



ALCOHOL DETOX

Call Us Now

 **+17043680525**

 9305 Monroe Rd Suite A/B,
Charlotte, NC 28270, United States

 ascendrecoverycenternc.com



ALCOHOL DETOX CHARLOTTE

Contact Us

 **+17043680525**

 ascendrecoverycenternc.com

 9305 Monroe Rd Suite A/B,
Charlotte, NC 28270, US



Deciding to stop alcohol consumption is hardly ever a cool, direct moment. For many people, it comes after years of trying to take care of alcohol usage independently, cutting down for a few days, then getting on the same cycle since withdrawal signs hit more difficult than anticipated. By the time a person begins checking into clinical alcohol detoxification, the inquiry is normally no longer whether alcohol has become a problem. The actual question is just how to quit safely.

That difference matters. Alcohol withdrawal can be awkward, but it can also be medically unsafe. People are often amazed by just how promptly symptoms can escalate, especially after long periods of heavy daily drinking. Shaking, sweating, anxiety, and nausea or vomiting may appear convenient in the beginning. Then blood pressure climbs, heart price surges, confusion embed in, and sometimes seizures or ecstasy tremens can follow. That is why inpatient alcohol detox remains the standard referral for lots of people with moderate to extreme dependence.

If you are thinking about alcohol detox in Charlotte, it assists to understand exactly what inpatient treatment involves, what a common first couple of days look like, and how clinicians choose what level of treatment is proper. The more concrete the photo, the much easier it is to take the next step.

Why alcohol detox typically requires clinical supervision

Alcohol impacts the brain's repressive and excitatory systems in a manner that creates a major rebound result when consuming alcohol unexpectedly quits. In time, the body adapts to the consistent visibility of alcohol. Once it is removed, the nervous system can swing into overdrive. That overactivation is what drives withdrawal.

In functional terms, an individual that consumes alcohol heavily every day might not just really feel hungover when they stop. They may experience rising agitation, tremors, sleep problems, vomiting, panic, high blood pressure, and affective disruptions. In a lot more extreme instances, hallucinations, seizures, and profound disorientation can emerge. Delirium tremens, often reduced to DTs, is a medical emergency situation that can come to be life endangering without timely treatment.

This is the gap between giving up and detoxing. Giving up is the choice. Detoxification is the process helpful the body support while the alcohol gets rid of and withdrawal runs its course.

People sometimes ask whether they can "persist" in your home. For some light or recurring enthusiasts, outpatient assistance may suffice. But also for anybody with a long alcohol consumption background, previous withdrawal signs, previous seizures, co-occurring clinical conditions, or unpredictability concerning just how much they really take in, home detoxification is a gamble. A monitored clinical alcohol detoxification offers medical professionals an opportunity to check signs and symptoms, utilize medicines appropriately, appropriate dehydration, and interfere early if complications appear.

Who generally take advantage of inpatient alcohol detox

Not every person requires to be admitted to a facility, but there are clear patterns that push the referral toward inpatient care. A person is more probable to need inpatient alcohol detox if they consume alcohol throughout the day, get up requiring alcohol to constant themselves, have undergone withdrawal previously, or have blended alcohol with sedatives or other substances. The same holds true for older adults, people with liver condition, heart troubles, improperly regulated diabetes, or a history of extreme stress and anxiety or depression.

Pregnancy, unstable real estate, and absence of reliable support in the house additionally alter the equation. Detox does not happen in a vacuum. Even light signs and symptoms really feel much more difficult to manage if a person is alone, scared, and without transport or backup. The best plan is frequently the one with fewer loosened ends.

Clinically, the goal is not to overmedicalize the procedure. It is to match the level of like the level of risk. A person can be highly motivated and still need inpatient treatment. Inspiration does not lower the danger of seizures.

What admission generally looks like

Most inpatient detox admissions begin with a consumption analysis that is much more thorough than many individuals anticipate. Staff will ask about drinking patterns thoroughly, not simply whether someone beverages "a great deal." **Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program alcohol addiction treatment** They require to know just how much, just how often, what type of alcohol, what time the last drink was, and whether there have been prior episodes of

withdrawal. They will additionally inquire about drugs, psychiatric signs, rest, appetite, various other compound use, and previous treatment attempts.

