

## **Florida Christian Drug Rehab Programs Do Work**

*The emotional and mental impact and overwhelming stress that has engulfed the United States, makes it necessary to find successful ways to cope.*

**Aug. 30, 2009** - [PRLog](#) -- The emotional and mental impact and overwhelming stress that has engulfed the United States, makes it necessary to find successful ways to cope. Stress has reached epidemic levels due to many extenuating factors and unless effective methods are found to help relieve stress, the population is prone to turning to drugs or alcohol to numb or forget problems.

Stress is particularly bad for those who are predisposed or vulnerable to substance abuse, particularly those who already harbor a past substance abuse problem. Florida Christian drug rehab programs are seeing more enrollments of people who reportedly use drugs to deal with the mounting stress experienced in daily life.

Stress is one of the most powerful and common triggers that lead to triggering drug use and relapse, even when someone has experienced a long period of sobriety. Scientific research also indicates an illness called Post Traumatic Stress Disorder can develop in people who have experienced a traumatic event. PTSD puts a person at a strong risk for developing crippling substance abuse problems. This fact is noted and understood by Florida rehab programs and is dealt with as part of substance abuse treatment.

PTSD is witnessed in people who have suffered from hurricanes, tornadoes, floods, fires, war and other forms of disaster. When someone witnesses something traumatic it can change them to the very core and make them seek out avenues for dealing with the emotional trauma of the situation. Drug abuse happens because a person can drug themselves against the pain and stress of the situation and not have to think about the event.

Florida Christian drug rehab programs provide excellent mental health services for patients. Doing drugs as a result of trying to forget a traumatic and stressful situation is a common occurrence and happens to not only the victims but also to the rescue personnel who witnessed the event. Sometimes the human mind is only equipped to deal with so much pain and stress and it drives a person to seek methods to block the event, the method most common is substance abuse.

While in rehab if a patient is drugging to alleviate PTSD symptoms, the rehab specialists and personnel will provide counseling and understanding to help the patient work through the various emotions involved.

Healing a person from drug addiction requires intensive counseling and one-on-one sessions with a private therapist to talk about the emotions and feelings that triggered substance abuse in the first place.

Florida Christian drug rehab programs have helped many people with mental illness and PTSD beat drug addiction. Having the resources and proper treatment and possibly medication, has allowed many patients suffering from crippling stress and depression to learn to manage the condition without the need for illicit drugs.

No matter what type of situation drove a person to turn to substance abuse, Florida rehab programs can help. By providing care and compassion for patients, the professional services offered at faith-based rehab facilities are unsurpassed and have helped many leave behind the stresses that led to substance abuse and experience peace once again.

More information on substance abuse treatment can be found <http://www.integritywayflorida.com/drug-treatment.html> or

<http://www.transformationstreatment.com/florida-rehab.html>

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Integrity Way has partnered with substance abuse treatment center Transformations which focuses heavily on life skills training and Christian drug treatment. Visit

<http://www.integritywayflorida.com/drug-treatment.html> for more information on how you can receive the help you need.

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City/Town	Delray Beach
State/Province	Florida
Zip	33484
Country	United States
Industry	<a href="#">Consumer</a> , <a href="#">Family</a> , <a href="#">Health</a>
Tags	<a href="#">Christian</a> , <a href="#">Drug</a> , <a href="#">Rehab</a> , <a href="#">Programs</a> , <a href="#">Addiction</a> , <a href="#">Alcoholism</a> , <a href="#">Abuse</a> , <a href="#">Help</a>
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