

A person with long blonde hair, seen from behind, is wearing a grey backpack and standing in a forest. A stream flows through the forest floor, surrounded by rocks and lush green trees. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. A dark red rectangular box with a white border is centered over the image, containing the text for the Alcohol Addiction Treatment Center.

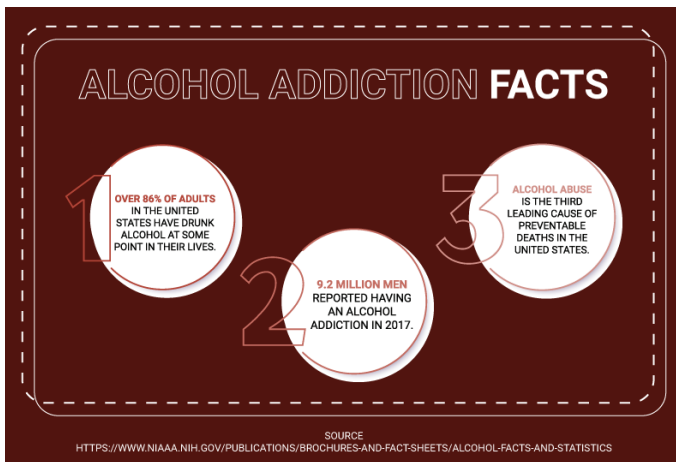
Alcohol Addiction Treatment Center

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

866.457.7590

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Alcohol is one of the most used substances in the United States. However, you can find it at nearly any sporting event, club, or restaurant across the country. As a result, even those who are only using alcohol as a way to hang out with their friends can become addicted if they are not careful. Sadly, alcohol addiction and substance use can progressively destroy people's lives. To prevent or repair the damage, help from a [substance use treatment center](#) is often necessary. To learn more about the options for alcohol addiction treatment, [contact Red Oak Recovery at 866.457.7590.](#)



Alcohol Treatment Programs Available

Help from an alcohol addiction treatment center is available through formal [rehab programs](#). Keep

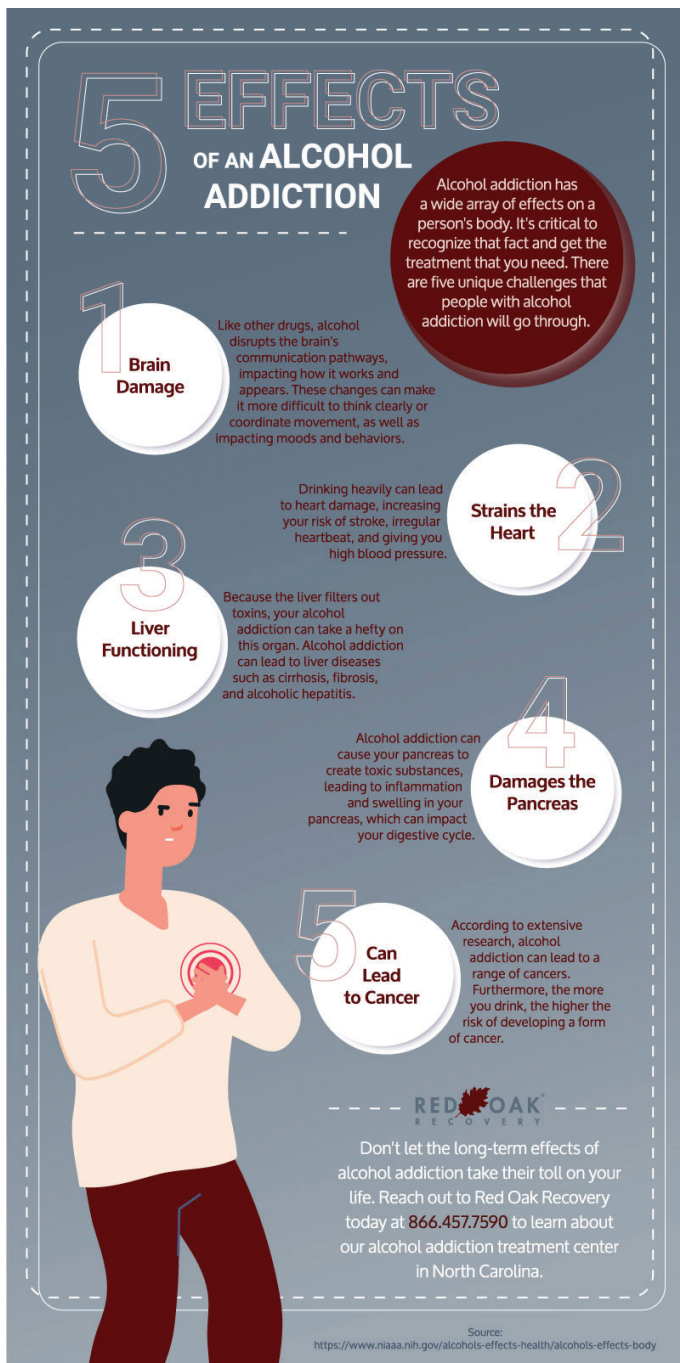
in mind, the treatment that's right for one person isn't always right for another. For this reason, there are many types of treatment programs.



Those who enroll in our programs come to our rehab centers each day for the entirety of treatment. Overall, this approach is ideal for people with moderate to severe addictions. Not to mention, our treatment is the most successful because it removes clients from toxic environments. By giving people a comfortable and safe place to focus on healing entirely, many people reach lasting recovery.

