

A person is walking away from the camera on a forest path. The path is covered in fallen branches and leaves. The forest is dense with tall trees, and the lighting is warm and golden, suggesting late afternoon or early morning. The person is wearing dark clothing and boots.

Men's Rehab Program

Find addiction treatment help
today at Red Oak Recovery!

866.457.7590

Content

- [Why Choose a Men's Rehab Center?](#)
- [Men's Drug Rehab Program at Red Oak Recovery](#)
- [Treatment Options at Red Oak](#)
- [Dual Diagnosis Treatment](#)
- [Your Recovery Journey at Our Men's Drug Rehab Center](#)
- [More About Our Men's Rehab Center Program](#)

Substance abuse is a prevalent problem around the country. In 2018, over 8.1 million people had an illicit drug use disorder, and 1.8 million struggled with alcohol use disorders. If a man in your life struggles with alcohol or drug addiction, the time to get treatment at a men's rehab program is now. Contact our rehab program for young adults at [866.457.7590](tel:866.457.7590) to learn more [about Red Oak Recovery](#) and our men's addiction treatment options.

Why Choose a Men's Rehab Center?

When it comes to substance abuse, trauma, and mental health, we know that young men and women are very different, and we must treat it as such. That is why it is essential to find a dedicated men's drug rehab center.



Anger. Low self-esteem. Failure to launch. Stress management. These are just a few of the many issues that significantly impact young males recovering from substance use disorder and/or co-occurring disorders. Young men are also coming up against new challenges each day, and they are more likely to turn to drugs and alcohol to cope. As a result, it is critical for them to find a [substance abuse treatment center](#) that can address their needs.

When you come to a men's rehab center, you can get the treatment you need without having to worry about appearing strong or reliable for the people around you. At a men's rehab center, all the people around you are going through the same problems that you are.

For this reason, we have developed our addiction treatment program in North Carolina to cater to the needs of our young male clients. Our [drug addiction treatment program](#) helps build self-esteem during and after your stay at Red Oak Recovery and that equips you or someone you love to:

- Achieve sobriety and stay in recovery
- Become more self-sufficient
- Identify emotional and physical triggers that precede relapse
- Cope with stress in a healthy manner
- Manage anger better
- Embrace a positive outlook
- Deal with co-occurring disorders, including anxiety and depression
- Move past the impact of trauma

Men's Drug Rehab Program at Red Oak Recovery

Our highly trained [addiction treatment staff](#) works with our male clients to create a personalized [addiction treatment plan](#). Our men's rehab program center combines conventional and holistic treatment modalities to address mental,

physical, spiritual, and emotional needs and to increase the likelihood of long-term recovery.

In addition to therapy, our [young adult rehab program](#) teaches men about what triggers and motivates them to abuse substances in the first place, how to move through trauma, and manage health mental health. We'll work together to develop new healthy coping strategies and positive skills for recovery and relapse prevention.

Treatment Options at Red Oak

When you struggle with addiction, you need a combination of holistic and evidence-based treatments. Addiction affects every part of a person-mind, body, and soul. All of these are damaged during the addiction's course. Holistic therapies are treatments that address each part of the person. These treatments include:

- [Yoga therapy](#)
- [Meditation therapy](#)
- [Wilderness therapy](#)
- [Experiential therapy](#)

However, these treatments do not work on their own. It would be best if you also had evidence-based treatments for a well-rounded recovery.

Evidence-based therapies are methods that experts in addiction treatment have thoroughly researched to ensure that they can effectively treat addiction. With these treatments, our staff can help you get to the root cause of your addiction. Our [evidence-based addiction treatment program](#) for young men at Red Oak Recovery include:

- [Group](#)
- [Individual](#)
- [Family therapy](#)
- [12 step addiction recovery](#)
- [Cognitive-behavioral therapy](#)
- [Dialectical behavior therapy](#)

Even if you only have two or three symptoms, you shouldn't assume that you don't need treatment at a men's alcohol rehab. After all, a mild addiction is far easier to treat than a severe addiction.

Dual Diagnosis Treatment

For many people, addiction and mental illness are inextricably linked. Sometimes, addiction starts because the person is trying to cope with symptoms of a mental illness. For instance, a person with depression may begin drinking because they think that the only way they can manage their symptoms is with alcohol. However, the more they use alcohol as a coping mechanism, the more alcohol they need to get the same effect. Before they know what is happening, they've got a full-blown addiction.

Other times, addiction causes a mental illness. Substances like cocaine and methamphetamine can cause anxiety, schizophrenia, and bipolar disorder.

Whichever is the case for you, if you struggle with both a mental disorder and substance abuse disorder, you need a men's [dual diagnosis treatment program](#). Dual diagnosis treatment addresses both the mental health problem and the substance abuse disorder at the same time.

This type of treatment is imperative for long term recovery. If you don't receive simultaneous treatment, the untreated disorder may cause the treated one to relapse. For example, if a person struggled with depression and addiction and only got treatment for the addiction, their depression symptoms would come back at full force. Without coping mechanisms to manage those symptoms, they would go back to the alcohol.

At Red Oak Recovery, we treat a wide range of mental health disorders, including:

- [Depression](#)
- [Anxiety](#)
- [Schizophrenia](#)
- [Bipolar disorder](#)
- [Eating disorders](#)

Your Recovery Journey at Our Men's Drug Rehab Center

Addiction can cause manipulative and deceitful behavior, rigid thinking, and irrational belief systems that lead to dysfunctional or otherwise unhealthy behavior.

One of our goals at Red Oak Recovery is to deepen our male clients' understanding of themselves and others through therapeutic assignments and [12-step programs](#). Along these lines, we help clients further explore six core values:

Our therapeutic curriculum consists of four "journeys" that our clients will embark on, including:

Hope

Courage

Willingness

Integrity

Spirituality

Service

Our therapeutic curriculum consists of four “journeys” that our clients will embark on, including:

The Journey of Awareness

The Journey of Connection

The Journey of Support

The Journey of Perseverance

We believe that recovery necessitates something to replace the hours spent using and seeking drugs and/or alcohol. For this reason, our therapeutic journeys also teach clients how to have fun in sobriety.

More About Our Men’s Rehab Center Program

At Red Oak Recovery, the staff members of our men’s rehab program are completely dedicated to helping your recovery from your substance use disorder. We treat men ages 18-30. We offer many treatment programs to help people recover from addiction, including:

- [Cocaine addiction](#)
- [Heroin addiction](#)
- [Alcohol addiction](#)
- [Opioid addiction](#)
- [Benzo addiction](#)

Are you looking for more information on substance abuse, trauma, and mental health treatment for yourself or for that young male in your life? We can help you get that information and give you the care and treatment you need when you contact Red Oak Recovery. To learn about our men’s drug rehab program, [contact us](#) today at [866.457.7590](tel:866.457.7590). Recovery is possible at Red Oak Recovery.

Receive the Red Oak Experience Today!

CALL NOW AT 866.457.7590

CONTACT US ONLINE



REDEFINING THE CLINICAL EXPERIENCE

CALL US TODAY 866.457.7590