



ALCOHOL ADDICTION

Call Santé Center for Healing today to get started on your recovery!

866.238.3154



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What is Addiction?

The [American Society of Addiction Medicine](#) defines addiction as a “treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences”.

What Does an Addiction to Alcohol Look Like?

You may be contemplating whether you have a problem with alcohol. Maybe your family, friends, therapist, or other medical provider has raised concern about your drinking. According to the [Mayo Clinic](#), here are a few markers that may indicate you have a problem with drinking -

- Being unable to limit the amount of alcohol you drink
- Wanting to cut down on how much you drink or making unsuccessful attempts to do so
- Spending a lot of time drinking, getting alcohol or recovering from alcohol use
- Feeling a strong craving or urge to drink alcohol
- Failing to fulfill major obligations at work, school or home due to repeated alcohol use
- Continuing to drink alcohol even

though you know it's causing physical, social or interpersonal problems

- Giving up or reducing social and work activities and hobbies
- Using alcohol in situations where it's not safe, such as when driving or swimming
- Developing a tolerance to alcohol so you need more to feel its effect or you have a reduced effect from the same amount
- Experiencing withdrawal symptoms – such as nausea, sweating and shaking – when you don't drink, or drinking to avoid these symptoms

Alcohol use disorder exists on a spectrum, from mild, to moderate, to severe. While you don't have to identify with all of the characteristics listed above, if even a few resonate, early treatment could prevent the escalation to more serious problems, including medical, relationship, financial, and legal issues.



How Prevalent is Problematic Drinking?

According to the [Substance Abuse and Mental Health Services Administration's 2020 National Survey](#), approximately 19.3 million people aged 18 or older had a substance use disorder in the past year.

[The National Institute on Alcohol Abuse and Alcoholism](#) reports the following -

- According to the 2019 National Survey on Drug Use and Health, 69.5% of people ages 18 and older reported that they drank in the past year, and 54.9% reported that they drank in the past month.
- In 2019, 25.8% of people ages 18 and older reported that they engaged in binge drinking in the past month, and 6.3% reported that they engaged in heavy alcohol use in the past month.
- According to the 2019 National Survey on Drug Use and Health, 14.5 million people ages 12 and older had alcohol use disorder.



What Does Treatment Look Like at Santé?

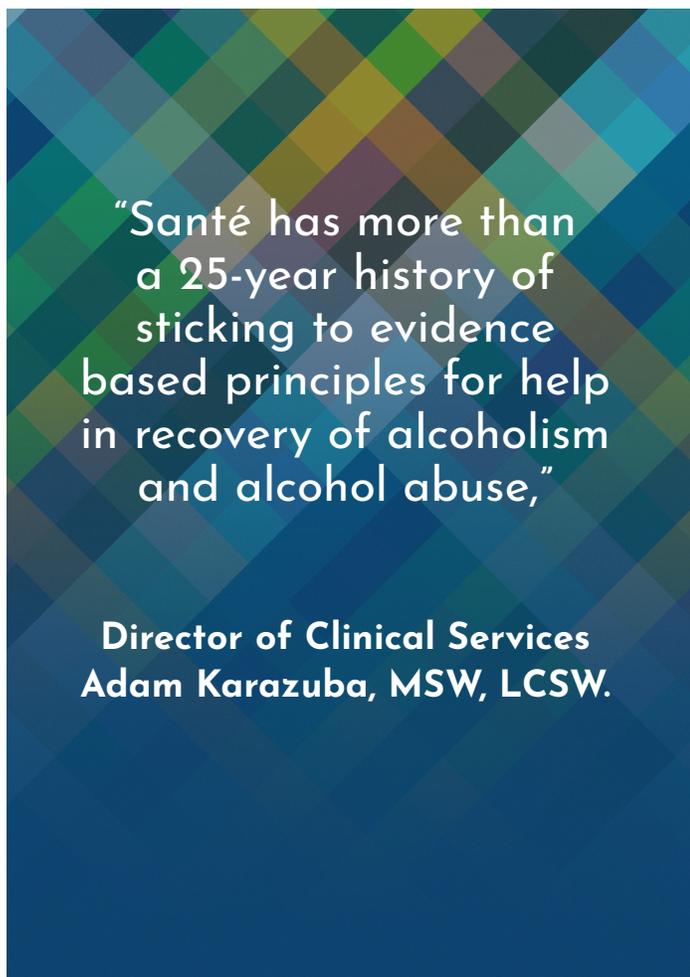
Treatment of alcohol use disorder is unique to each individual and based on a number of factors. An assessment by a treatment center like Santé Center for Healing is a great place to start. During an assessment you'll meet with clinical and medical staff to assess what level of care (Intensive Outpatient, Detox, Residential, etc.) will be most appropriate to meet your needs. Levels of care help determine what your treatment looks like, for example -

- You may need more intensive treatment that includes around the clock residential care with services like detox or other medication management.
- You may live at home while attending an outpatient level of care during the day or at night.
- You may need to enter structured transitional living to access peer support and accountability.

If you are struggling with alcohol, you are not alone.

During an assessment you may experience shame or guilt associated with your alcohol use. These feelings are normal. It's important that you try your best to be as transparent as possible with your usage. Seizures are one of the biggest risks with alcohol use disorder during withdrawal so being upfront with medical staff about how frequently you've been drinking, what amount, and when you last drank is vital to getting you appropriate care.

You may have preconceived notions about what treatment looks like but at Santé, treatment includes a variety of clinical tools like individual therapy, group therapy, neurofeedback, ropes course, equine therapy, psychodrama, physical fitness, and more!



"Santé has more than a 25-year history of sticking to evidence based principles for help in recovery of alcoholism and alcohol abuse,"

**Director of Clinical Services
Adam Karazuba, MSW, LCSW.**

Why Should I Seek Treatment?

Getting sober and staying sober can be challenging. Getting professional help to learn the tools to achieve long-term recovery can be crucial. The [National Institute on Drug Abuse](#) reports that "research has shown unequivocally that good outcomes are contingent on adequate treatment length. Generally for residential or outpatient treatment, participation for less than 90 days is of limited effectiveness, and treatment lasting significantly longer is recommended for maintaining positive outcomes".

What Does Long-term Recovery Look Like?

At Santé Center for Healing, discharge planning begins as soon as you're admitted to any program. We want you to have a plan that's uniquely crafted to your needs after treatment. Addiction is a chronic disease that needs ongoing support. Recovery isn't achieved upon completion of treatment. Rather, it's a process of ongoing growth day by day.

To help you stay on track, upon discharge from Santé alumni are automatically enrolled in Santé's "Open Road" program where you'll have access to support, activities, and more, to help you along your path.

Next Steps Needed?

If you think you need help, we're here to support you.

You can reach us anytime at (800) 258-4250 or by visiting our website at <https://www.santecenter.com/>.



“There are so many wonderful big-hearted people that work here. I got truly attached to everyone. I thank God for the gift of Santé. I learned the reason behind my addiction and realized that I am a good person that made bad decisions... helped me to see the real me under the horrible addiction, even when I wanted to give up. The staff will never stop believing in any client. Santé saved my life, the staff gave me my life back and now it is my turn to show the world that people do care!”

Santé Alumni

