

# ALCOHOL DETOX TINTON FALLS

**the Archangel Centers**  
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Alcohol detoxification looks straightforward from the exterior. Quit drinking, wait a couple of days, go on. Any individual that has lived through it, or helped a liked one with it, recognizes better. The body adapts to alcohol in ways that touch rest, high blood pressure, mood, and memory. When the alcohol stops, those systems misfire. Great detoxification in Tinton Falls keeps you risk-free while those systems reset. Great detox prepares you for the next part of healing, the component that lasts.

This guide goes through what alcoholism treatment resembles today in Monmouth County, what happens in the first 72 hours, how medical professionals handle risk, and just how to select in between alternatives. It includes the trade-offs I talk about with family members each week, and it utilizes local realities to ground the guidance. Whether you are seeking alcohol detox Tinton Falls for yourself or a person you love, understanding the terrain lowers fear and boosts outcomes.

## **Detox and rehabilitation are not the exact same thing**

Detox is the clinically managed process of getting rid of alcohol from your system while taking care of withdrawal signs. It is brief, generally 3 to 7 days. The main goal is safety. The secondary goal is comfort.

Rehab is what comes next. It includes therapy, education and learning, medication for regression avoidance, family members work, and method living without alcohol. Rehab can be residential, partial hospitalization, or outpatient. It commonly lasts weeks to months. Think about detoxification as a runway and rehab as the trip. You require both to get to a destination.

In Tinton Falls, many people complete detoxification at a devoted unit, a hospital-based program, or an accredited withdrawal monitoring facility, then step into alcohol rehab Tinton Falls or a nearby outpatient program. Some facilities pack both under one roof covering; others coordinate with partner programs around Monmouth County.

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

Most admissions start with a quick telephone call. Anticipate to address practical inquiries: how much you drink, just how typically, the last drink, case history, present medications, allergic reactions, seizures, episodes of serious

complication, and psychological health and wellness history. Accuracy matters. Under-reporting the last beverage or quantity can weaken 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 impatience by late afternoon point towards physical dependence.

Timelines differ. If you go to high threat for complicated withdrawal, the team will attempt to confess the exact same day, occasionally within hours. If threat is [maps.app.goo.gl alcohol detox](https://maps.app.goo.gl/7333333333333333) modest, you might have a planned admission window. When beds are tight, team typically work with a risk-free bridge: hydration, vitamins, and a careful strategy to prevent an unsafe gap.

Insurance verification normally runs in parallel. Most business strategies and Medicaid strategies acknowledge detox as clinically necessary when certain requirements are fulfilled. Expect authorization for a brief stay initially, with updates sent out daily from the professional team.

If extreme symptoms show up at home, do not wait. Call 911 or go to the nearest emergency situation division. Seizures, severe complication, high fever, unchecked vomiting, or chest pain need instant treatment. Around, medical facility emergency divisions collaborate carefully with detox programs for risk-free transfers when you are stabilized.

## Day one and the first 72 hours

The intake nurse will certainly inspect vital indications, blood alcohol content if pertinent, and place you on a standard evaluation like CIWA-Ar, a validated device that scores withdrawal symptoms. You will typically obtain thiamine, folate, and a multivitamin very early to safeguard the brain and stop Wernicke's encephalopathy, which is unusual however serious. If you are currently unstable, sweaty, distressed, or nauseated, the doctor or registered nurse professional starts symptom-driven medicine promptly.

Here is how the initial stretch often unfolds.

- Hour 0 to 12: Consumption, laboratories, hydration, vitamins, and an initial dose of medication if shown. You might feel dazed or troubled. Personnel check on you often.
- Hour 12 to 24: Signs and symptoms can heighten. Shake, anxiety, bad rest, and blood pressure spikes prevail. Medicine doses are gotten used to your score and vitals. Simple food, fluids, and brief walks help.
- Day 2: If withdrawal dangers are higher, this is a crucial day. Seizure danger is higher in the initial 48 hours. The team sees very closely. Several patients start to support, with much less trembling and better sleep.
- Day 3: Signs typically relieve. The group shifts toward planning. You satisfy a counselor, talk about triggers, and map the next level of treatment. If available, you may go to a quick team or a one-on-one session.
- Day 4 to 7: Size depends upon severity, co-occurring conditions, and feedback to medicines. Some discharge on day 3, others require a couple of more days to land gently.

Families sometimes are afraid that medicines merely replace one substance with another. Done properly, detox counts on short programs of medicines that lessen as signs deal with. The plan is personalized and time-limited.

