

ALCOHOL DETOX CHARLOTTE

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Deciding to stop alcohol consumption is rarely a cool, direct minute. For many people, it comes after years of attempting to take care of alcohol usage independently, reducing for a couple of days, then slipping into the exact same cycle because withdrawal signs struck tougher than expected. By the time a person starts checking into medical alcohol detox, the inquiry is generally no more whether alcohol has ended up being a problem. The actual inquiry is how to stop safely.

That difference matters. Alcohol withdrawal can be uncomfortable, but it can additionally be [alcohol detox](#) clinically dangerous. Individuals are commonly surprised by how rapidly signs and symptoms can increase, particularly after long periods of hefty everyday alcohol consumption. Drinking, sweating, anxiousness, and nausea or vomiting may seem workable initially. After that high blood pressure climbs up, heart price increases, complication embed in, and in many cases seizures or delirium tremens can follow. That is why inpatient alcohol detox remains the standard recommendation for lots of people with modest to severe dependence.

If you are taking into consideration alcohol detox in Charlotte, it helps to understand precisely what inpatient therapy involves, what a normal initial couple of days resemble, and exactly how medical professionals determine what level of treatment is suitable. The even more concrete the photo, the simpler it is to take the next step.

Why alcohol detox typically needs clinical supervision

Alcohol affects the mind's inhibitory and excitatory systems in a manner that creates a significant rebound result when consuming alcohol instantly stops. In time, the body adapts to the continuous existence of alcohol. Once it is gotten rid of, the nerves can swing into overdrive. That overactivation is what drives withdrawal.

In practical terms, an individual who drinks greatly daily might not just really feel hungover when they stop. They might experience rising anxiety, tremors, insomnia, vomiting, panic, high blood pressure, and perceptual disruptions. In more serious situations, hallucinations, seizures, and extensive disorientation can emerge. Ecstasy tremens, often shortened to DTs, is a medical emergency situation that can come to be life intimidating without punctual treatment.

This is the void in between quitting and detoxing. Stopping is the decision. Detox is the procedure of helping the body support while the alcohol gets rid of and withdrawal runs its course.

People in some cases ask whether they can "persist" in the house. For some light or intermittent enthusiasts, outpatient support may be enough. However, for anyone with a lengthy alcohol consumption background, previous withdrawal symptoms, previous seizures, co-occurring clinical conditions, or unpredictability about how much they actually take in, home detoxification is a wager. A monitored medical alcohol detoxification provides medical professionals a possibility to keep track of signs and symptoms, make use of medicines suitably, correct dehydration, and interfere early if complications appear.

Who generally gain from inpatient alcohol detox

Not everybody needs to be confessed to a center, yet there are clear patterns that push the suggestion toward inpatient treatment. A person is most likely to require inpatient alcohol detox if they drink throughout the day, wake up requiring alcohol to constant themselves, have actually experienced withdrawal previously, or have blended alcohol with sedatives or other materials. The exact same is true for older grownups, people with liver condition, heart problems, improperly controlled diabetic issues, or a background of severe anxiety or depression.

Pregnancy, unsteady housing, and lack of dependable assistance at home likewise alter the formula. Detox does not happen in a vacuum. Even moderate signs really feel much more challenging to handle if somebody is alone, scared, and without transport or backup. The most safe plan is commonly the one with fewer loose ends.

Clinically, the objective is not to overmedicalize the process. It is to match the level of like the level of threat. An individual can be highly encouraged and still require inpatient therapy. Motivation does not reduce the threat of seizures.

What admission typically looks like

Most inpatient detox admissions start with a consumption analysis that is more detailed than lots of people anticipate. Staff will inquire about drinking patterns carefully, not just whether a person drinks "a great deal." They require to know just how much, how typically, what kind of alcohol, what time the last beverage was, and whether there have actually been prior episodes of withdrawal. They will certainly additionally ask about medications, psychiatric signs, rest, appetite, various other material use, and past therapy attempts.

A clinical analysis complies with. That often consists of examining crucial indicators, evaluating present signs and symptoms, and ordering fundamental laboratory work depending upon the setup and the person's case history. Medical professionals might evaluate liver function, electrolytes, blood matters, hydration status, and in some cases dietary deficiencies. Hefty alcohol use commonly covers up various other issues, so the analysis is created to capture greater than just withdrawal itself.

