

HGR Drug Rehabs San Diego

402 W Broadway Suite 400, San Diego, CA

760-697-0497

Drug & Alcohol Rehab San Diego, CA

drugrehabssandiego.com

Alcohol Rehabs for Young Adults San Diego HGR California Alcohol and drug rehabs that specialize in treating young adults recognize that the challenges of early adulthood, including identity formation, academic and career pressure, developing social networks, and navigating relationships, create specific treatment needs that differ from those of middle-aged or older adults in recovery. HGR Drug Rehabs San Diego California includes specialized programming for young adults through Harmony Grove Recovery, addressing the developmental and social dimensions of addiction in this age group. Young adult addiction frequently involves multiple substances, co-occurring mental health conditions including anxiety and depression, and social peer pressures that standard adult programming does not fully address. The clinical team at HGR works with young adults using therapeutic approaches that engage their specific developmental concerns, including CBT and DBT skills that are directly applicable to the challenges of young adult life. The experiential components of HGR's programming, including equine therapy, yoga, beach activities, and recreational therapy, tend to be particularly engaging for young adults who respond well to active, embodied therapeutic approaches. Building a sober social life is a critical element of recovery for young adults, and HGR's structured social activities provide models for socializing and building connection without substances.

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For families in San Diego with young adults struggling with alcohol or drug addiction, HGR provides a treatment environment that [teen drug rehab San Diego](#) takes the specific challenges of this age group seriously while maintaining the clinical rigor of a Joint Commission accredited facility. Call HGR Drug Rehabs San Diego California at 760-697-0497 to discuss young adult drug and alcohol rehabs in San Diego. Office at 402 W Broadway Suite 400.