## Medications used in alcohol detox

Most units utilize symptom-triggered benzodiazepines, because this course lowers the danger of seizures and delirium tremens when alcohol stops. Usual selections include diazepam and lorazepam. Doses are not one size fits all. Older grownups, people with liver disease, or those with extreme sleep apnea need cautious adjustments.

Adjuncts alleviate certain symptoms. Gabapentin can decrease anxiousness and sleep problems. Clonidine or propranolol helps with free signs like fast heart price and shake. Hydroxyzine or trazodone sustains rest. Antipsychotics such as haloperidol might be utilized briefly for severe agitation or hallucinations, however not as a standalone for seizure avoidance. Thiamine is non-negotiable, given before glucose when feasible. A lot more serious or complicated instances sometimes need inpatient hospital management with IV liquids, electrolyte improvement, and continuous monitoring.

An excellent detox program go for the lowest reliable medication dose and quits it as soon as it is risk-free. The goal is not a chemical pillow for weeks. It is secure passage.

## **Understanding danger: who needs inpatient detox**

Not everybody needs inpatient detoxification. Light to moderate withdrawal can be taken care of at home with daily facility check-ins and prescriptions, specifically when there is solid social assistance and no significant health conditions. That said, certain aspects push the range towards overseen treatment:

- History of withdrawal seizures or delirium tremens, also once.
- Heavy or long period of time of drinking, for example a pint or more of liquor daily for months.
- Significant clinical issues such as heart problem, unrestrained diabetes mellitus, or liver failure.
- Pregnant individuals, that need coordinated obstetric and addiction care.
- Lack of a reputable sober caretaker at home.

Tinton Autumns has all set accessibility to both inpatient and ambulatory settings. The appropriate suit depends on security initially, after that logistics and preference.

## **What rehabilitation resembles after detox**

The handoff from detoxification to rehab shapes the next six months. Solid programs build that bridge early. You will likely fulfill an instance manager or counselor by day two who routines the first consultations, arranges transport when required, and checks insurance protection. Alternatives include:

- Residential rehabilitation, normally 2 to 4 weeks, for those who require a structured atmosphere without easy accessibility to alcohol.
- Partial a hospital stay, 5 days each week for several hours daily, with nights at home.
- Intensive outpatient, 3 to 4 days per week, generally in the evenings to balance job or family.
- Standard outpatient therapy, one or two times weekly, typically combined with peer support.

Therapies vary, but cognitive behavioral therapy and inspirational talking to are mainstays. Many programs in this region add trauma-informed treatment, family members sessions, and skills training for rest, tension, and interaction. An effective alcohol rehab Tinton Falls plan looks ordinary on paper however demanding in life: consistent treatment, peer link, medication when ideal, and day-to-day trouble solving in the house and work.

## **Medication for relapse prevention**

Detox addresses withdrawal, not yearning or relapse risk. Continuous alcoholism treatment often consists of drug:

- Naltrexone decreases benefit from alcohol consumption and can lower heavy drinking days. It comes as a day-to-day pill or a month-to-month shot. It is an excellent suitable for many, unless there is severe hepatitis

or opioid use.

- Acamprosate supports abstaining by easing post-acute signs like inner restlessness. It is dosed 3 times day-to-day and works best as soon as you are alcohol-free.
- Disulfiram develops an aversive reaction if you consume alcohol on it. It benefits people that want a solid exterior brake and have trustworthy supervision.
- Off label medications such as topiramate or gabapentin can assist some patients who do not endure first-line options.

The option depends upon goals. Somebody going for total abstinence might pick acamprosate or naltrexone. Someone attempting to lower heavy drinking days, en route to abstaining, could begin with naltrexone. A client with severe liver disease calls for added caution and commonly prefers acamprosate.

## **A day inside a modern detox unit**

The medical components are foreseeable. The human components vary. On a regular early morning, vitals and signs and symptom scores come first, followed by a light morning meal. A nurse look at hydration and sleep. If you feel restless, dull foods work best, and ginger tea assists more frequently than you would expect. If you rested inadequately, the team readjusts the night plan.

Afternoons often include a brief psychoeducation group, if you are up for it, on topics like triggers, sleep hygiene, hydration, and what the next week resembles. Individuals that really feel as well shaky stay in their areas and meet one-on-one later on. A lot of units construct in quiet hours to decrease overstimulation. A therapist could rest with you to note contact number you intend to avoid for some time. Phones are often restricted throughout acute withdrawal to restrict stress.