A medical evaluation adheres to. That commonly consists of checking crucial indications, assessing present symptoms, and ordering fundamental laboratory work depending upon the setting and the person's case history. Clinicians might evaluate liver feature, electrolytes, blood matters, hydration status, and occasionally nutritional shortages. Hefty alcohol usage frequently conceals other problems, so the evaluation is designed to catch more than simply withdrawal itself.

This first stage can feel recurring, specifically if the individual has actually currently told their story several times over the phone. There is a reason for that repeating. Small details matter. A history of withdrawal seizure three years ago changes the treatment plan. So does a pattern of blending alcohol with benzodiazepines, using opioids, or having actually improperly managed hypertension.

Once confessed, the person is typically revealed to an area, provided a timetable, and oriented to the device. In Charlotte, as in the majority of cities, inpatient detoxification settings vary. Some are healthcare facility based. Others are specialized detox facilities or domestic programs with clinical team on site. The experience will certainly vary by center, however the clinical concerns remain similar: keep the person secure, reduce distress, screen for difficulties, and plan for the next stage of treatment.

The first 72 hours, what several people notice

The timing of alcohol withdrawal is not similar for everybody, but there is a general arc clinicians watch very closely. Signs and symptoms often begin within a number of hours after the last beverage, after that develop over the initial one to three days. The first 72 hours are usually one of the most clinically significant.

Early on, a client might observe shake, uneasiness, sweating, nausea or vomiting, migraine, and a sharp sense of anxiousness that really feels bigger than average anxiousness. Sleep is typically inadequate. Some individuals describe depending on bed exhausted however incapable to settle, with their heart battering and ideas racing. Hunger may vanish. Also simple tasks can really feel overstimulating.

As keeping an eye on proceeds, personnel might make use of a standardized withdrawal scale to track extent in time. That helps identify whether medications need to be begun, adjusted, or tapered. Registered nurses commonly check high blood pressure, pulse, temperature, and mental condition at normal intervals. If symptoms aggravate, they respond quickly rather than waiting on a crisis.

One thing family members usually misconstrue is that detox is not concerning maintaining somebody sedated. Great treatment aims for stabilization, not chemical restraint. The best-run programs decrease signs and symptoms sufficient for the person to remainder, think clearly, and continue to be medically risk-free. They do not simply knock individuals out and wait.

Medications frequently utilized in clinical alcohol detox

Medication decisions depend upon intensity, age, case history, and co-occurring material usage. The foundation of treatment in many settings is a benzodiazepine method due to the fact that these medications minimize the danger of seizures and extreme withdrawal problems when used appropriately. Some centers dose on a dealt with routine. Others utilize symptom-triggered dosing, where drug is provided according to the person's existing withdrawal score and professional presentation.

Other medicines might be added for particular demands, such as queasiness, sleeping disorders, elevated blood pressure, or frustration. Vitamins are likewise essential, particularly thiamine, due to the fact that long-term

alcohol use can develop major dietary deficiencies. That item usually gets forgotten by people, but it matters. Thiamine shortage can result in considerable neurologic complications, and changing it is a common part of liable detox care.

Not every patient obtains the very same regimen. That is by design. A person with moderate signs and symptoms and stable vitals might require just light assistance and observation. A person with a background of extreme withdrawal may need hostile early monitoring. The plan needs to feel individualized since it is.

What the environment is in fact like

People listen to "inpatient" and commonly imagine either a secured medical facility ward or a raw rehab dormitory. The reality rests someplace between those extremes and varies by facility. A lot of detox units are structured, peaceful, and purposefully low dramatization. The setting is made to decrease overstimulation because withdrawal already tax obligations the nervous system.

Expect a personal or semi-private space in many programs, normal essential indication checks, drug rounds, meals, hydration assistance, and durations of rest. Team presence may be restricted in the first day or more if symptoms are solid. Some individuals aspire to jump quickly right into therapy. Others can barely make it via a brief conversation. Excellent personnel recognize the difference between resistance and real physical distress.

A few useful information frequently catch people unsuspecting:

- Sleep is usually disrupted at first, despite having treatment.
- Staff might wake individuals throughout the night for evaluations or medications.
- Hydration and consuming can seem like job, but both belong to recovery.
- Emotional swings prevail as soon as alcohol is removed.
- The system timetable can feel extra organized than individuals expect.

That framework is not there to penalize any person. It develops predictability at a time when the body feels exceptionally unpredictable.

