

Addiction Treatment Sarasota | Clean Recovery Centers



At **Clean Recovery Centers in Sarasota, FL**, we believe in providing a **comprehensive, compassionate, and personalized approach** to [addiction recovery](#). We understand that addiction is a complex disease, which is why we take a **multi-phase, evidence-based approach** to help individuals regain control of their lives. Whether you're living with drug or alcohol addiction, our Sarasota location offers **medical detox, inpatient rehab, outpatient programs, and long-term recovery support** to ensure you have the best chance at lasting sobriety. Recovery isn't just about quitting substances—it's about **healing, growth, and a brighter future**.

Comprehensive Addiction Treatment in Sarasota

Addiction affects every aspect of a person's life—physically, emotionally, and mentally. That's why at Clean Recovery Centers Sarasota, we integrate **medical treatment, behavioral therapy, and holistic wellness** to address all aspects of recovery. Our **structured programs** provide individuals with the **tools, education, and support** they need to achieve lifelong sobriety.

Our Sarasota Addiction Treatment Programs



Our Sarasota facility offers [personalized addiction treatment programs](#) tailored to meet each client's needs at different stages of recovery. We provide a **safe and supportive environment** where individuals can focus entirely on healing.

Inpatient Addiction Treatment in Sarasota



For those requiring **intensive, structured care**, our **inpatient addiction treatment program** provides 24/7 medical and therapeutic support. Key components include:

- **Medically supervised detox** to ensure a safe withdrawal process.
- **Individual and group therapy sessions** focused on addressing the root causes of addiction.
- **Skill-building workshops** to develop healthy coping mechanisms.
- **A strong recovery community** that fosters peer support and accountability.

Outpatient Addiction Treatment in Sarasota

Outpatient treatment is designed for individuals who need continued support while **maintaining their responsibilities at home or work**. We offer:

- **Partial Hospitalization Program (PHP):** A structured, full-day treatment program with intensive therapy.
- **Intensive Outpatient Program (IOP):** A step-down program that provides continued therapy while reintegrating into daily life.
- **Traditional Outpatient Therapy:** Ongoing support through **individual counseling and group therapy** sessions.

Types of Addictions Treated in Sarasota



At Clean Recovery Centers Sarasota, we offer specialized treatment programs for a wide range of substance use disorders, ensuring that each client receives **personalized and targeted care**.

Heroin Addiction Treatment

Heroin addiction is one of the most challenging dependencies to overcome. Our **heroin treatment program** includes **medically supervised detox, therapy, and relapse prevention** to help individuals achieve long-term sobriety.

Cocaine Addiction Treatment

Cocaine addiction can lead to severe **neurological and behavioral health complications**. Our treatment includes **behavioral therapy, cognitive restructuring, and holistic treatments** to support full recovery.

Meth Addiction Treatment

Methamphetamine addiction requires **specialized care** due to its impact on the brain and body. Our **comprehensive detox, therapy, and life skills training** provide a foundation for long-term sobriety.

Fentanyl Addiction Treatment

Fentanyl is a powerful opioid that requires **careful medical detox and structured treatment**. **Behavioral therapy and relapse prevention strategies** help clients achieve sustainable recovery.

Benzodiazepine Addiction Treatment

Benzodiazepines are often prescribed for anxiety and sleep disorders, but they can lead to dependency. Our **gradual tapering process, combined with therapy and holistic treatments**, ensures a **safe and successful recovery**.

Alcoholism Treatment in Sarasota

Alcohol addiction can affect **physical health, relationships, and overall well-being**. Our **alcohol rehab program** in Sarasota offers:

- **Medically supervised detox** to ensure safety during withdrawal.
- **Therapeutic interventions** to address the psychological aspects of alcohol dependence.
- **Relapse prevention strategies** to help individuals maintain long-term sobriety.

Dual Diagnosis Treatment

Many individuals managing addiction also suffer from **mental health conditions** such as **depression, PTSD, anxiety, or bipolar disorder**. Our **dual diagnosis program** treats both **substance use disorders and co-occurring mental health conditions** to ensure **comprehensive recovery**.

Evidence-Based Therapies for Addiction Treatment in Sarasota



We integrate **scientifically backed therapies** into our [addiction treatment programs](#) to ensure the most effective and sustainable results.

Cognitive Behavioral Therapy (CBT)

CBT helps clients identify **negative thought patterns** and replace them with **healthier coping mechanisms**.

Dialectical Behavioral Therapy (DBT)

DBT focuses on **emotional regulation, distress tolerance, and mindfulness**, helping individuals manage stress without relying on substances.

Trauma-Informed Therapy

Many individuals living with addiction have **experienced past trauma**. Our trauma-informed therapy provides a **safe, supportive space** to heal and move forward.

Holistic Therapies

We believe in treating the whole person, which is why we incorporate **holistic therapies** such as:

- Yoga and meditation
- Nutritional counseling
- Exercise and fitness programs

Long-Term Recovery and Aftercare in Sarasota

Recovery is an ongoing journey, and long-term success requires **continued support**. Our **aftercare services** include:

- **Alumni programs** to foster long-term community and peer support.
- **Relapse prevention counseling** to help individuals stay on track.
- **Continued therapy and support groups** to ensure lasting sobriety.

Why Choose Clean Recovery Centers Sarasota?



At Clean Recovery Centers Sarasota, we offer a **proven path to lasting sobriety** through:

- **Personalized treatment plans** tailored to each individual.
- **A structured, multi-phase approach** that promotes long-term success.
- **A compassionate, highly experienced team** committed to client well-being.
- **A holistic and evidence-based treatment model** that focuses on the mind, body, and spirit.

FAQs About Our Addiction Treatment in Sarasota

What types of addiction do you treat?

We treat **alcohol, opioids, stimulants, benzodiazepines, and other substance use disorders**.

How long does treatment last?

The length of treatment varies based on individual needs, but **programs typically last between 30 and 90 days**.

Do you offer mental health support?

Yes! Our **dual diagnosis program** provides treatment for **co-occurring mental health conditions**.

What happens after treatment?

We provide **aftercare services, alumni support, and relapse prevention programs** to help clients maintain long-term sobriety.

Get Started with Addiction Treatment in Sarasota Today

If you or a loved one is living with addiction, **Clean Recovery Centers Sarasota** is here to help. Our **comprehensive, evidence-based programs** provide the care, support, and tools needed for lasting recovery. **Take the first step—contact us today to begin your journey toward a healthier, substance-free future.**

