Local Rehab Warns of Cocaine Causing Anxiety

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One of the oldest non-profit rehabs in the state of Oregon recently posted a blog talking about the link between cocaine and anxiety. Serenity Lane, with locations in Portland and beyond, has a long-standing history of helping their community learn about and heal from substance use. Their recent piece aims to highlight the link between cocaine and mental health conditions so people can better recognize when someone might be in need of help.

To start off the piece, Serenity Lane highlights how many individuals are truly impacted by anxiety or cocaine. ?Over 73,000 adults in Oregon reported engaging with cocaine at least once between 2021 and 2022. With 1 in 3 adults in Oregon also reporting symptoms of anxiety or depression, the likelihood of the two overlapping to some extent is very high.?

Continuing on, readers will learn more about cocaine and how it impacts the body. Serenity Lane utilizes this information to showcase the connection between cocaine and anxiety. The blog explains how it?s a result of both physical and mental side effects, not just one or the other. Not only does cocaine influence chemical production in the brain, but it also stimulates many of the same physical reactions that anxiety does.

Next, Serenity Lane educates readers on one of the primary systems cocaine interferes with ? dopamine

production. ?Dopamine is the reward chemical produced by the brain when we do things like eat or have sex. It makes us feel happy and satisfied when we complete tasks, which in turn encourages us to be motivated to complete tasks in the future.? They explain, ?Cocaine prevents the recycling of dopamine back into your system, leading to a build-up of dopamine in the body. This is what causes the feelings of euphoria associated with cocaine use. As cocaine leaves the body and dopamine levels return to normal, it can leave you feeling bereft, even though you?re back at your baseline. For many, this decrease in dopamine can lead to increased feelings of depression or anxiety.?

One of the biggest questions they answer in their blog is if cocaine causes anxiety or if it only worsens pre-existing anxiety. The answer to both is yes: ?Cocaine use, over time, can lead to the development of mental health conditions such as anxiety. At the same time, if someone is already managing an anxiety disorder and starts regularly engaging with cocaine, it can impact their already existing condition.?

To wrap up the piece, Serenity Lane educates readers on co-occurring disorders and how two conditions like a cocaine use disorder and anxiety can interact. They highlight resources for readers so they know what to do should they wish to seek treatment for either of these conditions, whether for themselves or a loved one. Those who wish to learn more about cocaine and anxiety can read the blog post 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 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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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.

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Alcohol & Drug Treatment Services