Serenity Lane Reports on Drinking Peer Pressure

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Serenity Lane, the oldest non-profit rehab in the state of Oregon, recently posted a new blog shedding light on the very real dangers of peer pressure involving alcohol. Peer pressure occurs at all ages and comes in many forms. Oftentimes, people may not even be aware of the peer pressure they?re experiencing. The Oregon-based rehab facility hopes that expanding on this topic will help people be able to better identify peer pressure when it?s occurring to them or around them.

The blog starts out with some staggering statistics. ?60% of 18-34-year-olds agreed drinking peer pressure was common, 29% of 35-54-year-olds agreed drinking peer pressure was common, and 20% of people aged 55+ agreed drinking peer pressure was common,? the blog explains. While these numbers do decrease as people age, having a 1 in 5 chance of being peer pressured is still a fairly common occurrence.

?It?s important to note that peer pressure doesn?t have to be inherently negative,? Serenity Lane goes on to clarify. ?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. This can make a person more likely to think about what they want to do, instead of continuing down a path because they?ve been forced to.?

One of the biggest influences on peer pressure and how effective it is revolves around a person?s support system and mental health, according to Serenity Lane. ?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.?

In the blog, they further expand upon different age groups and factors that are commonly seen amongst those who experience higher levels of peer pressure, or who are more susceptible to it. This can include things from a young age to having trouble in their home lives.

The blog doesn?t want the reader to give up hope, however, and moves on to offer advice on how to handle and address peer pressure. This includes things such as having a plan for the evening, having someone who?s in on the situation and supports a person, and finally encouraging readers to stand up for others if they see peer pressure occurring, too. ?The main reason peer pressure tends to work is because the person being pressured doesn?t have support, and the person pressuring isn?t receiving enough pushback. If you see someone else being peer pressured, don?t be afraid to step in and either offer direct, verbal support or by being a sudden distraction or redirection.?

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 Eugene, 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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For more information about Serenity Lane Intensive Outpatient Services, Eugene, contact the company here:Serenity Lane Intensive Outpatient Services, EugeneStephanie Edwards541-485-1577info@serenitylane.org4211 West 11th AvenueEugene, OR 97402

Serenity Lane Intensive Outpatient Services, Eugene

Serenity Lane was established as a private, non-profit addiction treatment center for alcoholism and drug use in 1973. We have programs throughout Oregon and Southwest Washington. We believe that recovery from addiction is possible.

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