Local Rehab Educates on Dry Drunk Syndrome

February 12, 2025

February 12, 2025 -
The world of alcohol use disorder recovery is both new and old at the same time. This means there are many facets of it that are still being learned about and updated. As one of the oldest non-profit rehabs in Oregon, Serenity Lane has seen many of these changes occur in real-time. One of these changes is the understanding of alcohol recovery and how it impacts someone. To help provide better insight to their community, they recently posted a blog talking about ?dry drunk syndrome.?

To start the piece off, Serenity Lane immediately explains what this ?syndrome? is. They make sure that readers understand that this condition isn?t medically accurate and is, in fact, an outdated term to use. It originated from a misunderstanding of how alcohol withdrawal worked and served as a way to shame those who weren?t ?putting in the effort? for their recovery.

?The primary condition that ?dry drunk? is related to is known as post-acute withdrawal syndrome (PAWS).? The rehab center explains. ?Since the original use of the word, much more research has occurred regarding alcohol use disorders and how long-term alcohol use impacts the brain and body. We have a better understanding of alcohol withdrawal and new terms and conditions have been discovered, as well.?

The piece then shifts to elaborate on what PAWS is so readers better understand what they or a loved one

may be going through. ?Post-acute withdrawal syndrome (PAWS), while not exclusive to alcohol, is not uncommon in those going through alcohol use recovery.? Serenity Lane reassures readers. ?It is a form of protracted withdrawal, which is when symptoms of withdrawal persist for weeks, months, or even years after a person?s last drink or dose. Since some of these symptoms can occur during alcohol use, due to long-term damage, people erroneously assumed they stemmed from someone who was unwilling to commit to healing. This is where the term ?dry drunk? stemmed from.?

In the next portion of their blog, they further outline the symptoms of post-acute withdrawal syndrome so that readers can spot it. From there, they also discuss different ways that PAWS can be managed, if any. ?The best thing you can do for yourself is to find support. No one should have to walk a road of healing on their own? In addition to support, distractions and new routines can go a long way. Many of the symptoms of PAWS become more apparent whenever you have downtime. It?s much easier to fixate on them when you?re not busy.?

To learn more about how the understanding of alcohol use disorders and withdrawal has evolved over time, or to learn more about how to manage PAWS, readers should check out the article linked 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.

###

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.

Website: https://serenitylane.org/location/portland-south-west/

Email: info@serenitylane.org

Phone: (503) 244-4500

SERENITY LANE
Alcohol & Drug Treatment Services