

# Sober College - Alcohol Rehab

<http://www.sobercollege.com/content/docs/alcohol-rehab.pdf>

<http://www.sobercollege.com/drug-rehab/alcohol-rehab/>

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## Alcohol Rehab

When one considers alcohol rehabilitation, they usually think of rehab for mature adults. If you or someone close to you has gone through alcohol abuse rehabilitation, you're probably already aware of the commitment that is required on both ends. What is not as well-documented, however, is the growing importance of alcohol rehab in young adults.

Young adults aged 17 to 25 go through many changes. It is during this time that they are introduced to the pressures of the real world. How they adjust to those pressures will have a big influence on their personalities as mature adults. Sober College specializes in rehabilitation for troubled teens and young adults. Our rehabilitation system is structured around young peoples' needs, and in that regard, we offer a rather unique service.

There is always a certain amount of rebelliousness that occurs in teenagers and young adults. It is part of growing up. Unfortunately, this does not bode well for young adults who are going through alcohol problems. Much of the time, attempts by parents or other parental figures are met with cynicism, overt disobedience, and disillusionment. Therefore, there must be a different mind-set when it comes to effective alcohol rehab for young adults.

Our programs last for an extended period of time (one year), and are held at one of our three rehabilitation/detoxification facilities. By taking the young adult out of his or her destructive environment, the proper facilities can be formed for real progress. This successful formula has made Sober College one of the premiere, young adult alcohol rehab centers in the country.

## Alcohol Detox

Alcohol detox is a necessary part of the rehabilitation process. In fact, we believe that no real rehabilitation can take place until proper detoxification has been completed. Alcohol detox becomes more and more difficult in cases where the alcoholic has gone through a number of previous rehab programs. Most of Sober College's students have been through previous treatment programs, so we are well aware of this fact.

Because our programs last for one full year, there is abundant time to not only detoxify our participants, but also successfully rehabilitate them. Some of the main tenants of our rehab process include an improved work ethic, commitment to detail, social realignment, and community service. We like to think of our treatment centers as complete solutions, because they address so many different aspects of the recovering alcoholic's healing.

## Sober College--Beyond Alcohol Detox

This approach lends itself to mental and physical recovery. We offer full therapeutic health and medical facilities, as well as lab testing and medication services. Our clinical health programs are secondary to the main goal, which is the psychological detoxification of our participants. After 30 days, physical alcohol can be successfully eradicated, but mental addiction is much harder to shake.

Psychological detoxification is a core component of our programs, because the mind's determination is responsible for not letting alcohol consume the body. This is a day-to-day process, and it involves understanding what alcoholism does to one's family, improvements in self-esteem, and learning life skills. We address each in large quantities at Sober College.

## Alcohol Rehabilitation

Alcohol rehabilitation is a complex process, as is any difficult endeavor. It involves an amazing number of factors, in addition to the

"12 steps." We have compiled extensive research from a number of leading books, publications, studies, and scientific journals that has assisted us in forming our approach. But it is experience and practice that has been the most useful to us. We know what works, because our methods are positively reinforced every day.

## **Successful Alcohol Rehabilitation**

In keeping with this research-based approach, our student curriculum has been tailored to place emphasis on addiction recovery. In addition to all the standard subjects which would be included in a high school or university curriculum course, we support these core classes with recovery-specific studies. Each applicant is evaluated separately, and a unique program is designed for that student. Sober College has formed affiliations with Rio Salado College and The University of Nebraska-Lincoln, so that accreditation can properly take place.

Thankfully, alcohol rehabilitation is more than just books and classrooms. Recreation is also an essential part of our young adults' rehabilitation. We have tailored our recreational activities to reflect what young adults like to do: get active, participate in fun events, and spend a lot of time outdoors. For this reason, we offer karate and yoga classes, and there are plenty of jogging and walking trails in and around our campuses.

Admittedly, one of the coolest aspects of Sober College's recreational department is its equestrian therapy. Horses are unique animals for their ability to perceive a human's state of mind. We have found that, by riding and being around horses, this activity has a beneficial effect on many Sober College students and the outcome of their alcohol rehabilitation.

Learning to surf