

HGR Drug Rehabs San Diego

402 W Broadway Suite 400, San Diego, CA

760-697-0497

Drug & Alcohol Rehab San Diego, CA

drugrehabssandiego.com

Alcohol Rehabs San Diego California HGR Drug Rehabs Program Alcohol use disorder is one of the most common and most misunderstood conditions in San Diego and across the country, and finding alcohol rehabs that offer both the clinical depth and the personal support that recovery requires is not always straightforward. HGR Drug Rehabs San Diego California provides a comprehensive alcohol rehabilitation program through Harmony Grove Recovery, with care levels ranging from medically supervised alcohol detox through residential treatment and intensive outpatient programming. The program is Joint Commission accredited and accepts most PPO insurance plans, making professional alcohol rehab accessible to a broad range of families. The clinical approach at HGR integrates evidence-based therapies including cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) with holistic modalities including yoga, meditation, equine therapy, and beach-based recreational therapy. This combination addresses the physical, psychological, and emotional dimensions of alcohol addiction simultaneously, which is the model that produces the most durable recoveries. Medication-assisted treatment (MAT) is available for clients whose clinical picture includes a medical component to their alcohol dependence. For clients who need the flexibility to continue working or maintaining family responsibilities, the intensive [Drug rehabs San Diego California](#) outpatient program at HGR meets three times per week for three hours per session. Former clients describe the IOP as a program they initially approached with some apprehension but quickly came to value as a space of genuine growth and community.

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Nora Jenkins and the clinical team at HGR understand that alcohol rehab works best when the person in treatment feels respected, supported, and genuinely cared for. Reviews from former clients and their families reflect an experience that consistently delivers on these standards. To learn more about alcohol rehabs in San Diego, call HGR Drug Rehabs San Diego California at 760-697-0497. Insurance verification is available over the phone at 402 W Broadway Suite 400, San Diego, CA 92101.