

Inpatient Drug Rehabs San Diego HGR Residential Program Residential inpatient drug rehabs provide the most intensive level of care available in addiction treatment, and for clients whose substance use has reached a point of serious clinical complexity, inpatient treatment is often the level of care that makes lasting recovery possible. HGR Drug Rehabs San Diego California offers residential inpatient programming through Harmony Grove Recovery, combining clinical rigor with a luxury environment that gives clients the stability and comfort they need to engage fully in the recovery process. The residential program at HGR integrates multiple evidence-based treatment modalities into a structured daily schedule. CBT and DBT-based psychotherapy address the thought patterns and emotional regulation challenges that underlie addictive behavior. EMDR therapy is available for clients whose addiction history is intertwined with trauma, which is the case for a significant proportion of those seeking treatment. Biofeedback provides clients with real-time information about their own physiological responses, which can be a powerful tool in developing self-regulation skills. The living environment in the residential program reflects HGR's commitment to a recovery experience that does not feel institutional. Private bedrooms, outstanding food, fitness options, and recreational activities including beach excursions and visits to Southern California attractions give residential clients a quality of daily life that makes the investment in treatment feel meaningful. Former clients consistently describe the setting as beautiful and comfortable.

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Inpatient treatment at HGR is appropriate for clients completing drug detox who require a higher level of ongoing support, for clients with co-occurring mental health conditions, and for those whose home environment would not support early recovery. After residential treatment, clients transition to IOP or standard outpatient programming to continue their recovery with appropriate clinical support. Call [Drug rehabs San Diego California](#) HGR Drug Rehabs San Diego California at 760-697-0497 to discuss residential inpatient drug rehabs in San Diego. Located at 402 W Broadway Suite 400.

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