Evenings are low profile. Easy movement, a brief stroll in the hallway, or mild stretching assists. Team urge showers and fresh garments, tiny acts that bring back self-respect when your body really feels off. This sounds standard, and it is, but it helps people turn the corner.

## **Local context in Tinton Falls and Monmouth County**

Location issues. Tinton Falls rests near a number of clinical centers and outpatient clinics, which shortens the handoff in between detoxification and rehab. Public transportation is limited, so programs that provide experiences or collaborate with family members have a side. Work routines around the Coast can be seasonal, and night extensive outpatient groups aid those who juggle changing shifts.

Peer support is very easy to locate. There are Alcoholics Anonymous conferences across Monmouth County, consisting of early morning and lunchtime styles. Some churches and community centers host non-12-step groups too. A strong alcohol rehab Tinton Falls strategy typically includes a dedication to attempt a number of conferences, not just one, to find a great fit.

Legal problems appear in this area as almost everywhere. If you have a pending DUI, tell your therapist. Programs can provide attendance paperwork and coordinate with lawyers or probation when ideal, with your composed approval. Privacy regulations secure your info under HIPAA and 42 CFR Part 2, so absolutely nothing is shared without your permission.

## **Special populations and professional judgment**

One dimension never ever fits all. Here are situations where plans often change:

- Older adults metabolize medications in a different way, and drop risk is actual. Lower benzodiazepine dosages, slower tapers, and added interest to hydration and electrolytes protect against complications.
- People with liver disease need cautious drug option. Lorazepam is frequently favored in serious liver problems due to the fact that it stays clear of active metabolites. Naltrexone may be deferred till liver function improves.
- Pregnant clients need collaborated treatment. The priority is maternal stabilizing, fetal tracking when indicated, and mindful medication options. Early prenatal control makes a difference.
- Those with co-occurring mental health conditions take advantage of integrated treatment. Deal with neglected clinical depression, PTSD, or ADHD along with alcohol usage problem. Avoid chasing one issue at a time.
- People with persistent discomfort requirement realistic plans. An excellent program brings discomfort management right into the discussion early, with non-opioid methods, physical therapy recommendations, and coordinated prescribing.

The usual string is personalization. The ideal plan is the one you can adhere to safely, not the one that looks ideal on paper.

## **Cost and insurance without spin**

Costs vary extensively. In New Jacket, facility-based detoxification charges can encounter several thousand bucks for a multi-day keep, but what you pay depends on insurance coverage contracts and deductibles. Industrial insurance typically covers detoxification when standards are fulfilled, with copays that vary from moderate to substantial depending upon your plan. Medicaid prepares in the area cover qualified detox programs, though bed accessibility can fluctuate. If you are without insurance, inquire about state financing blocks or charity treatment testing. Financial counselors can run a quick benefits inspect prior to admission so you are not surprised.

Medication for relapse avoidance is normally covered. Naltrexone injection has higher in advance price, yet many plans approve it when oral medicine has not worked or adherence is a concern. Pharmacies around Tinton Falls recognize with previous permissions for these medicines, yet it can still take a day or more to process.

## **Therapy that sticks after detox**

People do not relapse for lack of information. They relapse when anxiety spikes, sleep collapses, or they run into an old pattern without a plan. Effective therapy targets those real minutes. If alcohol rehab includes just lectures, you will certainly find out interesting realities and little else. Programs that blend specific treatment, abilities technique, and peer discussion teach you to manage the side situations: the colleague who pressures you consistently, the wedding anniversary of a loss, the evening you do not fall asleep until 3 a.m.

Look for a plan that practices reactions. Technique saying no with a complete sentence. Practice leaving a party in the initial 15 mins without explanation. Practice purchasing club soda with lime without a long tale. It feels unpleasant at first. It gets simpler quickly.

Medication plus therapy is not a crutch. It is a wise pairing. Individuals who make use of both often tend to stay engaged longer.

## **How to prepare for admission**

A short, functional checklist helps the day go smoother.

- Photo ID, insurance coverage card, and a checklist of existing medications with doses.
- Comfortable apparel and standard toiletries, avoiding products that contain alcohol like specific mouthwashes.
- Names and numbers of essential get in touches with, plus any kind of lawful documents you might need.
- A percentage of cash or a debit card for incidentals if allowed.
- A publication or easy activity for silent durations, considering that screens might be minimal very early on.

