms and stable vitals might require only light assistance and monitoring. Someone with a history of severe withdrawal may need aggressive very early management. The plan should really feel personalized since it is.

What the environment is actually like

People listen to "inpatient" and typically imagine either a locked healthcare facility ward or a plain rehab dorm. The reality sits somewhere between those extremes and differs by center. Most detoxification systems are structured, quiet, and deliberately reduced dramatization. The atmosphere is developed to decrease overstimulation since withdrawal already taxes the nervous system.

Expect an exclusive or semi-private area in numerous programs, routine vital indicator checks, drug rounds, meals, hydration support, and durations of rest. Group participation may be restricted in the first day or two if symptoms are solid. Some clients aspire to jump right away into treatment. Others can hardly make it through a short conversation. Great personnel recognize the difference in between resistance and authentic physical distress.

A couple of sensible information frequently catch individuals off guard:

- Sleep is normally interrupted at first, even with treatment.
- Staff may wake patients throughout the night for assessments or medications.
- Hydration and consuming can feel like job, however both belong to recovery.
- Emotional swings are common when alcohol is removed.
- The system timetable can really feel extra organized than patients expect.

That structure is not there to punish any individual. It produces predictability each time when the body feels profoundly unpredictable.

The psychological side of detox

The physical symptoms obtain a lot of the interest, yet the psychological whiplash of alcohol detoxification is just as actual. Numerous individuals really feel exposed when the numbing impact of alcohol fades. Embarrassment turns up swiftly. So does despair. Some people become in tears when they finally sleep a couple of hours and awaken clearheaded sufficient to ***alcohol rehab Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program*** realize just how much alcohol consumption has actually drawn from them. Others end up being short-tempered, dubious, or determined to leave.

None of that is uncommon. Detox remove the instant chemical barrier prior to the individual has actually had much time to construct new coping tools. Inpatient settings work best when staff reward that emotional volatility as component of the scientific picture, not as a personality defect. A registered nurse that steadily describes why signs are occurring can do more to minimize panic than a common confidence ever before could.

There is also a specific kind of worry that turns up on day 2 or three. The person starts feeling a little bit much better literally and suddenly frets about what follows. Detox can be intense, however it is likewise had. Life outside the unit is not. That is why discharge planning ought to start early, not on the last morning.

How long inpatient alcohol detoxification generally lasts

The solution depends upon the individual, the severity of dependence, and whether issues occur. A short detox remain may last 3 to five days. Some people need closer to a week, specifically if symptoms are slow to resolve, rest stays poor, or blood pressure and stress and anxiety require time to stabilize. If the detox unit becomes part of a larger domestic program, the keep may stream straight into recurring therapy without a formal discharge in between.

What matters more than the specific variety of days is whether the person has truly maintained. Leaving due to the fact that the shakiness has boosted is not the same as preparing. A person might still go to high risk for relapse if sleep is fractured, yearnings are intense, and no follow-up treatment has been arranged.

In Charlotte, programs differ in just how they manage this change. Some are largely developed for intense stabilization. Others construct detox into a wider continuum that consists of property therapy, partial hospitalization, intensive outpatient treatment, medicine management, and treatment. When people search for alcohol detoxification Charlotte choices, this continuity deserves asking about. A smooth handoff commonly makes the difference between a short disturbance in alcohol consumption and a genuine transforming point.

Detox is not the entire treatment

This is one of the most vital points to comprehend. Detox addresses physical dependancy. It does not settle the factors the individual consumed, the practices developed around alcohol, or the stress factors waiting after discharge.

Once withdrawal has resolved, treatment requires to broaden. That may include therapy concentrated on relapse patterns, trauma, stress and anxiety, clinical depression, household pressure, grief, or job stress. It might entail psychiatric evaluation if state of mind signs and symptoms predated the drinking or came to be tangled up with it. For some individuals, medication for alcohol usage disorder becomes part of the plan after detox. That conversation needs to be embellished and medically grounded.

The strongest treatment strategies usually consist of several aspects interacting:

- a risk-free detoxification process
- a clear following degree of care
- support for psychological wellness and household dynamics
- relapse prevention strategies tied to real triggers
- follow-up consultations set up before discharge

Without that bridge, many individuals leave detox feeling literally much better yet mentally unprepared. That is the danger area. The body has reset just sufficient for resistance to go down, yet the urge to consume can still be powerful. A go back to previous alcohol consumption degrees after even a time-out can end up being specifically risky.

Questions worth asking a detoxification program in Charlotte

Choosing a program can feel frustrating, particularly when a person is in situation or calling on behalf of a partner, moms and dad, or adult child. Marketing language often tends to blur together. The better questions are concrete.