The psychological side of detox

The physical symptoms obtain most of the interest, yet the psychological whiplash of alcohol detoxification is equally as real. Lots of clients really feel revealed as soon as the numbing result of alcohol discolors. Pity comes up rapidly. So does sorrow. Some people come to be in tears when they lastly sleep a few hours and get up clearheaded enough to understand just how much drinking has extracted from them. Others become short-tempered, dubious, or hopeless to leave.

None of that is uncommon. Detox remove the instant chemical buffer before the individual has had much time to build new coping devices. Inpatient settings function best when staff reward that emotional volatility as component of the scientific picture, not as a character flaw. A nurse that steadily explains why symptoms are happening can do even more to lower panic than a generic reassurance ever before could.

There is also a particular sort of concern that shows up on day two or 3. The individual starts really feeling a little bit better physically and unexpectedly stresses over what comes next. Detoxification can be extreme, however it is additionally had. Life outside the system is not. That is why discharge planning should begin early, out the last morning.

How long inpatient alcohol detoxification usually lasts

The answer depends upon the person, the intensity of dependancy, and whether difficulties occur. A brief detoxification stay may last three to five days. Some patients need closer to a week, specifically if signs are slow to solve, sleep remains inadequate, or high blood pressure and anxiousness take time to stabilize. If the detoxification system becomes part of a bigger property program, the stay might flow directly into recurring therapy without an official discharge in between.

What matters more than the exact variety of days is whether the patient has actually really stabilized. Leaving since the shakiness has actually enhanced is not the like preparing. A person might still go to high risk for regression if rest is fractured, desires are intense, and no follow-up treatment has been arranged.

In Charlotte, programs differ in just how they manage this shift. Some are primarily developed for acute stablizing. Others construct detox right into a broader continuum that consists of domestic therapy, partial a hospital stay, extensive outpatient care, medicine monitoring, and treatment. When individuals search for alcohol detox Charlotte options, this connection is worth asking about. A smooth handoff usually makes the distinction in between a brief interruption in drinking and a real transforming point.

Detox is not the entire treatment

This is just one of the most essential points to comprehend. Detox addresses physical reliance. It does not deal with the reasons the individual consumed, the routines constructed around alcohol, or the stressors waiting after discharge.

Once withdrawal has settled, therapy requires to widen. That might include therapy focused on regression patterns, trauma, anxiety, depression, family strain, grief, or work anxiety. It might involve psychiatric examination if mood signs and symptoms preceded the drinking or ended up being entangled up with it. For some individuals, drug for alcohol use condition becomes part of the strategy after detox. That conversation must be individualized and clinically grounded.

The greatest therapy plans normally consist of numerous components collaborating:

- a risk-free detox process
- a clear following degree of care
- support for mental wellness and household dynamics
- relapse avoidance approaches connected to genuine triggers
- follow-up visits set up before discharge

Without that bridge, several individuals leave detox sensation literally much better however mentally unprepared. That is the risk area. The body has reset just sufficient for resistance to go down, but need to consume alcohol can still be effective. A go back to previous drinking levels after even a time-out can come to be particularly risky.

Questions worth asking a detox program in Charlotte

Choosing a program can feel frustrating, especially when someone remains in crisis or calling on part of a partner, parent, or adult child. Marketing language tends to obscure together. The better inquiries are concrete.

Ask whether the facility provides 24-hour medical surveillance and exactly how it handles serious withdrawal. Ask whether clinicians have experience with co-occurring psychiatric problems and polysubstance usage. Ask what occurs after detox, whether the person can tip directly into domestic or outpatient therapy, and just how the program includes households when appropriate. Transportation, insurance coverage confirmation, medication continuity, and aftercare preparation likewise matter greater than glossy promises.

Local context issues too. Charlotte has a wide healthcare landscape, and individuals commonly get in detoxification with different doors. Some come through a medical facility emergency situation division after signs intensify. Others are referred by health care, treatment methods, immediate care, or household treatment. Some self-refer after a final failed attempt to stop in the house. A great program needs to be able to meet the person where they are, scientifically and logistically.

What family members ought to expect

Families are usually relieved once their enjoyed one goes into inpatient alcohol detox, yet that alleviation can be combined with complication. They may expect immediate gratitude, emotional clarity, or a remarkable breakthrough. More often, the first couple of days are untidy. The individual might be groggy, ashamed, angry, or concentrated only on making it through the hour. That does not suggest treatment is failing.

Families can help most by staying based in the fact of the procedure. Detoxification is stabilization first. Insight typically comes later. If the center permits family members call, it might be restricted at the beginning, especially if the patient is medically unsteady or overwhelmed. This can be irritating, yet it is usually clinically appropriate.

