

There is no single answer that fits everyone asking about program length, but most clients at Alpha Recovery Center plan for around 30 days as a starting point, with longer stays available for those who need more time to stabilize. The exact number depends on the person, the substance involved, and how the first weeks of treatment go, which is why the facility avoids promising a fixed timeline before meeting a client. Program length depends heavily on the level of care involved. Inpatient medical detox is typically the shortest phase, focused on safely managing withdrawal, while residential treatment that follows tends to run closer to the 30 day mark that many clients reference. From there, some clients step down into partial hospitalization, intensive outpatient or standard outpatient programs, each requiring less time on site per week while still providing structured support, followed by aftercare and alumni programming once formal treatment ends. Medication assisted treatment is available where clinically appropriate, and dual diagnosis care is offered for clients also managing a co-occurring mental health condition, both of which can affect how long a given phase runs. Because the facility is located in Lancaster, in the northern part of Los Angeles County, clients from Palmdale, Quartz Hill, Santa Clarita and elsewhere in the Antelope Valley can step down gradually without needing to relocate for each phase. Group therapy, individual sessions and family therapy continue throughout, alongside cognitive behavioral therapy and dialectical behavior therapy where clinically appropriate, and holistic options such as yoga and art therapy are woven in as clients progress. The grounds include a gym and a swimming pool, and the on site chef, Ted, keeps meals consistent throughout every phase of a client's stay.

Alpha Recovery Center | Drug and Alcohol Detox | 7316 W Ave D-8, Lancaster, CA 93536 | (866) 813-0909

Staff, including the on site therapist Bryan and the facility's owner Tony, work with each client individually rather than pushing everyone through the same timeline, which is part of why the facility maintains a 5.0 star rating from 43 Google reviews. Length of stay is also something families can ask about directly when they call, since every case looks a little different once the details are known. Admissions lines are staffed 24 hours a day, seven days a week, so a family can start that conversation as soon as they are ready. To talk through what a realistic timeline might look like for a specific situation, call Alpha Recovery Center at (866) 813-0909, any hour of the day. The facility is located at 7316 W Ave D-8, Lancaster, CA 93536, in Los Angeles County, and admissions staff [drug rehabs Los Angeles](#) can outline options based on the level of care that fits best.