



## **Oregon's Historic Non-Profit Rehab Challenges Alcohol Stigma and Its Lasting Effects**

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1 in every 2000 Oregon residents die because of alcohol use yearly. This is why Portland-based rehab center Serenity Lane recently published an article discussing how stigma contributes to these deaths. Their article specifically looks at "social alcoholics" and the general misunderstandings surrounding both alcohol use and alcoholism.

To start the piece, Serenity Lane highlights how prevalent alcohol use is across the state and country. They immediately point out one of the most common problems about people's knowledge of alcohol use. "(People) see alcohol use disorders, sometimes referred to as alcoholism, as a one-dimensional condition. This leads to them not recognizing the signs in themselves or a loved one who doesn't fit the "stereotypical bill" of someone with an alcohol use disorder."

The focus of the piece, social alcoholics, is not a recognized medical condition but rather a societal label. It's defined as people who "only have noticeable symptoms of an alcohol use disorder when they're at gatherings with alcohol involved." The point that Serenity Lane wants readers to take away from this piece is that many symptoms of alcohol use go unnoticed. This is what leads to labels such as these being created

and alcohol use disorders going untreated.

There is only one condition – alcohol use disorder. This condition, however, manifests uniquely for every individual. It can range in severity, impact, financial strain, and more. That doesn't make it any less of a health concern but rather changes what outward symptoms each person may display. The rehab center explains. Terms like "social alcoholic" or "high-functioning alcoholism" can both be traced back to stigma and even alcoholism denial. They're still forms of an alcohol use disorder, just ones that people don't recognize or accept as easily.

The next portion of the piece walks readers through how someone might become a "social alcoholic." This includes everything from peer pressure to a lack of education about health and alcohol use. This is why they dedicate an entire section to the behavioral and physical signs of a "social alcoholic." This gives readers an easy-to-access reference for spotting these symptoms in themselves or loved ones.

As the piece comes to a close, Serenity Lane takes a moment to highlight the potential consequences that can develop from drinking socially. This includes short and long-term effects. Some of these include job loss, relationship strain, and brain damage. For a full list, as well as treatment options for alcohol use, readers can check out the article linked above.

Serenity Lane has been helping people overcome substance and alcohol use disorders since 1973. All 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, Eugene  
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## **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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