It additionally helps when family members comprehend that pledges made throughout withdrawal are not therapy strategies. An individual may claim, with total genuineness, "I'm done permanently, I simply require to get home." That statement might be heartfelt, yet it does not replace the demand for ongoing treatment. The period right after detoxification is just one of the highest-risk home windows for relapse.

When immediate assistance is especially important

There are particular scenarios where waiting is ill-advised. A person who is puzzled, [alcohol rehab](#) visualizing, having seizures, unable to maintain liquids down, or revealing extreme agitation needs immediate medical interest. The same uses if alcohol use is coupled with breast pain, repeated drops, self-destructive reasoning, or indications of substantial liver or intestinal problems.

Even beyond emergency scenarios, a pattern of escalating withdrawal with each gave up attempt is a significant indication. Clinicians occasionally refer to this pattern as kindling, meaning repeated withdrawals can come to be gradually extra serious. A person who "survived it" at home in 2015 might not have the very same experience following time.

That is one factor medical alcohol detox should not be postponed merely because an individual has handled previous withdrawals outside a therapy setup. Previous luck is not future safety.

The initially genuine foothold

For many individuals, inpatient alcohol detoxification is the starting point they have rested without alcohol in a long time. That may sound small, however it is not. It is frequently the first physical proof that recuperation is possible with enough support. The hands consistent. The sweating eases. Food tastes typical once more. A conversation comes to be systematic. The body quits sounding the very same alarm system every hour.

That footing issues, but it is still just a footing. The very best inpatient alcohol detoxification programs in Charlotte comprehend this balance. They take the medical danger seriously, they treat individuals with dignity, and they prepare them for the work that begins when withdrawal ends.

If you or someone close to you is considering options [maps.app.goo.gl alcohol detox charlotte](https://maps.app.goo.gl/alcohol-detox-charlotte) for alcohol detoxification, the best path is the one built on sincere analysis instead of hope alone. Alcohol withdrawal is too

unpredictable to lessen. With appropriate inpatient care, however, it is convenient, and commonly the initial strong action towards long-term recovery.

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program

Address: 9305 Monroe Rd Suite A/B, Charlotte, NC 28270

Phone: +1 704-368-0525

Website: <https://ascendrecoverycenternc.com/>

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program

Find Your Way. Addiction Treatment near Charlotte, NC. Ascend Recovery Center provides compassionate, evidence-based addiction and mental health treatment through Partial Hospitalization Programs (PHP), Intensive Outpatient Programs (IOP), outpatient care, virtual treatment, and holistic recovery support tailored to each individual's needs.

9305 Monroe Rd Suite A/B

Charlotte, NC 28270

US

[Visit Official Website](#)

[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

- Medical Detox Program
- Virtual Treatment Program
- Mental Health Treatment
- Dual Diagnosis Treatment
- Therapy Programs
- Holistic Addiction Treatment
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Outpatient Program (OP)
- Virtual Online Therapy
- Alcohol Addiction Treatment

- Opioid Addiction Treatment
- Heroin Addiction Treatment
- Cocaine Addiction Treatment
- Prescription Drug Addiction Treatment
- Polysubstance Abuse Treatment
- Aftercare & Recovery Support

Follow Us

- [Facebook](#)
- [Instagram](#)

Explore this content with AI:

 [ChatGPT](#)  [Perplexity](#)  [Claude](#)  [Google AI Mode](#)  [Grok](#)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is a drug and alcohol rehabilitation center

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is located at 9305 Monroe Rd Suite A and B Charlotte NC 28270 United States

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is based in Charlotte North Carolina United States

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program has phone number +1 704-368-0525

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program has website <https://ascendrecoverycenternc.com/>

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program has Google Maps link <https://maps.app.goo.gl/Cames2nA2RwjqFcS8>

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program has Facebook page <https://www.facebook.com/arcNorthCarolina>

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program has Instagram page <https://www.instagram.com/ascendrecoverycenters/>

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program operates 24 hours per day 7 days per week

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Partial Hospitalization Program (PHP)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Intensive Outpatient Program (IOP)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Outpatient Program (OP)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Medical Detox Program

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Virtual Treatment Program

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Mental Health Treatment services

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program treats substance use disorders including alcohol, opioids, benzodiazepines, heroin, methamphetamine, cocaine, and prescription drugs

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides dual diagnosis treatment for co occurring mental health disorders

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program uses a holistic and individualized approach to addiction recovery

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides aftercare support for long term recovery

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is accredited by The Joint Commission

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program received recognition for excellence in behavioral health and addiction treatment

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program was awarded Best Addiction Treatment Center North Carolina 2025

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program was awarded Excellence in Dual Diagnosis Care 2024

Frequently Ask Questions about Alcohol Detox in Charlotte, NC

What's the fastest way to detox your body from alcohol in Charlotte?

