Rehab Warns of Peer Influence and Over-Drinking

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In a recent blog post, Serenity Lane of Portland, Oregon delves into the topic of peer pressure and drinking. Studies show that those who start drinking at a younger age are far more likely to develop an alcohol use disorder as they grow up. One of the biggest influences on underage drinking is peer pressure. Serenity Lane utilizes their knowledge of alcohol use to make an informative blog going into the details about peer pressure, how it can occur at any age, and how to manage it if it happens.

The blog starts off by listing the facts about who is impacted by peer pressure around drinking. ?Peer pressure doesn?t stop when you leave school. In fact, a study conducted regarding peer pressure and drinking found that many adults beyond age 18 still found peer pressure around drinking to be fairly common.? They mentioned that 60% of those 18 to 34 years old stated that experiencing peer pressure to drink was commonplace.

The next important note they make is that peer pressure isn?t inherently negative. ?There can also be positive peer pressure regarding substance use and drinking. This is normally people who are understanding and supportive of an individual's decisions, encouraging them to do what they feel is best for them.? Not all peer pressure encourages people to turn to substance use, according to the blog post.

Serenity Lane then goes into explaining how peer pressure can occur, and the factors that go into it. The primary reason peer pressure is so effective stems from who is delivering the pressure. A person might be less inclined to listen to someone they don?t know versus a close friend who is repeatedly encouraging them to drink. ?If the group that is pressuring them are their only friends, they might be more inclined to go along with what?s suggested so they don?t feel left out. Additionally, if they have things like untreated depression, anxiety, or other mental health concerns they might already be looking for an outlet for their side effects, or they might be more susceptible to peer pressure.?

The blog closes by offering tips on how to address peer pressure if it is encountered. One such tip includes, ?Have a plan for the evening ahead of time -- having at least a vague idea of how much you want, or don?t want, to drink before going to an event or party can help you better stand your ground when asked later.? They recommend knowing these tips, or having a plan ahead of time so that if a scenario arises, the person is better prepared to respond to it.

Serenity Lane has been helping people overcome substance and alcohol use disorders since 1973. All of 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.

People who would like to know more about the addiction treatment services available through Serenity Lane of Portland, Oregon can visit their 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.

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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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