

A person wearing a white ribbed sweater is shown from the chest up, with their hands raised towards the sky. The background consists of bare, thin tree branches against a bright, hazy sky, creating a warm, golden-hour atmosphere. A dark red rectangular box with a thin white border is centered over the image, containing the main title.

Men's Alcohol Rehab

**Find addiction treatment help
today at Red Oak Recovery!**

866.457.7590

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Millions of people in the United States are suffering from some degree of alcohol use disorder (AUD). If your drinking has progressed beyond an occasional night out with friends, it might be time to find reliable help. Did you know that a [men's alcohol rehab](#) could help you stop drinking and teach you how to avoid future relapses? You can recover your independence from alcohol and start rebuilding the pieces of your life that alcohol has destroyed.



Do You Have a Drinking Problem?

It's sometimes difficult to identify a drinking problem. After all, alcohol is a legal substance that is easily accessible to any persons aged 21 years or above. Alcohol is also a common feature among social gatherings and even family events. How could such a common substance lead to such an overwhelming problem, such as alcohol abuse, addiction, and even alcoholism?

Like other substances, alcohol can become a problem when usage continues, and volume increases with time. AUD's don't occur overnight but instead form gradually. A person's drinking occurs more frequently and in more substantial doses. Even if you suffer from full-blown alcoholism, you didn't start with a problem. Your drinking habit just grew and eventually spiraled out of control.

When Does Social Drinking Become An Addiction?

According to the Substance Abuse and Mental Health Services Administration, about 14.7 million Americans struggle with an alcohol addiction. However, many people do not seek out a men's alcohol rehab because they don't realize that they have an addiction.

However, the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders offers 11 symptoms of addiction. A person with a mild addiction will only have two or three of these symptoms, while a person with a moderate addiction will have four or five. However, if you struggle with six or more of the criteria for substance abuse, it's time to get help. These classifications include:

- Developing withdrawal symptoms if you don't drink
- Developing a tolerance to alcohol, meaning that you need more of the substance to get the same effect
- Continuing to drink even if you have a physical or psychological problem that gets worse when you drink
- Using alcohol repeatedly, even though it may put you in danger

- Giving up your occupational, recreational or social activities to drink
- Continuing to drink though it causes problems in your relationships
- Not completing your responsibilities at school, work, or home because of drinking
- Getting cravings or urges to use drugs
- Spending a significant amount of time getting, using, or recovering from drinking
- Wanting to cut down on your drinking, or stop altogether, but not being able to do so
- Drinking more or for more extended amounts of time than you meant to stop altogether, but not being able to do so
- Drinking more or for more extended amounts of time than you meant to

Even if you only have two or three symptoms, you shouldn't assume that you don't need treatment at a men's alcohol rehab. After all, a mild addiction is far easier to treat than a severe addiction.

Binge Drinking

Binge drinking is a sure-fire way to know if a drinking problem has developed. According to The Substance Abuse and Mental Health Services Administration (SAMHSA), binge drinking is consuming five or more alcoholic drinks for males or four or more alcoholic

drinks for females on the same occasion or within just a few hours. To qualify, this amount of drinking must occur at least once a month.

There are other questions to ask yourself if you suspect you might need treatment at a men's alcohol rehab for a drinking problem:

- Are you frequently drinking beyond your limits, with passing out as a common occurrence?
- Do you feel the need to conceal how much you drink in front of your friends and family?
- Does your drinking result in feelings of shame, guilt, embarrassment, etc.?
- Is your drinking to cope with past trauma or current stress?
- Have friends and family expressed concern over your drinking habits?
- Do you feel challenged or entirely unable to control when and how much you drink?

If you answered yes to one or more of the questions asked above, it is time to consider enrolling at a men's alcohol rehab. At a quality men's alcohol rehab center, you can gain access to the best treatment services and modalities available. Choosing the right men's alcohol rehab can dramatically increase your chances for full and lasting rehabilitation.

What Therapies Can I Expect at a Men's Alcohol Rehab?

You will spend a significant amount of your time at a men's alcohol rehab center in therapy. Therapy is an integral part of the recovery process. Through this treatment, you receive the tools you need to cope with stress without alcohol. Moreover, your therapy programs will teach you how to deal with urges and cravings to use alcohol. At Red Oak Recovery, we tailor your therapy programs to your specific needs. That way, we can help you reach the root cause of your addiction and learn how to overcome your particular problems.

There are two categories of therapy: evidence-based and holistic therapies. While these categories may intersect at times, they are both essential for alcohol addiction treatment. Evidence-based therapies are therapeutic options that addiction treatment specialists and psychological professionals have tested repeatedly. They have ensured that these treatments can effectively treat addiction when a men's alcohol rehab center

uses them to address your needs.

As a result, we have verifiable proof that these treatments work. These therapeutic options include:

[Cognitive-behavioral therapy](#)

[Dialectical behavior therapy](#)

[Trauma therapy](#)

[Family therapy](#)

[Individual therapy](#)

On the other hand, we also offer a variety of holistic treatments. Alcohol addiction touches each area of your life. This disease affects your mind, body, and soul. Many evidence-based therapies only address one or two of these areas. However, using holistic therapies, our treatment specialists can treat each area that addiction has injured. These treatment methods include:

[Experiential therapy](#)

[Yoga therapy](#)

[Adventure therapy](#)

[Meditation therapy](#)

Importance of Dual Diagnosis Treatment

Many people who struggle with alcohol addiction also struggle with a mental illness. Sometimes they begin drinking to self-medicate their symptoms. Other times, their drinking brings on psychological problems. Whatever the case is for you, a dual diagnosis treatment can help. This treatment addresses both your addiction and mental illness at the same time.

Unlock Your Capabilities at Our Men's Alcohol Rehab Center



If you're tired of letting alcohol urges control your life, enroll in one of the programs at our men's alcohol rehab center. At Red Oak Recovery near Asheville, North Carolina, you'll have access to full medical care, as well as an array of beneficial treatment programs and therapies.

Just a few of the programs and therapies offered at our men's alcohol rehab center include:

[Men's alcohol rehab program](#)

[Rehab programs for young adults](#)

[Dual diagnosis program](#)

[Trauma therapy](#)

[Addiction counseling services
- group, individual, and family](#)

[Hybrid program - focuses on
the outdoor wilderness](#)

Head to Red Oak Recovery Today

Don't continue to let alcohol wreak havoc on your life and choices. At Red Oak Recovery near Asheville, NC, you can start making great strides towards the sober lifestyle. Our men's alcohol rehab center can provide you with the tools, knowledge, and support that you need to conquer your alcohol problem. [Contact Red Oak Recovery at 866.457.7590](#) today. It's time to take your life back from your alcohol addiction.



REDEFINING THE CLINICAL EXPERIENCE

CALL US TODAY 866.457.7590