However, in outpatient programs, clients don't stay at rehab facilities. Instead, they continue living at home and visit the facility for treatment once or twice a week. The number of days they spend there depends on individual needs. However, rehab staff can plan sessions around a client's schedule so they can still go to work or school.

Although people can initially enroll in outpatient care, most rehab centers prefer this program as step-down treatment. Consequently, outpatient clients are at risk for relapse because they can still access places where they previously used drugs. However, a combination of these programs creates the ultimate recovery plan.



Health Assessment

The first part of the process is an in-depth health assessment. A team of doctors and nurses perform the exam to determine which treatments work best for specific individuals. The checkup may include blood tests that establish addiction severity. Clients must also provide accurate information about themselves and their families in order to receive optimal care.

Treatment Planning

Next, planning the course of treatment is the second step. These plans outline the clients' problems, treatment objectives, and specific methods for reaching those goals. They may include treatment for additional health issues, such as mental illnesses.

Detox

Detoxification may be the necessary first step for alcohol use, as ending alcohol consumption causes withdrawal. Symptoms that arise may include confusion, convulsions, hallucinations, and shaking. However, medical detox staff can ease these symptoms and prevent dangerous complications. For example, they might administer medicines or encourage holistic activities for relief.

An Alcohol Treatment Center's Processes

Understanding the process for alcohol treatment and knowing what to expect makes it much easier to get help and select the best treatment option.

Treatment

The next step is attending a treatment center, which is also essential to recovery. It includes education about alcohol use and addiction for individuals struggling with substance use, trauma, or mental health issues, and their family members. Additionally, treatment involves changing behaviors with proper therapy. For example, clients learn life skills and relapse prevention techniques to avoid triggers and stay sober.

Continued Care

Because there's no addiction cure, people with the disease must manage their sobriety. This maintenance involves aftercare. Fortunately, some treatment facilities offer aftercare as a step-down program. However, outside of treatment, clients can get aftercare with support groups and 12-step programs.

of unique challenges, such as anger management and unaddressed trauma. Gender-specific treatment is specifically designed to address these challenges.

Men's addiction treatment is ideal due to the fact that the individuals in these programs can relax and be assured that their counterparts will work alongside them. Through a men's treatment program, they can develop a sense of trust and companionship. Furthermore, there is no judgment or condemnation from the people around them. There's no pressure to appear strong or tough in our men's treatment center. Each person is going through the same challenges, and, as a result, you can rely on them, and they can count on you.



The issues that you discuss are issues that uniquely affect men, so you can bring up any challenges that you are facing without fear of shame or embarrassment. You might find that other men are facing the same challenges.

Benefits of a Men's Addiction Treatment Program

A men's alcohol addiction treatment program can be highly beneficial to those who are battling addiction. Men battle addiction for reasons that are different than those of women. They may become addicted to alcohol due to problems with their families or to cope with the pressure that society places on men. They may also face a range

Dual Diagnosis Treatment

Alcohol addiction is often caused by underlying mental health conditions. Many men find that they

begin drinking to combat mental health disorders, such as anxiety or depression. These men think that they can't endure the mental health symptoms, and, in an attempt to self-medicate these symptoms, they turn to alcohol to compensate. Conversely, many people who use alcohol may develop mental health disorders. As a result, they feel like they need to drink more to avoid these symptoms, which simply makes the symptoms worse.

Whether your alcohol use was caused by your mental health disorder symptoms or you developed symptoms as a result of alcohol use, you need the appropriate treatment.

Concurrent treatment for both addiction and mental health conditions is available at Red Oak Recovery in the form of dual diagnosis treatment. This treatment option gives you the support and coping mechanisms to manage your addiction. However, it also can provide you with the tools you need to combat the mental health symptoms that you've tried to avoid.

Dual diagnosis treatment is often a vital part of your journey to sobriety. If you do not get treatment for your mental health condition, your symptoms will return unabated. Without the skills and coping mechanisms that you'd gain with dual diagnosis treatment, you may feel like you have no choice but to return to substance use. Conversely, without treating the addiction, your mental health symptoms can get worse and possibly lead to other conditions. With the guidance of dual diagnosis treatment, however, you're more able to maintain your sobriety and manage your mental health conditions.

At Red Oak Recovery, our dual diagnosis treatment program is able to address a variety of mental health conditions, including:

- Depression
- Anxiety
- Bipolar disorder
- Post-traumatic stress disorder
- Disordered eating

Alcohol Treatment Center at Red Oak Recovery

Young adults with alcohol problems face different challenges than older adults. Early adulthood is a crucial time to begin planning for the future. Therefore, the staff at Red Oak Recovery exclusively focuses on men between the ages of 18 and 30. We offer diverse alcohol use treatment programs, including:

- Men's rehab program
- Clinical rehab
- Holistic healing
- Family counseling

Red Oak Recovery provides gender-specific programs at separate locations. However, at both facilities, we help young adults struggling with co-occurring mental conditions, substance use, trauma, and mental health issues. We're also the only treatment center that offers a genuinely hybrid program combining clinical and adventure therapies.

Don't wait until your substance use causes irreparable damage to your health and life. Get the necessary help with Red Oak Recovery. Contact us today at 866.457.7590 to begin your transformative journey to lasting recovery.

Recieve the Red Oak
Experience Today!

CALL NOW AT 866.457.7590

CONTACT US ONLINE