This first stage can [alcohol detox charlotte](#) feel recurring, especially if the individual has actually already told their story a number of times over the phone. There is a reason for that rep. Little information matter. A history of withdrawal seizure 3 years ago changes the care plan. So does a pattern of mixing alcohol with benzodiazepines, making use of opioids, or having actually inadequately regulated hypertension.

Once admitted, the person is typically shown to a space, provided a routine, and oriented to the device. In Charlotte, as in most cities, inpatient detoxification setups vary. Some are healthcare facility based. Others are specialized detoxification facilities or residential programs with medical personnel on site. The experience will certainly differ by facility, but the medical concerns continue to be similar: keep the individual safe, minimize distress, display for problems, and get ready for the following stage of treatment.

The first 72 hours, what several individuals notice

The timing of alcohol withdrawal is not similar for everyone, however there is a basic arc medical professionals view closely. Signs [alcohol detox](#) and symptoms often begin within several hours after the last drink, then build over the first one to three days. The initial 72 hours are often the most medically significant.

Early on, a patient may see shake, restlessness, sweating, nausea or vomiting, frustration, and a sharp feeling of anxiousness that really feels bigger than ordinary anxiousness. Rest is usually bad. Some people explain being on bed exhausted however not able to clear up, with their heart pounding and ideas competing. Hunger may disappear. Even simple tasks can really feel overstimulating.

As checking continues, staff may use a standard withdrawal scale to track severity with time. That aids identify whether drugs need to be begun, adjusted, or tapered. Registered nurses usually examine blood pressure, pulse, temperature, and psychological condition at regular periods. If signs and symptoms intensify, they react rapidly rather than awaiting a crisis.

One point households usually misunderstand is that detoxification is not concerning maintaining a person sedated. Great care goes for stabilizing, not chemical restriction. The best-run programs reduce signs sufficient for the individual to rest, think clearly, and continue to be clinically secure. They do not just knock individuals out and wait.

Medications commonly made use of in medical alcohol detox

Medication choices depend upon intensity, age, medical history, and co-occurring compound use. The foundation of therapy in several setups is a benzodiazepine procedure because these medications minimize the risk of seizures and extreme withdrawal problems when utilized properly. Some facilities dose on a fixed timetable. Others make use of symptom-triggered application, where drug is offered according to the individual's current withdrawal rating and medical presentation.

Other drugs may be added for details requirements, such as nausea or vomiting, sleeping disorders, raised blood pressure, or frustration. Vitamins are additionally essential, specifically thiamine, because long-lasting alcohol usage can develop severe nutritional deficiencies. That piece commonly gets forgotten by people, however it

matters. Thiamine shortage can result in substantial neurologic problems, and replacing it is a typical part of liable detox care.

Not every person receives the exact same regimen. That is deliberately. Somebody with moderate signs and symptoms and steady vitals might need just light support and observation. Somebody with a background of serious withdrawal may need hostile early monitoring. The strategy should really feel customized since it is.

What the setting is in fact like

People listen to "inpatient" and often envision either a locked health center ward or a raw rehabilitation dormitory. The fact sits somewhere in between those extremes and varies by center. Most detoxification units are structured, quiet, and deliberately low drama. The atmosphere is created to lower overstimulation because withdrawal already taxes the nervous system.

Expect an exclusive or semi-private space in several programs, routine vital indication checks, drug rounds, meals, hydration support, and periods of remainder. Group presence may be limited in the very first day or 2 if signs are strong. Some patients aspire to jump promptly into treatment. Others can barely make it with a short discussion. Good personnel know the distinction in between resistance and authentic physical distress.

A few functional details typically capture people unsuspecting:

- Sleep is normally interrupted in the beginning, even with treatment.
- Staff may wake individuals throughout the night for evaluations or medications.
- Hydration and eating can feel like work, however both become part of recovery.
- Emotional swings prevail as soon as alcohol is removed.
- The system schedule can really feel more structured than clients expect.

That structure is not there to punish anyone. It produces predictability each time when the body feels profoundly unpredictable.

