



# ALCOHOL ADDICTION REHAB

CALL CRESTVIEW RECOVERY TODAY.  
**(866) 262-0531**

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- What happens when you begin an alcohol addiction rehab program?

Millions of Americans suffer from addictions, with nearly **30% of young men** reporting that they binge drink. But how do you know if casual drinking is turning into an alcohol addiction? And how do you know if you or a loved one needs help? Read on to find out more about Crestview Recovery Centers alcohol addiction rehab center.



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## WHAT IS ALCOHOL ABUSE AND ALCOHOL ADDICTION?

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It is important to remember that the term “alcohol abuse” is different from addiction. When people abuse a chemical like alcohol, it is a sign they may be physically dependent – or addicted – to it.

- How do I ask for help for a loved one or myself?

### Symptoms of alcohol addiction include:

- **Abusing alcohol**
- **Frequent blackouts**
- **Incoherent behavior**
- **Hiding alcohol**
- **Erratic or violent actions**
- **Drinking first thing in the morning or every day**

It may be hard to admit that you or a loved one is suffering from symptoms of addiction. Many people deny that they have a problem with alcohol abuse because they are embarrassed or don't want to quit. They feel like they have the alcohol under control. However, if you continue drinking, there are long-term side effects. Some of these are physically serious and include liver disease, high blood pressure, brain damage, and heart disease. In addition, you may also suffer psychological effects too such as losing a close relationship or suffering a job loss.

Of course, when these symptoms occur, it is a clear sign that you or your loved one needs help. As you seek treatment, it is important to think about the next steps.



Click image for link to video.

## WHAT HAPPENS WHEN YOU BEGIN AN ALCOHOL ADDICTION REHAB PROGRAM?

Making the decision to enroll in an [Alcohol Addiction Rehab Center in Portland](#), Oregon is monumental. You may have many emotional and physical reactions to this lifestyle change. Fortunately, rehabilitation centers have professionals on hand at all times to ensure guests are comfortable and safe as they begin their journeys to sobriety.

When you stop drinking abruptly, you will experience symptoms. This is known as alcohol withdrawal syndrome. The symptoms can include:

- **Nausea or vomiting**
- **Profuse sweating**
- **Agitation or moodiness**
- **Tremors or shakiness**
- **Craving of alcohol**
- **Discomfort**

“This place is phenomenal. Beautiful residence; competent, compassionate staff who absolutely care. Super chill atmosphere and activities in great spots around town. The standard is set high here so show up and go for it, you will be fully supported.”

**Justin, Crestview Recovery Alumni**

Doctors and trained specialists will guide guests through this difficult withdrawal period so that the recovery process can fully begin.

Once the alcohol is out of your system, you can begin the next phase of treatment. This phase involves getting to the root of how the initial alcohol abuse originated. What was the driving force behind your alcohol addiction? No one wakes up one day and decides to be an alcoholic, but rather one thing leads to another until it happens. Sadly, it can happen to anyone.

Addiction counselors assist guests through individual and/or group therapy and other activities to ensure they can unpack emotionally. Joining support groups and other people in recovery is also helpful. Professionals at the facility will assist with facilitating the group therapy sessions as well as group activities.

GIVE US A CALL AT  
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to learn more about our alcohol  
addiction rehab center.

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## HOW DO I ASK FOR HELP FOR A LOVED ONE OR MYSELF?

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It is not easy to admit powerlessness over an aspect of your life, but it is incredibly brave. There are trained professionals who understand the complicated nature of addiction who can help you or a loved one navigate to a new life. Reaching out to the professionals at Crestview Recovery is the first step in beginning this new chapter in life.

**Alcohol addiction treatment is a process, but there is a team ready to fight the battle right alongside you. At Crestview, we don't judge you; we're there to assist you on your journey to healing, hope, and happiness.**

