



Recovery Center Exposes the Hidden Harms of Alcoholism Stigma

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San Antonio, TX ? San Antonio Recovery Center recently published a blog post exposing the harms associated with alcoholism stigma. Stereotypes, stigma, and social repercussions can result in people with an alcohol use disorder being afraid to discuss their experience with alcohol. Most often, they are afraid they will be judged, which leads to them hiding their condition in fear they will lose relationships or professional opportunities. Common assumptions that people make about individuals with an alcohol use disorder is that they are highly unreliable, not capable of holding down a job, are dangerous and/or violent, don't take care of their hygiene, are attention seeking, and choose not to put in the work to recover. These all create many concerns and fears for someone who needs help with this condition.

?Often, this sense of stigma is internalized for people with substance use disorders, whether from their local communities or the wider portrayal of AUD in pop culture. Unfortunately, this stigma is not limited to personal and professional relationships and can influence someone's relationship with their healthcare providers. People struggling with AUD may delay seeking healthcare or not feel that they can be fully truthful with their provider. This can create a serious danger for people living with an AUD,? the blog post states.

Stigma creates severe isolation for those with an alcohol use disorder. Because of this, people need to understand the real dangers that are created from stigma and the threats they have to long-term health. Not everyone with an alcohol use disorder meets the stereotypes and assumptions of the condition. Because of this, it is important not to identify someone by their condition. An alcohol use disorder is a condition that requires proper care and treatment.

Because of the stigma, many people don't believe that recovery is possible. They might feel personally responsible for their concerns and feel like they are not worthy of the care of others. Those who have managed a substance use disorder for a long time might feel shame for not seeking help sooner. Even after they have left treatment, many people find it challenging to talk about their experiences due to stigma. They might believe that others will assume that they have not changed or that because they aren't drinking anymore, it wasn't a serious concern.

The first step to confronting stigma is to confront it on a personal level. This involves evaluating one's personal beliefs about alcohol use disorder and if they accurately line up with resources and lived experiences. It also involves changing the way alcohol use disorder is talked about. Instead of calling someone an "alcoholic," use person-first language by saying, "a person with an alcohol use disorder." It also means refraining from using words like "drunk." When these changes have been made personally, it can become easier to identify stigma in the wider community.

"Whether you're looking into treatment for yourself or a loved one, you are taking the right steps to find a life after AUD. There are many barriers to treatment, and stigma is chief among them. While stereotypes may make you feel like recovery is out of your grasp, it is important to remember that positive change is always possible. You can and will recover with the right treatment for you," the blog post continues.

San Antonio Recovery Center provides alcohol use disorder treatment on San Pedro Ave. Their facility matches the population of San Antonio, as 65% of their patients and therapists are Hispanic. Additionally, their therapist-to-patient ratio is 1:8, and their facility has a maximum of 40 beds. San Antonio Recovery Center has the largest alumni in the area and has regular alumni programming. They also have an app for their alumni.

Discover more about San Antonio Recovery Center by calling 866-957-7885 or visiting their website today.

Strength. Acceptance. Recovery. Community.

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For more information about San Antonio Recovery Center - San Pedro, contact the company here:[San](#)

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San Antonio Recovery Center - San Pedro

San Antonio Recovery Center is based strongly on the 12-step treatment philosophy that has helped millions regain control of their lives. This successful San Antonio program emphasizes the recognition and identification of addictive behavior patterns.

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