# Serenity Lane Highlights Pathways To Starting Addiction Treatment

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Serenity Lane Portland West Outpatient Office, based in Portland, Oregon, is reaching out to share more insight on addiction and its causes. The center also wishes to explore the invisible struggle those dealing with addiction face, and what obstacles they may come across when attempting to seek treatment for their addiction.

Getting treatment for addiction could mean the difference between life and death for an individual caught in this position. Serenity Lane offers the necessary resources for those struggling to overcome their addictions, and it also offers support to their loved ones.

Many factors can get in the way of receiving essential care when recovering from addiction. The stigma associated with being a person struggling with an alcohol or drug addiction (and undergoing addiction treatment), may make an employee unwilling to disclose their condition to their employer. Shame, guilt, and even embarrassment could well be encountered. It is critical for them to keep in mind, however, that they are not alone. As they undergo addiction treatment and then return to work, many employees experience the same concerns.

Steve Harris, a representative from Serenity Lane, says barriers to receiving care include, ?Not knowing where to start or how to find help. People get overwhelmed and don?t know who to trust. A good first step is to call your insurance company and ask who is in-network with your insurance for substance use.?

The 2020 National Survey on Drug Use and Health found that in Oregon, 18% of residents aged 12 and older sought treatment for substance use in the previous year but did not receive it from a specialized facility. About 19% of Oregonians aged 18 and older who sought treatment for substance use in the previous year (but did not obtain it) did so at a specialized facility. It's also critical to be aware that the Family and Medical Leave Act (FMLA) protects jobs from being lost due to medical concerns. When a person struggling with addiction feels overwhelmed and unsure of where to begin, taking the practical first step of getting in touch with the insurance provider to learn more can change everything.

Finding triggers or factors that encourage alcohol and drug use, learning more about the addiction cycle, learning and putting into practice healthy coping mechanisms, developing a stronger support network, and learning about local resources are just a few of the potential advantages of seeking addiction treatment. The biggest benefit of receiving addiction treatment is learning how to live without using drugs and alcohol, which ultimately results in a healthier, more fulfilling lifestyle. Patients can learn to shift from an attitude of despondency to optimism. The risks of continuing to misuse alcohol or drugs include continued bodily harm and deterioration of general health, continued risk of legal troubles resulting from the use, and continued interpersonal or social problems caused by usage.

For a variety of reasons, being far from available care is problematic, and a contributing aspect of this is poor transportation. In some places, there may not be any public transportation options at all. The person in need of care may also not have a car or other means of transportation. Serenity Lane Portland West Outpatient Office addresses the distance issue by providing 7 outpatient offices across the state of Oregon (as well as virtual addiction treatment). Serenity Lane also has a residential treatment center in Coburg, Oregon that provides clinical assessments, mental health evaluation, support for co-occurring mental health and addiction disorders, and medically supported withdrawal (detox).

Additionally, there is a noticeable gap between patients and the availability of healthcare professionals who share their race or ethnicity. The disparity in health between the dominant and minority races is caused by a number of systemic factors. Minorities in the United States experience greater rates of unemployment and a lack of representation in well-paying jobs when compared to white individuals. Health insurance is frequently provided as part of the benefits package for these well-paying positions. The professionals at Serenity Lane take pride in working with people from all walks of life and are prepared to offer high-quality, compassionate care to those who are attempting to recover from addiction.

More information on the struggle faced by individuals recovering from addiction and also resources for both patients and caregivers can be found on the Serenity Lane website. The center can also be reached via phone or email.

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## Serenity Lane Portland West Outpatient Office

*Serenity Lane has served families in Oregon with high-quality addiction and mental health treatment since 1973. We are an established private, non-profit addiction treatment center, and all of our programs are accredited.*

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