

Grace Point Treatment Center Releases New Resource Exploring the Link Between Alcohol Use and Anxiety

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FORT LAUDERDALE, FL - October 08, 2026 -
Grace Point Treatment Center has published a new educational resource examining the relationship between alcohol use and anxiety, including how short-term relief from drinking can develop into a cycle of increased anxiety, repeated alcohol use, and worsening behavioral health symptoms. The article, ?Alcohol and Anxiety: Why These Two Feed Each Other in a Vicious Cycle,? focuses on the neurological and psychological factors that can connect alcohol use disorder with anxiety disorders.

The resource explains that alcohol initially depresses activity in the central nervous system, which can temporarily reduce tension or social inhibition. However, as alcohol is metabolized, the brain can experience a rebound in excitatory activity. This may contribute to restlessness, heightened anxiety, and sleep disruption after drinking. Repeated cycles of alcohol use and withdrawal can make it more difficult for patients to distinguish alcohol-related anxiety symptoms from an underlying anxiety disorder.

Research from the National Institute on Alcohol Abuse and Alcoholism provides additional context. NIAAA

reports that alcohol use disorder frequently occurs alongside mental health conditions and that anxiety disorders are among the most common. Among people receiving treatment for anxiety disorders, estimates for co-occurring alcohol use disorder range from 20 percent to 40 percent. NIAAA also notes that alcohol may appear to reduce anxiety temporarily, while heavy drinking and repeated withdrawal can worsen both anxiety symptoms and unhealthy drinking patterns over time.

The issue extends beyond alcohol and anxiety alone. According to the Substance Abuse and Mental Health Services Administration's 2024 National Survey on Drug Use and Health, approximately 21.2 million U.S. adults experienced both a substance use disorder and any mental illness during the previous year. SAMHSA defines these as co-occurring disorders and emphasizes the importance of recognizing both substance use and mental health needs during treatment planning.

Grace Point Treatment Center's new resource describes integrated treatment as an approach that addresses alcohol use and anxiety together when both conditions are present. The article discusses clinical assessment, behavioral therapies, psychiatric support, and medication when medically appropriate. Specific treatment recommendations depend on a patient's diagnosis, drinking history, withdrawal risk, mental health symptoms and other clinical factors rather than being applied uniformly to every patient.

Grace Point Treatment Center provides several levels of behavioral health care, including partial hospitalization, intensive outpatient treatment, outpatient services, stabilization programming and family-focused support. Its published information describes PHP as its most structured outpatient level of care, with full-day therapy and medical oversight, while IOP provides a lower level of treatment intensity for patients who are clinically appropriate for greater independence.

For patients researching alcohol addiction treatment in Fort Lauderdale, the article provides a framework for understanding why anxiety symptoms should be assessed rather than viewed automatically as a separate concern. NIAAA advises clinicians to examine the timing of anxiety symptoms in relation to alcohol use and periods of abstinence because this can help distinguish alcohol-induced symptoms from a pre-existing anxiety disorder.

The same integrated perspective can be relevant for people evaluating drug addiction treatment in Fort Lauderdale or broader substance abuse treatment in Fort Lauderdale. Co-occurring anxiety, depression, trauma-related symptoms, or other mental health conditions can influence the appropriate level of care and the structure of a treatment plan. Grace Point's published services include care for substance use disorders and co-occurring mental health concerns, with treatment intensity adjusted according to clinical assessment.

The newly published article also emphasizes that relying on alcohol to manage anxiety can reinforce a cycle in which temporary relief is followed by renewed distress. Recognizing that pattern can help patients and

families understand why treatment may need to address both the substance use behavior and the emotional symptoms associated with it.

By releasing the resource, Grace Point Treatment Center adds to its online educational material on alcohol use disorder, anxiety, and co-occurring behavioral health conditions. The article gives patients and families evidence-based context for understanding how alcohol and anxiety can interact and why coordinated assessment may be important when determining an appropriate course of treatment.

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Grace Point Treatment Center

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