

Addiction Treatment Is Never An Easy Choice Or Life Path To Endure



HELP IS JUST A PHONE CALL AWAY.
800-501-1988
WE'RE HERE FOR YOU. CALL NOW.



Released on: February 9, 2009, 5:59 am
Author: Drugrehab.sunsetmalibu.com
Industry: [Human Resources](#)

Malibu, California, February 1, 2009 – One of the hardest parts of addiction recovery is taking that first step and verbalizing that a problem really does exist. Until that point it is easy for an addict to pacify the negative behavior as a way to relieve tension or handle a bad day in the office. Somewhere inside there is a little voice telling

the addict that the behavior goes way beyond that flimsy excuse.



An addict's worse fear is confrontation about what is going on in his or her life. They go to great lengths to avoid uncomfortable discussions to the fact with family and friends. When a boss starts hinting at an addiction

problem, the addict quits his job and walks out the door. When a friend brings up the same problem, the addict walks away and deletes

the friend out of her cell phone address book. Great life changes are made to avoid these situations.

Addiction takes on various formats. There is eating disorders, drugs, alcohol, anxiety, depression and the list goes on and on. Each addiction starts with its own circumstances. Likewise each addiction also comes with its own hurdles that must be overcome if an addict has any hope of recovery. Still the recovery process is not easy.

Cliffside Malibu is a place to start. Staff is trained in the areas of [addiction treatment](#) and knows how to be that effective first hand reaching out to an addict in the moments when all hope feels lost. One of the first steps that staff members take once an addict arrives for treatment is to engage in an intervention process.

The target objective of a staged intervention is to call attention to the addiction without allowing for excuses or escape options to be given. This may seem like a harsh way to start a rehabilitation process. However the staff at Cliffside Malibu knows that in order to be a successful [drug rehab program](#), steps must be taken for the addict to face their addiction problems as soon as possible.

For this intervention to work, staff may approach family and friends about their participation in the event. Addicts often forget that they are not the only injured parties in this situation. Family and friends bear the brunt of anger, stress and addictive behavior as the addict stops at nothing to get that next soothing fix. These are the people that know the addict best. These are also the people that have been hurt the most by the addiction.



Staff at Cliffside Malibu is aware of these and other issues that will come up as the intervention process begins. There is a specialized intervention team in place at all times ready to help the addict make that first step towards admitting there is a problem. Addicts may get angry and say or do things that would be viewed as hateful in the outside world. Intervention members do not stand in judgment against the addict or turn their backs. Instead a helping hand is offered and the addict is made to feel safe and secure. In this environment many

times an addict feels secure enough to come to terms with the addictive behavior and let the recovery and healing process begin.

Once this admission has been made, productive [alcohol treatment](#) can begin. Intervention team members are with an addict from the moment he or she walks through that door. From that point a personalized treatment plan is devised that will best meet the needs of that addict. Team members work to set a starting point that will get the addict moving in the right direction. After awhile those hateful moments of the first day intervention are replaced with life long friendships towards a staff that helped the addict get back on track and make a new choice for life.

About

Cliffside

Malibu:

Cliffside Malibu offers treatment program approaches based on individual need rather than a mass group approach. All treatments are tailored to each addict and include equine therapy, acupuncture and yoga. The rehabilitation center offers treatment for drugs, alcohol, eating disorders, depression and anxiety among others.

Contact Details: Cliffside Malibu

1-800-501-1988

www.cliffsidemalibu.com

admissions@cliffsidemalibu.com