Leave prized possessions at home. If you put on prescription glasses, bring a backup instance. If you use a CPAP device for sleep apnea, bring it and tell the nurse at intake.

## What development really looks like

New patients often expect a rise of energy once the alcohol leaves. What they really feel is more subtle. The first actual win is typically a consistent hand. Then a full night of rest appears, commonly in between days 3 and 7. Early morning nausea discolours. Blood pressure stabilizes. The mind removes sufficient to detect patterns.

Cravings are available in waves. The initial clean silent Saturday can really feel empty and risky. A good plan loads it with easy framework: a meeting, a stroll, food preparation something you in fact want to consume, a call with someone risk-free. Over weeks, power returns. Over months, confidence grows. The brain's incentive system, down-regulated by years of alcohol, alters. It does not snap back in a week. It transforms with repetition.

## Common misunderstandings that get in the way

Two ideas trigger a lot of damage. The first is awaiting ideal preparedness. Readiness is not a door that opens totally. It is a home window that fractures. If the window is open today, move. Programs in Tinton Falls can typically begin the process rapidly when you call.

The secondly is the misconception that slip eliminates progression. A slip is data. It tells you where the strategy was slim. Use it to strengthen the plan, not to verify a story that you can not alter. Individuals that mount slides as information return on the right track faster.

## A short story from the work

A guy in his fifties from just outdoors Tinton Falls called one Monday morning after a weekend break he did not remember. He had tried to stop before and seized in his cooking area. This time he came in the exact same day. The very first 1 day were uneven. He overslept brief bursts, called his sibling two times, and stressed he would certainly never steady. On day three, he consumed a full morning meal and [alcohol detox](#) strolled the corridor without grasping the rail. He met the counselor, agreed to begin naltrexone injection prior to discharge, and went to a little group where he said exactly three words. A week later on he started evening extensive outpatient and maintained functioning early mornings. He marked his progression, not by a grand feeling, however by small notes: constant hands at 7 a.m., coffee that tasted like coffee once more, a full container of gas at 10 p.m. Without need to detour. Six months in, he still had hard days. He likewise had a plan that fit his life.

## Choosing in between programs

If you compare alcohol rehab options, ask pointed inquiries. Exactly how do you collaborate from detoxification to rehab? What portion of your detoxification patients begin medication for relapse avoidance? How do you

handle co-occurring anxiety or stress and anxiety? What is your plan on household participation? That helps with transportation? Can you share aggregate outcomes, even straightforward ones like 30-day involvement rates?

Visit if you can. The area does not require to look like a hotel, however it requires to feel orderly and tranquil. See just how staff greet people. If they discover your name rapidly and explain what they are doing before 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 benefit of being close to coastal parks and tracks. Use them. Light daily workout enhances sleep, state of mind, and stress and anxiety strength. Easy regimens aid: groceries on the very same day weekly, laundry on a schedule, a regular conference with a sponsor or mentor. If your home is high risk, think about a sober living house for a period. Healing housing near Monmouth County differs in quality, so ask your therapist for vetted options.

If you work in a setting where alcohol becomes part of the culture, like friendliness or sales, be truthful with your supervisor if you have a relying on connection. Lots of employers will certainly support a phased return or routine adjustments during early recovery. The Family Members and Medical Leave Act may use. A HR discussion prior to issues turn up is much better than one after.

## **When to look for aid again**

Return early if sleep breaks down for numerous nights, if yearnings ramp beyond your plan, or if old patterns begin to creep back. This is not failure. It is maintenance. A lot of programs can supply booster sessions, short term medication adjustments, or a couple of days of partial a hospital stay to reset. Colleagues can aid you stabilize this. Individuals who succeed long-term use help as a device, not as a last resort.

## **The course ahead in Tinton Falls**

Alcohol detoxification Tinton Falls is not regarding white-knuckling in an area up until the clock runs out. It is a medically guided reset that shields your brain and body. The move into alcohol rehab Tinton Falls, with therapy and medication when needed, constructs a new everyday rhythm. Success stays in the normal: the coffee that tastes like coffee, the steady hand, the prepare for a difficult Tuesday. Modern alcoholism treatment does not rest on self-control alone. It sets science with useful support, and it appreciates the life you require to return to.

If you or an enjoyed one is taking into consideration a start, make the telephone call. Ask direct concerns. Bring the truth. From there, the team can build a plan that is secure, realistic, and yours.

### **Archangel Centers**

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

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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.

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**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

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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 [Wine Experience](#)? 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.