Ask whether the facility provides 24-hour clinical monitoring and how it manages extreme withdrawal. Ask whether medical professionals have experience with co-occurring psychiatric problems and polysubstance use. Ask [alcohol detox charlotte](#) what occurs after detox, whether the person can tip straight right into household or outpatient treatment, and just how the program entails households when suitable. Transport, insurance coverage confirmation, drug connection, and aftercare planning likewise matter more than shiny promises.

Local context issues also. Charlotte has a broad healthcare landscape, and patients often enter detox with various doors. Some come with a hospital emergency department after symptoms rise. Others are referred by medical care, therapy methods, immediate care, or family members intervention. Some self-refer after a last stopped working attempt to stop at home. A great program ought to have the ability to satisfy the individual where they are, medically and logistically.

What family members need to expect

Families are often happy once their liked one gets in inpatient alcohol detoxification, yet that alleviation can be mixed with confusion. They might expect prompt appreciation, psychological clearness, or a significant development. More often, the initial couple of days are unpleasant. The person might be dazed, ashamed, angry, or focused only on making it through the hour. That does not imply therapy is failing.

Families can aid most by staying based in the fact of the process. Detoxification is stabilizing first. Understanding typically comes later on. If the facility permits family members contact, it might be restricted at the start, especially if the client is clinically unpredictable or overwhelmed. This can be frustrating, but it is frequently medically appropriate.

It also helps when households comprehend that promises made throughout withdrawal are not therapy plans. An individual might say, with total genuineness, "I'm done permanently, I simply need to obtain home." That declaration might be heartfelt, yet it does not change the demand for ongoing treatment. The duration right after detox is just one of the highest-risk home windows for relapse.

When instant aid is especially important

There are certain situations where waiting is risky. A person who is confused, visualizing, having seizures, not able to maintain liquids down, or revealing serious frustration needs urgent medical attention. The very same applies if alcohol usage is paired with upper body discomfort, repeated drops, suicidal thinking, or signs of substantial liver or stomach problems.

Even outside of emergency situations, a pattern of intensifying withdrawal with **alcohol detox** each stopped effort is a significant indication. Medical professionals in some cases refer to this pattern as kindling, suggesting repeated withdrawals can come to be progressively much more extreme. A person who "made it through it" in the house in 2014 may not have the exact same experience next time.

That is one factor clinical alcohol detoxification ought to not be delayed just due to the fact that an individual has actually managed previous withdrawals outside a treatment setup. Past luck is not future safety.

The initially genuine foothold

For numerous clients, inpatient alcohol detoxification is the top place they have rested without alcohol in a very long time. That may appear small, yet it is not. It is frequently the very first physical evidence that recovery is feasible with enough support. The hands steady. The sweating relieves. Food tastes normal once again. A conversation comes to be meaningful. The body stops appearing the exact same alarm system every hour.

That footing issues, however it is still just a grip. The most effective inpatient alcohol detoxification programs in Charlotte understand this equilibrium. They take the clinical risk seriously, they deal with people with self-respect, and they prepare them for the work that begins once withdrawal ends.

If you or someone close to you is evaluating options for alcohol detoxification, the most safe course is the one built on straightforward analysis instead of hope alone. Alcohol withdrawal is also unpredictable to reduce. With appropriate inpatient treatment, however, it is manageable, and usually the very first strong action towards lasting recovery.

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program

Find Your Way. Addiction Treatment near Charlotte, NC. Ascend Recovery Center provides compassionate, evidence-based addiction and mental health treatment through Partial Hospitalization Programs (PHP), Intensive Outpatient Programs (IOP), outpatient care, virtual treatment, and holistic recovery support tailored to each individual's needs.

9305 Monroe Rd Suite A/B

Charlotte, NC 28270

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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

- Medical Detox Program
- Virtual Treatment Program
- Mental Health Treatment
- Dual Diagnosis Treatment
- Therapy Programs
- Holistic Addiction Treatment

- Partial Hospitalization Program (PHP)
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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is a drug and alcohol rehabilitation center

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is located at 9305 Monroe Rd Suite A and B Charlotte NC 28270 United States

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is based in Charlotte North Carolina United States

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program has Google Maps link <https://maps.app.goo.gl/Cames2nA2RwjqFcS8>

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program operates 24 hours per day 7 days per week

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Partial Hospitalization Program (PHP)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Intensive Outpatient Program (IOP)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Outpatient Program (OP)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Medical Detox Program

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Virtual Treatment Program

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Mental Health Treatment services

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program treats substance use disorders including alcohol, opioids, benzodiazepines, heroin, methamphetamine, cocaine, and prescription drugs

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides dual diagnosis treatment for co occurring mental health disorders

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program uses a holistic and individualized approach to addiction recovery

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides aftercare support for long term recovery

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is accredited by The Joint Commission

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program received recognition for excellence in behavioral health and addiction treatment

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program was awarded Best Addiction Treatment Center North Carolina 2025

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program was awarded Excellence in Dual Diagnosis Care 2024

Frequently Ask Questions about Alcohol Detox in Charlotte, NC

What's the fastest way to detox your body from alcohol in Charlotte?

