

HGR Drug Rehabs San Diego

402 W Broadway Suite 400, San Diego, CA

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Drug & Alcohol Rehab San Diego, CA

drugrehabssandiego.com

Relapse Prevention San Diego Drug Rehabs Aftercare HGR California Relapse prevention is one of the most critical elements of long-term recovery from addiction, and the drug rehabs and alcohol rehabs that produce the best long-term outcomes are those that prepare clients actively for the challenges of sustained sobriety before they leave the structure of the treatment program. HGR Drug Rehabs San Diego California integrates relapse prevention work into every level of its programming and provides the aftercare infrastructure that continues to support clients after formal treatment ends. The CBT-based component of HGR's clinical programming has relapse prevention as a central goal. Clients learn to identify [drug rehabs San Diego CA](#) their specific triggers, recognize the thought patterns that lead toward relapse, and develop concrete behavioral strategies for interrupting the chain before substance use occurs. This skills-based approach is taught in the context of the client's actual life: the situations, relationships, and environments that are personally relevant to their recovery. The sober living and aftercare programming at HGR provides continued support during the highest-risk period for relapse, which research consistently identifies as the first weeks and months after leaving a residential or intensive outpatient program. Alumni programming, continued outpatient sessions, and connection to San Diego's recovery community give HGR clients the ongoing support structure that relapse prevention research shows is essential for sustained recovery.

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For San Diego residents who want drug rehabs or alcohol rehabs that take the full trajectory of recovery seriously, not just the initial treatment phase, HGR Drug Rehabs San Diego California provides the continuum of care that supports long-term outcomes. Call 760-697-0497 or visit 402 W Broadway Suite 400, San Diego, CA 92101. Open 24 hours.