Serenity Lane Warns of Dangerous Alcohol Blackouts

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Serenity Lane, who has an outpatient program located in Bend, Oregon, as well as other locations throughout the state, recently posted a new blog discussing the science behind and dangers of alcohol blackouts. Nearly 2,000 people die every year in Oregon from excessive alcohol use. This is one of many reasons that drives Serenity Lane to openly discuss these topics with the hope of helping people make more informed decisions about their own health and safety.

People often assume that blackouts are common and normal even, the rehab facility points out. It?s often seen in the media: jokes about not remembering what happened the night before due to drinking. That experience is simply a form of alcohol blackout, and the long-term side effects of blackouts aren?t always known and understood by the general public. Serenity Lane hopes to bring more awareness and education toward the topic with their blog.

The first thing the blog dives into is the different types of blackouts that someone might experience. ?There are two types of alcohol blackouts. You may experience an ?en bloc,? which is a complete blackout when you lose total memory of events and may never get them back. When you have flashes of memories, it?s called a fragmentary or partial blackout. Sometimes, it is also called a brownout or gray out.?

The blog stresses the importance of not downplaying a blackout. They?re not easy to notice from the outside, but they come with many risks. ?During a blackout, most of your cognitive behaviors are impaired, putting you at risk for poor decision-making. Worse yet, you are at everyone?s mercy. During a blackout, you are still awake and conscious but simply can?t advocate for yourself.?

Serenity Lane takes the time to lay out some of the situations that can lead to a blackout, such as drinking fast or having an empty stomach before drinking. They warn that blackouts can sometimes correlate to alcohol poisoning, which is when the body is overwhelmed by the alcohol within it. It can lead to deadly consequences if not addressed properly.

Finally, the blog wants to help its readers know how to react if someone blackouts from alcohol. ?When you see someone who appears to be blacking out, take the person away from any alcoholic drink or other substances. Blackouts happen because of high BAC levels.? They understand people might want quick solutions, but explain that that isn?t an option here. ?Unfortunately, you can do nothing to lower the levels faster. The idea that drinking coffee, taking cold showers, or making yourself vomit will lower your BAC is a myth? Ultimately, removing the person from the social situation and taking them to somewhere safe is best.?

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 Bend, 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 Bend Outpatient Treatment, contact the company here:Serenity Lane Bend Outpatient TreatmentStephanie Edwards541-485-1577info@serenitylane.org920 SW Emkay Dr Suite #104Bend OR 97702

Serenity Lane Bend Outpatient Treatment

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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