Local Rehab Sounds the Alarm on Hidden Relapse Risks

May 15, 2025

May 15, 2025 -
Alcohol consumption is common in today?s society. Despite this, many people misunderstand the realities of alcoholism, relapse, and the dangers associated with the two. As one of the oldest non-profit rehabs in Oregon, Serenity Lane has seen the impact alcohol has on their community. This is why they recently published a blog discussing alcohol relapse, why it happens, and what can be done to prevent it.

To start off the piece, Serenity Lane highlights the reality of alcohol use in Oregon ? over 65% of alcohol deaths across the state are linked to alcohol use disorders. One of the facets of living with an alcohol use disorder and seeking recovery is understanding relapse. ?A relapse, also known as a return to use, is more straightforward than you may think? If you had a set goal for your recovery and you broke that goal to seek out alcohol, that?s considered to be a relapse.?

The rehab center then goes on to explain to readers why a relapse may happen in the first place. They go into detail about factors such as stress, untreated mental health, and being disconnected from a supportive community. ?There?s no set reason why someone might decide to break their healing journey to seek out alcohol again.? Serenity Lane explains. ?However, over the years, many common patterns have been

spotted.?

?During your recovery journey, recognizing the possibility of relapse is important for ongoing healing.? The blog tells readers. ?It shouldn?t be the end of your road, but it also should be something you acknowledge. Don?t brush it off, but also don?t self-flagellate. Be open and honest with yourself and your support about why it happened and how you?re currently feeling about it.?

As the piece comes to a close, Serenity Lane saves the best information for last. They inform readers about how to react in the face of a relapse in themselves or a loved one. The primary suggestion ? make a ?relapse plan.?

?A good relapse plan should consider what to do before and/or after a relapse. It should work to identify potential triggers and put in place a support network. This network should be people who can be open and honest with you about what they see in your behavior, should they think you might be at risk of returning to use.?

Readers who wish to learn more about the specifics of this topic, the triggers associated with relapse, and how to move forward if one occurs should read the article linked above. The article also offers links to additional resources such as alcoholism treatment and more.

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 provided 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 want to know more about the addiction treatment services available through Serenity Lane of Bend, 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 Bend Outpatient Treatment, contact the company here:Serenity Lane Bend Outpatient TreatmentStephanie Edwards541-485-1577info@serenitylane.org920 SW Emkay Dr Suite #104Bend OR 97702

Serenity Lane Bend Outpatient Treatment

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.

Website: https://serenitylane.org/location/bend-or/

Email: info@serenitylane.org

Phone: 541-485-1577

