

## **Inpatient Rehabilitation for Substance Abuse**

Age Requirements

18 and over

Available 24/7

Yes

Intake Contact Email

Intake Team

Intake Process

Call (877) 830-6439 to speak with someone about admissions, 24 hours a day, seven days a week.

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

Self Refer

Yes

Mount Regis Center

<https://www.mtregis.com/>

<https://www.mtregis.com/programs/residential/>

Main

(540) 389-4761

Toll-Free

(877) 217-3447

405 Kimball Avenue

24153 VA

United States

Payment Method(s)

Private Pay

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Private Insurance

Languages Spoken

## English

Each person in the Mount Regis inpatient drug and alcohol rehabilitation program has an individualized addiction recovery plan. This may include all or some of the following: Group therapy, addiction education, individual therapy, group process, family therapy and twelve-steps. Certified addiction counselors, nurses and physicians conduct drug and alcohol recovery therapy sessions. The staff nutritionist can work with you on an individual basis. A fitness class at a local gym 3 times per week may also be part of the holistic approach to recovery from addiction – mind, body, spirit. The recovery program will help with:

- Dealing with Grief/Loss
- Learning Personal Effectiveness
- Drug and/or Alcohol Relapse Prevention
- Co-dependency
- Stress Management
- Emotional Management
- Conflict Resolution
- Impact of Drugs and/or Alcohol on Mind & Body

Service Area(s)

Bedford County

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Botetourt County

,

Craig County

,

Roanoke City

,

Roanoke County

,

Salem City