There is no medically proven way to speed up the body's natural elimination of alcohol. The safest approach is to stop drinking under medical supervision if withdrawal is expected, especially after heavy or long-term alcohol use. Staying hydrated, eating nutritious foods, and getting adequate rest support recovery but do not accelerate alcohol metabolism. Severe withdrawal requires prompt medical care.

What is the 3 3 3 rule for addiction in Charlotte?

The term "3-3-3 rule" is not a standard medical guideline for addiction treatment. Some people use the phrase informally as a coping strategy for managing anxiety or cravings, but there is no universally accepted addiction recovery rule with this name. Evidence-based addiction treatment typically includes counseling, behavioral therapies, and ongoing support. Treatment plans are individualized based on each person's needs.

How is detox for alcohol done in Charlotte?

Alcohol detox involves medical monitoring while the body adjusts after alcohol use stops. Healthcare professionals may provide medications, fluids, nutritional support, and regular assessments to manage withdrawal symptoms. Vital signs are monitored to reduce the risk of complications. Detox is often followed by ongoing counseling or rehabilitation.

What are some coping mechanisms for addiction in Charlotte?

Healthy coping strategies include attending counseling, participating in peer support groups, exercising regularly, practicing stress management, and building a supportive social network. Identifying triggers and developing relapse prevention skills are also important. Many people benefit from structured daily routines and healthy hobbies. Coping strategies are most effective when combined with professional treatment.

How long until alcohol is 100% out of your system in Charlotte?

For most people, alcohol is eliminated from the bloodstream within about 24 hours after the last drink. The exact time depends on factors such as liver function, metabolism, body size, and the amount consumed. Different testing methods may detect alcohol or its byproducts for varying lengths of time. Physical recovery continues after alcohol has left the body.

How do I flush alcohol from my body in Charlotte?

No food, drink, or home remedy can flush alcohol from the body faster than the liver naturally processes it. Drinking water helps prevent dehydration but does not speed alcohol elimination. Coffee, exercise, and sports drinks do not reduce blood alcohol levels more quickly. Time is the only way alcohol is fully cleared from the bloodstream.

What are the 7 steps of addiction in Charlotte?

There is no single universally accepted seven-step model of addiction. Many educational resources describe stages such as experimentation, regular use, risky use, dependence, addiction, treatment, and long-term recovery. The progression varies from person to person and is not always linear. Professional assessment helps determine the appropriate treatment approach.

What is considered alcoholism in Charlotte?

Alcoholism, now commonly referred to as alcohol use disorder, is a medical condition involving an impaired ability to control alcohol use despite negative consequences. Common signs include strong cravings, withdrawal symptoms, increased tolerance, and continued drinking despite physical, emotional, or social problems. Diagnosis is based on established clinical criteria. A healthcare professional can evaluate symptoms and recommend treatment if needed.

How to 100% detox your body in Charlotte?

There is no medically proven method to completely or instantly detox the body from alcohol or drugs. The liver and kidneys naturally remove these substances over time. Healthy habits such as proper hydration, balanced nutrition, and adequate sleep support recovery but do not accelerate detoxification. Medical supervision may be necessary for safe withdrawal from certain substances.

What are the first signs of liver damage from alcohol in Charlotte?

Early signs of alcohol-related liver damage may include fatigue, loss of appetite, nausea, abdominal discomfort, and unexplained weight loss. As liver disease progresses, symptoms such as jaundice, swelling, and easy bruising may develop. Some people have no noticeable symptoms during the early stages. Medical evaluation and testing are needed to diagnose liver damage accurately.

Looking for Alcohol Detox in [Romare Bearden Park](#)? Professional alcohol detox programs provide a safe, medically supervised environment for individuals beginning their recovery journey. With personalized care, withdrawal symptom management, and compassionate clinical support, alcohol detox services help patients take the first step toward long-term sobriety, improved health, and a stronger foundation for ongoing recovery.