There is no medically proven way to speed up the body's natural elimination of alcohol. The safest approach is to stop drinking under medical supervision if withdrawal is expected, especially after heavy or long-term alcohol use. Staying hydrated, eating nutritious foods, and getting adequate rest support recovery but do not accelerate alcohol metabolism. Severe withdrawal requires prompt medical care.

What is the 3 3 3 rule for addiction in Charlotte?

The term "3-3-3 rule" is not a standard medical guideline for addiction treatment. Some people use the phrase informally as a coping strategy for managing anxiety or cravings, but there is no universally accepted addiction recovery rule with this name. Evidence-based addiction treatment typically includes counseling, behavioral therapies, and ongoing support. Treatment plans are individualized based on each person's needs.

How is detox for alcohol done in Charlotte?

Alcohol detox involves medical monitoring while the body adjusts after alcohol use stops. Healthcare professionals may provide medications, fluids, nutritional support, and regular assessments to manage withdrawal symptoms. Vital signs are monitored to reduce the risk of complications. Detox is often followed by ongoing counseling or rehabilitation.

What are some coping mechanisms for addiction in Charlotte?

Healthy coping strategies include attending counseling, participating in peer support groups, exercising regularly, practicing stress management, and building a supportive social network. Identifying triggers and developing relapse prevention skills are also important. Many people benefit from structured daily routines and healthy hobbies. Coping strategies are most effective when combined with professional treatment.

How long until alcohol is 100% out of your system in Charlotte?

For most people, alcohol is eliminated from the bloodstream within about 24 hours after the last drink. The exact time depends on factors such as liver function, metabolism, body size, and the amount consumed. Different testing methods may detect alcohol or its byproducts for varying lengths of time. Physical recovery continues after alcohol has left the body.

How do I flush alcohol from my body in Charlotte?

No food, drink, or home remedy can flush alcohol from the body faster than the liver naturally processes it. Drinking water helps prevent dehydration but does not speed alcohol elimination. Coffee, exercise, and sports drinks do not reduce blood alcohol levels more quickly. Time is the only way alcohol is fully cleared from the bloodstream.

What are the 7 steps of addiction in Charlotte?

There is no single universally accepted seven-step model of addiction. Many educational resources describe stages such as experimentation, regular use, risky use, dependence, addiction, treatment, and long-term recovery. The progression varies from person to person and is not always linear. Professional assessment helps determine the appropriate treatment approach.

What is considered alcoholism in Charlotte?

Alcoholism, now commonly referred to as alcohol use disorder, is a medical condition involving an impaired ability to control alcohol use despite negative consequences. Common signs include strong cravings, withdrawal symptoms, increased tolerance, and continued drinking despite physical, emotional, or social problems. Diagnosis is based on established clinical criteria. A healthcare professional can evaluate symptoms and recommend treatment if needed.

How to 100% detox your body in Charlotte?

There is no medically proven method to completely or instantly detox the body from alcohol or drugs. The liver and kidneys naturally remove these substances over time. Healthy habits such as proper hydration, balanced nutrition, and adequate sleep support recovery but do not accelerate detoxification. Medical supervision may be necessary for safe withdrawal from certain substances.

What are the first signs of liver damage from alcohol in Charlotte?

Early signs of alcohol-related liver damage may include fatigue, loss of appetite, nausea, abdominal discomfort, and unexplained weight loss. As liver disease progresses, symptoms such as jaundice, swelling, and easy bruising may develop. Some people have no noticeable symptoms during the early stages. Medical evaluation and testing are needed to diagnose liver damage accurately.

Looking for Alcohol Detox in [Freedom Park](#)? Professional alcohol detox programs provide a safe, medically supervised environment for individuals beginning their recovery journey. With personalized care, withdrawal symptom management, and compassionate clinical support, alcohol detox services help patients take the first step toward long-term sobriety, improved health, and a stronger foundation for ongoing recovery.