How Do You Know When It's Time to Go to Residential Alcohol Treatment?

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If you are wondering whether or not it is time to go to residential alcohol treatment, the answer is probably yes.

Residential alcohol treatment can provide medically monitored and supported detoxification and addiction treatment in a functional and encouraging manner. Through residential alcohol treatment, individuals can learn coping skills and self-management skills to maintain sobriety.

Residential alcohol treatment centers, like the Robert Alexander Center, are equipped to support and facilitate life-long recovery.

Is Alcohol Addictive?

The short answer, yes, alcohol is addictive. The long answer is much more complex. Every individual that drinks alcohol is not an addict. However, due to the addictive properties of alcohol, individuals can easily and even unknowingly become addicted.

Factors like genetics, environment, and other mental health disorders can make the likelihood of becoming an addict more prevalent. Studies have shown that individuals who start drinking alcohol before the age of 15 have a higher likelihood of becoming an alcoholic.

Knowing that alcohol is addictive, it is important to learn and maintain responsible drinking habits, like limiting alcohol consumption at one time, not drinking and driving, and knowing your personal limits.

Signs that a loved one may be drinking include, delayed responses, slurred speech, altered mood, increased risky behaviors, and lack of coordination. Individuals can even "black out" from drinking too much alcohol.

What Are the Signs of Alcoholism?

If you are concerned about yourself or a loved one, it is important to know the signs of alcoholism.

MedlinePlus, from the National Library of Medicine, created the following list, indicating that if you respond 'yes' to two or more of the following indicators, you may have an alcohol use disorder.

In the past year, have you

- Ended up drinking more or for a longer time than you had planned to?
- Wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of your time drinking or recovering from drinking?
- Felt a strong need to drink?
- Found that drinking – or being sick from drinking – often interfered with your family life, job, or school?
- Keep drinking even though it was causing trouble with your family or friends?
- Given up or cut back on activities that you enjoyed just so you could drink?
- Gotten into dangerous situations while drinking or after drinking? Some examples are driving drunk and having unsafe sex.
- Kept drinking even though it was making you feel depressed or anxious? Or when it was adding to another health problem?
- Had to drink more and more to feel the effects of the alcohol?
- Had withdrawal symptoms when the alcohol was wearing off? They include trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, and sweating. In severe cases, you could have a fever, seizures, or hallucinations.

Alcoholism is a mental health disorder that impacts over 15 million people in the United States. In fact, a 2017 study by JAMA Psychiatry indicated that 1 in 8 adults may be an alcoholic. Additionally, 95,000 people die per year due to alcohol-related causes.

How Do You Know When It's Time to Go to Residential Alcohol Treatment?

If you feel that alcohol is controlling your life, it may be time for residential alcohol treatment. Individuals who participate in residential alcohol treatment are less likely to relapse based on the skills and support received while in residential alcohol treatment.

Residential alcohol treatment is medically monitored and all individual, group, and family therapy can be completed in a safe, drug- and alcohol-free environment.

Residential alcohol treatment is also especially beneficial for those suffering from a dual diagnosis disorder in which alcohol use is prevalent. In a residential alcohol treatment center, individuals can access support for their substance abuse and additional mental health needs in a controlled and structured environment.

Can Robert Alexander Center Support My Needs?

The Robert Alexander Center is a comprehensive addiction treatment center supporting individuals through residential alcohol treatment. Our state-of-the-art addiction treatment therapy, combined with our compassionate care, create a healing environment where our clients can focus on personal mental, physical, and emotional health.

Contact the Robert Alexander Center today to see how our residential alcohol treatment can support you on the path to recovery.

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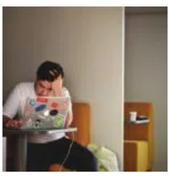

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