Rehab Posts Deep Dive Into Generational Alcoholism

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Serenity Lane, of Eugene, Oregon, recently shared an informative piece looking into the last 100 years of alcohol use. As one of the oldest non-profit rehabs in the state, they?ve seen the changes in public opinion on both alcohol and alcohol use disorder treatment. They understand the importance of not only learning from the past but using it to provide clients with the best treatment possible.

The piece takes the time to look at a variety of topics regarding alcohol for each individual generation. They start with the Silent Generation and work their way up to Generation Z, the current generation that is of legal drinking age. In each generation, they look at how the media portrays alcohol use, public opinion on alcohol, average age of first use, prevalence, and more.

Over the last century, there have been many changes, legally, regarding alcohol. This has played a big role in the public opinion and overall development of alcohol use disorders. A century ago, the country was still working through Prohibition. During the last century, the legal drinking age has also fluctuated. Serenity Lane utilizes this piece to explore how these changes impacted alcohol use across the nation.

The piece also takes the time to acknowledge how each generation can impact the next. Generations are not created as singularities, but rather as a culmination of previous generations and the current climate. Looking

at Millennials, for example, the piece notes, ?Overall, Millennials drink less than previous generations. Phases have come and gone regarding mentalities such as ?You Only Live Once? which encouraged more reckless drinking and lifestyle in general, but most Millennials are well versed in how alcohol can affect you in the long run. This leads to a more conscious and introspective view where people question their own alcohol consumption and actively try to change it.?

Serenity Lane also takes time in their thought piece to acknowledge how important events of each generation could also influence alcohol use. This includes things like war, the economy, and more. One generation, in particular, they touch on this with is Generation X. ?Those born in Generation X are sometimes referred to as the ?latchkey generation.? This term originates from children who often returned from school to an empty home, and used a key to let themselves in. This generation experienced higher divorce rates amongst their parents, more mothers rejoining the workforce, and a general ?free-range? style of parenting. How did this culmination of homelife influences change their approach towards drinking.?

The piece dives into great detail for each generation. It?s thought-provoking and provides good insight into how the current views on alcohol use, alcohol use disorders, and rehab have become what they are today. Knowing the history can help providers and average readers alike make a more informed approach to alcohol consumption as a whole. Interested readers can check out the article at the link above.

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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