

Saving Lives, Rebuilding Futures: Align's Medically Supervised Detox in Sonoma

Align Recovery Centers in Sonoma provides 24/7 medically supervised detox to stabilize adults and prepare them for the next level of care.

SONOMA, CA, UNITED STATES, June 30, 2026 /EINPresswire.com/ -- Sonoma, CA — Align Recovery Centers is prioritizing community well-being across Northern California by providing medically supervised [drug and alcohol detox](#) services that stabilize individuals and support local recovery support.

The organization's mission is to help Northern California communities by strengthening pathways to sustained treatment.



Align's structured, medically supported detox typically spans approximately seven days, with individualized timelines based on substance type, duration of use, and co-occurring health conditions. The program provides 24/7 medical monitoring, psychiatric oversight, and medication management, including medication-assisted treatment for alcohol and opioid withdrawal and careful benzodiazepine tapering when clinically appropriate. Comprehensive medical and behavioral-health assessments on admission drive personalized plans that address withdrawal risks, immediate medical needs, and co-occurring mental health concerns.

Beyond immediate stabilization, Align's integrated care model emphasizes long-term recovery by combining evidence-based clinical therapies—cognitive-behavioral therapy, dialectical behavior therapy, motivational interviewing, and trauma-focused care—with experiential and wellness modalities such as yoga, art and music therapy, mindfulness, and meditation. These services aim to help participants heal from underlying trauma, develop relapse-prevention skills, and rebuild relationships, producing benefits that extend into families and neighborhoods throughout the region.

Align's multidisciplinary clinical team—medical professionals, licensed therapists, behavioral health staff, and addiction specialists—delivers individualized treatment within a 45-bed, family-

style environment designed to promote connection and accountability. Family education, clinician-supported visitation, and family or couples therapy are included to reinforce support networks that contribute to community stability.

Recognizing detox as the first step in a continuum of care, Align prioritizes coordinated discharge planning and seamless transitions into residential treatment, sober living, intensive outpatient programs (IOP), partial hospitalization programs (PHP), outpatient services, and community-based support. Care coordinators actively link clients to local recovery resources and multiple pathways, including 12-Step, SMART Recovery, and Recovery Dharma, to match individual needs and community contexts.

By offering accessible, medically supervised detox and coordinating next-step services, Align seeks to reduce immediate health risks and strengthen the recovery community across Sonoma, Santa Rosa, Petaluma, Sebastopol, and surrounding communities.

Families and individuals seeking confidential, medically supervised detox and community-centered clinical care can begin the [admissions process](#) with Align Recovery Centers. The admissions team assists with clinical screening and [insurance verification](#) to facilitate timely access for Northern California residents.

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