The psychological side of detox

The physical symptoms obtain the majority of the attention, yet the psychological whiplash of alcohol detoxification is just as genuine. Several individuals really feel revealed when the numbing result of alcohol fades. Pity turns up quickly. So does grief. Some people become teary when they finally sleep a few hours and awaken clearheaded sufficient to grasp just how much drinking has actually extracted from them. Others end up being short-tempered, questionable, or desperate to leave.

None of that is unusual. Detoxification remove the instant chemical buffer before the person has had much time to build new coping devices. Inpatient setups function best when team treat that psychological volatility as component of the medical image, not as a personality problem. A registered nurse who comfortably discusses why signs are happening can do more to lower panic than a generic peace of mind ever before could.

There is likewise a certain type of fear that shows up on day two or 3. The individual starts feeling a bit much better literally and instantly bothers with what comes next. Detox can be extreme, but it is also contained. Life outside the system is not. That is why discharge preparation ought to start early, out the last morning.

How long inpatient alcohol detoxification normally lasts

The solution depends upon the individual, the extent of reliance, and whether problems arise. A short detoxification keep may last three to 5 days. Some people require closer to a week, particularly if symptoms are slow-moving to resolve, rest stays bad, or blood pressure and anxiety take some time to support. If the detoxification device becomes part of a larger residential program, the keep may move directly into recurring therapy without an official discharge in between.

What matters greater than the precise number of days is whether the individual has actually absolutely stabilized. [alcohol rehab Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program](#) Leaving due to the fact that the restlessness has actually boosted is not the same as being ready. A person might still go to high risk for regression if rest is fractured, food cravings are intense, and no follow-up treatment has actually been arranged.

In Charlotte, programs differ in how they handle this transition. Some are primarily created for severe stabilization. Others develop detox right into a broader continuum that consists of domestic treatment, partial hospitalization, intensive outpatient treatment, drug administration, and treatment. When people search for alcohol detoxification Charlotte options, this connection deserves asking about. A smooth handoff frequently makes the difference in between a quick interruption in alcohol consumption and an authentic transforming point.

Detox is not the whole treatment

This is one of one of the most crucial indicate recognize. Detox addresses physical dependancy. It does not deal with the reasons the individual consumed alcohol, the practices developed around alcohol, or the stress factors waiting after discharge.

Once withdrawal has actually resolved, therapy requires to widen. That might consist of treatment concentrated on regression patterns, injury, anxiousness, clinical depression, family members stress, pain, or job anxiety. It may entail psychological examination if state of mind signs and symptoms preceded the drinking or came to be entangled up with it. For some patients, medication for alcohol usage disorder becomes part of the plan after detox. That discussion needs to be individualized and medically grounded.

The strongest treatment strategies normally consist of a number of elements working together:

- a secure detoxification process
- a clear following degree of care
- support for psychological health and family dynamics
- relapse avoidance approaches tied to genuine triggers
- follow-up appointments arranged prior to discharge

Without that bridge, many individuals leave detoxification sensation literally better but psychologically unprepared. That is the danger area. The body has reset simply enough for tolerance to go down, however the urge to consume can still be effective. A return to previous alcohol consumption degrees after even a short break can come to be especially risky.

Questions worth asking a detoxification program in Charlotte

Choosing a program can feel overwhelming, especially when somebody remains in crisis or contacting behalf of a partner, parent, or adult youngster. Advertising and marketing language has a tendency to obscure together. The more useful inquiries are concrete.

Ask whether the facility offers 24-hour clinical monitoring and how it takes care of severe withdrawal. Ask whether clinicians have experience with co-occurring psychological problems and polysubstance use. Ask what happens after detoxification, whether the person can step directly into property or outpatient therapy, and how the program includes families when appropriate. Transportation, insurance coverage confirmation, medication connection, and aftercare planning additionally matter greater than shiny promises.

Local context issues too. Charlotte has a broad medical care landscape, and individuals typically go into detox through various doors. Some come with a medical facility emergency situation division after signs and symptoms rise. Others are referred by primary care, therapy practices, urgent care, or family intervention. Some self-refer after a last failed attempt to quit at home. A good program must be able to satisfy the individual where they are, medically and logistically.

