Oregon Alcohol Rehab Center Serenity Lane Is Highlighting the Link Between Alcoholism and Anger

May 19, 2023

May 19, 2023 -
Oregon drug and alcohol rehab center Serenity Lane is discussing the link between alcoholism and anger and the steps that families and individuals can take to address alcohol addiction.

Alcohol Use Disorder (AUD) is a persistent pattern of behaviors that saps away the quality of life of the individual living with the addiction and everyone who depends on them. While it can start innocuously, it doesn?t take long before the substance abuse begins wreaking havoc on the lives of everyone caught in its grip.

The Oregon alcohol rehab center lists some of the signs that Oregon residents can use to determine if they or someone they love may have an unhealthy relationship with alcohol and may be living with alcohol use disorder. This includes prioritizing alcohol over hobbies or activities they enjoy, spending most of the day thinking about the next drink, spending large chunks of time recovering from hangovers, drinking alone, or avoiding friends who don?t drink, experiencing alcohol withdrawals if they?ve gone too long without a drink, drinking in excess even when they know they have obligations the next morning, and increased intensity of mental health conditions like anxiety or depression.

?Sustained alcohol consumption over a long period directly affects the body?s limbic system,? says the spokesperson for Serenity Lane. ?The body struggles to produce enough serotonin, an important neurotransmitter that plays a role in the limbic response. Due to a lack of serotonin, the limbic system begins to perceive threats where there may not be any, making people quick to anger and more likely to have unprovoked and disproportionate responses to regular interactions.?

The cycle of alcohol addiction also compels those living with it to turn to the bottle for stress relief. While it might seem that it is numbing the feelings of pain and helping them forget, in fact, the opposite is true as they continue experiencing the same feelings after being intoxicated but at a much more intense level.

Alcohol also reduces the ability of the brain to think through the consequences of one?s actions. Called alcohol myopia, this leads to individuals getting belligerent and displaying aggression upon consuming alcohol. It also impairs memory, leaving individuals incapable of processing the feelings of anger they felt.

?Managing AUD is hard enough,? says the spokesperson. ?However, when you add unresolved anger into the mix, it is a dangerous combination that can be downright overwhelming to control. The first step is learning the root cause of AUD and identifying the triggers for your anger. Once the alcohol consumption is addressed, anger management can help set you on the path to recovery.?

Serenity Lane offers the services of several master?s level clinicians and therapists who practice evidence-based, compassionate, and comprehensive addiction treatment. The center offers both acute and long-term care for AUD including detox, residential treatment, and long-term care residential treatment.

The center?s medication-assisted outpatient treatment services include virtual addiction treatment, DUI services, level I outpatient care, level II intensive outpatient care, and dual diagnosis. Serenity Lane also offers several specialty programs including addiction treatment for first responders, employer services, a family program, a healthcare professional program, and a license and employment monitoring program.

Serenity Lane has been helping people overcome substance and alcohol use disorders since 1973. All the programs they offer have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). They have introduced many new programs in Oregon, such as residential step-down and outpatient programs that integrate residential and outpatient services. They have also been the provider of the only Addiction Counselor Training Program in Oregon. Some of their graduates are now offering their services through several treatment programs throughout the country.

Oregon residents who would like to know more about the addiction treatment services available through Serenity Lane of Portland West can visit the center?s newly launched website or contact them by telephone or email. Serenity Lane has live people ready to help place patients from 8:00 am - 7:30 pm Monday through Friday, and 8:00 am - 6:00 pm Saturday and Sunday.

###

For more information about Serenity Lane Portland West Outpatient Office, contact the company here:Serenity Lane Portland West Outpatient OfficeStephanie Edwards(503) 244-4500info@serenitylane.org10920 SW Barbur BlvdPortland, OR 97219

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.

Website: https://serenitylane.org/location/portland-south-west/

Email: info@serenitylane.org

Phone: (503) 244-4500