What families must expect

Families are typically happy once their enjoyed one gets in inpatient alcohol detoxification, yet that alleviation can be blended with confusion. They might expect immediate gratitude, psychological clearness, or a remarkable development. More frequently, the initial few days are unpleasant. The patient may be groggy, ashamed, mad, or focused just on making it through the hour. That does not imply treatment is failing.

Families can assist most by staying grounded in the truth of the process. Detox is stabilizing initially. Understanding usually comes later on. If the facility allows family get in touch with, it may be restricted at the beginning, specifically if the person is clinically unpredictable or overwhelmed. This can be frustrating, but it is frequently medically appropriate.

It also assists when households recognize that assurances made throughout withdrawal are not therapy strategies. A person might state, with full sincerity, "I'm done permanently, I simply require to obtain home." That statement might be sincere, yet it does not change the need for ongoing treatment. The period right after detoxification is just one of the highest-risk windows for relapse.

When instant assistance is specifically important

There are certain circumstances where waiting is unwise. An individual that is confused, hallucinating, having seizures, unable to keep fluids down, or revealing severe anxiety needs urgent medical interest. The very same uses if alcohol usage is paired with upper body pain, repeated falls, self-destructive thinking, or signs of substantial liver or intestinal problems.

Even beyond emergency circumstances, a pattern of escalating withdrawal with each quit effort is a major indication. Clinicians sometimes refer to this pattern as kindling, implying repeated withdrawals can come to be gradually more severe. An individual that "survived it" in the house in 2015 might not have the same experience following time.

That is one factor clinical alcohol detoxification should not be delayed merely due to the fact that a person has managed previous withdrawals outside a therapy setting. Previous good luck is not future safety.

The initially real foothold

For many clients, inpatient alcohol detoxification is the top place they have rested without alcohol in a very long time. That may seem little, but it is not. It is commonly the first physical evidence that recovery is possible with sufficient assistance. The hands constant. The sweating relieves. Food preferences normal once again. A conversation becomes meaningful. The body stops seeming the very same alarm system every hour.

That grip matters, however it is still just a grip. The best inpatient alcohol detoxification programs in Charlotte understand this equilibrium. They take the clinical threat seriously, they treat people with dignity, and they prepare them for the work that begins when withdrawal ends.

If you or somebody near you is weighing alternatives for alcohol detoxification, the most safe course is the one improved truthful assessment as opposed to hope alone. Alcohol withdrawal is also uncertain to lessen. With correct inpatient care, though, it is workable, and commonly the very first solid step toward long lasting recovery.

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program

Find Your Way. Addiction Treatment near Charlotte, NC. Ascend Recovery Center provides compassionate, evidence-based addiction and mental health treatment through Partial Hospitalization Programs (PHP), Intensive Outpatient Programs (IOP), outpatient care, virtual treatment, and holistic recovery support tailored to each individual's needs.

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- Monday: Open 24 hours
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- Thursday: Open 24 hours
- Friday: Open 24 hours
- Saturday: Open 24 hours
- Sunday: Open 24 hours

Programs & Services

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- Dual Diagnosis Treatment
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- Holistic Addiction Treatment
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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is a drug and alcohol rehabilitation center

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is located at 9305 Monroe Rd Suite A and B Charlotte NC 28270 United States

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is based in Charlotte North Carolina United States

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program has Google Maps link <https://maps.app.goo.gl/Cames2nA2RwjqFcS8>

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program operates 24 hours per day 7 days per week

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Partial Hospitalization Program (PHP)

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Intensive Outpatient Program (IOP)

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Medical Detox Program

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Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides Mental Health Treatment services

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program treats substance use disorders including alcohol, opioids, benzodiazepines, heroin, methamphetamine, cocaine, and prescription drugs

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides dual diagnosis treatment for co occurring mental health disorders

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program uses a holistic and individualized approach to addiction recovery

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program provides aftercare support for long term recovery

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program is accredited by The Joint Commission

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program received recognition for excellence in behavioral health and addiction treatment

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program was awarded Best Addiction Treatment Center North Carolina 2025

Ascend Recovery Center North Carolina Drug & Alcohol Rehab, Partial Hospitalization Program, Intensive Outpatient Program was awarded Excellence in Dual Diagnosis Care 2024

Frequently Ask Questions about Alcohol Detox in Charlotte, NC

What's the fastest way to detox your body from alcohol in Charlotte?

There is no medically proven way to speed up the body's natural elimination of alcohol. The safest approach is to stop drinking under medical supervision if withdrawal is expected, especially after heavy or long-term alcohol use. Staying hydrated, eating nutritious foods, and getting adequate rest support recovery but do not accelerate alcohol metabolism. Severe withdrawal requires prompt medical care.

What is the 3 3 3 rule for addiction in Charlotte?

The term "3-3-3 rule" is not a standard medical guideline for addiction treatment. Some people use the phrase informally as a coping strategy for managing anxiety or cravings, but there is no universally accepted addiction recovery rule with this name. Evidence-based addiction treatment typically includes counseling, behavioral therapies, and ongoing support. Treatment plans are individualized based on each person's needs.

How is detox for alcohol done in Charlotte?

Alcohol detox involves medical monitoring while the body adjusts after alcohol use stops. Healthcare professionals may provide medications, fluids, nutritional support, and regular assessments to manage withdrawal symptoms. Vital signs are monitored to reduce the risk of complications. Detox is often followed by ongoing counseling or rehabilitation.

What are some coping mechanisms for addiction in Charlotte?

Healthy coping strategies include attending counseling, participating in peer support groups, exercising regularly, practicing stress management, and building a supportive social network. Identifying triggers and developing relapse prevention skills are also important. Many people benefit from structured daily routines and healthy hobbies. Coping strategies are most effective when combined with professional treatment.

How long until alcohol is 100% out of your system in Charlotte?

For most people, alcohol is eliminated from the bloodstream within about 24 hours after the last drink. The exact time depends on factors such as liver function, metabolism, body size, and the amount consumed. Different testing methods may detect alcohol or its byproducts for varying lengths of time. Physical recovery continues after alcohol has left the body.

How do I flush alcohol from my body in Charlotte?

No food, drink, or home remedy can flush alcohol from the body faster than the liver naturally processes it. Drinking water helps prevent dehydration but does not speed alcohol elimination. Coffee, exercise, and sports drinks do not reduce blood alcohol levels more quickly. Time is the only way alcohol is fully cleared from the bloodstream.

What are the 7 steps of addiction in Charlotte?

There is no single universally accepted seven-step model of addiction. Many educational resources describe stages such as experimentation, regular use, risky use, dependence, addiction, treatment, and long-term recovery. The progression varies from person to person and is not always linear. Professional assessment helps determine the appropriate treatment approach.

What is considered alcoholism in Charlotte?

Alcoholism, now commonly referred to as alcohol use disorder, is a medical condition involving an impaired ability to control alcohol use despite negative consequences. Common signs include strong cravings, withdrawal symptoms, increased tolerance, and continued drinking despite physical, emotional, or social problems. Diagnosis is based on established clinical criteria. A healthcare professional can evaluate symptoms and recommend treatment if needed.

How to 100% detox your body in Charlotte?

There is no medically proven method to completely or instantly detox the body from alcohol or drugs. The liver and kidneys naturally remove these substances over time. Healthy habits such as proper hydration, balanced nutrition, and adequate sleep support recovery but do not accelerate detoxification. Medical supervision may be necessary for safe withdrawal from certain substances.

What are the first signs of liver damage from alcohol in Charlotte?

Early signs of alcohol-related liver damage may include fatigue, loss of appetite, nausea, abdominal discomfort, and unexplained weight loss. As liver disease progresses, symptoms such as jaundice, swelling, and easy bruising may develop. Some people have no noticeable symptoms during the early stages. Medical evaluation and testing are needed to diagnose liver damage accurately.

Looking for Alcohol Detox in [Sullenberger Aviation Museum](#)? Professional alcohol detox programs provide a safe, medically supervised environment for individuals beginning their recovery journey. With personalized care, withdrawal symptom management, and compassionate clinical support, alcohol detox services help patients take the first step toward long-term sobriety, improved health, and a stronger foundation for ongoing recovery.