

Outpatient Alcohol Treatment Center in Ogden

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Alcohol Treatment Ogden, Utah

At Renaissance Ranch Ogden Addiction Treatment Center, we can **provide you with a personalized outpatient addiction treatment plan to treat alcohol abuse**. We have a team of dedicated clinical professionals whose goal is help you obtain the skills and knowledge need to gain control over your drinking habits and eliminate the damaging effects they can have on your life.

If you need professional help for alcohol abuse near Ogden, Utah and its underlying causes, don't hesitate to contact Renaissance Ranch Ogden. We are ready to help you any time of the day.

Get an Assessment Today!



Click to jump to section:

What is Alcohol Abuse?

Alcohol abuse refers to ***the repeated consumption of alcohol with no regard for any of the consequences it may have***. It is a behavior that can manifest itself in different ways, such as:

- Drinking to cope with an psychological or emotional issue
- Uncontrollable drinking after a period of abstinence
- Binge drinking

It occurs in ***men and women of all ages and from all economic and social backgrounds***. In some cases, the prolonged abuse of alcohol can foster a dependency on alcohol.

Symptoms and Effects of Alcohol Abuse

There are a wide range of indicators of alcohol abuse. The kinds of ***symptoms an individual may exhibit will vary*** and will be determined by a number of different factors, including medical history. Some signs of alcohol abuse that indicate you should seek professional help can include:

- Drastic mood and behavioral changes
- Lack of interest in personal relationships or work
- Inability to resist alcohol consumption
- Impaired social skills and interaction

The effect of alcohol abuse is not limited your social or personal lives. It can also have short-term and long-term consequences on your mental and physical health. In certain instances, these effects can be irreversible. It is not uncommon for alcohol abusers to suffer from:

- Impaired memory
- Insomnia
- Nausea
- Chronic fatigue
- Excessive anxiety
- Liver disease
- Diminished cognitive skills

When Alcohol Abuse Rises to Alcoholism

For many people, alcohol abuse habits give way to the drinking behaviors and withdrawal symptoms that make their condition identifiable as alcoholism. Alcohol addiction is also called alcohol use disorder (AUD). It's a medical condition in which the individual is unable to quit excessive alcohol use regardless of severe consequences.

Some of those consequences may include mental and/or physical health problems. Changes in the brain due to long-term alcohol use further weaken the individual's resistance to developing even more severe AUD. Social problems and difficulties in generally managing the basics of daily life are increased.

What is the Treatment for Alcohol Use Disorder?

The good news is that there are numerous effective [AUD treatment](#) types that help people recover from alcohol addiction. In a comprehensive alcoholism treatment program, various types of therapy are included. Medications are often used in treatment to help alleviate the intense urges to drink.

Alcohol Treatment Methods

Our outpatient alcohol treatment approach combines evidence-based practices, scientifically researched methods, principles of 12-step programs, and other top rehab systems. Research data also indicates that a continuing after-care [relapse prevention](#) program significantly raises the overall rate of long-lasting recovery.

Treatment for Alcohol Use Disorder (AUD)?

There is a wide range of AUD treatment options. Many are most effective when complemented by other therapies to address various aspects of recovery from alcohol addiction.

Those often include overcoming faulty beliefs, adopting more constructive thoughts and behaviors, improving self-esteem, managing triggers, vocational training, and building life skills, among others. Medications are also frequently used in treatment to help manage intense cravings and urges to drink.

Below is a description of the therapeutic outpatient programs provided by Renaissance [AUD treatment professionals](#).

How Does Outpatient Rehab Work at Renaissance Ranch?

In outpatient treatment, participants continue to live at home, and they come to the treatment facility for the number of hours prescribed for their particular program. Our clients' Renaissance schedules normally include individual and group therapy sessions. Additionally, as mentioned, medication may be administered in cases in which it is needed to successfully treat the addiction. These are the primary alcohol addiction treatment programs offered at [Renaissance Ranch in Ogden, Utah](#):

Intensive Outpatient Alcohol Treatment (IOP)

The Renaissance [intensive outpatient program](#) consists of 3 to 4 group therapy sessions per week during the first 3 months of treatment. The evening program is Monday through Thursday from 6:00 pm to 8:00 pm. The alternative daytime program is Monday through Thursday from 9:00 am to 11:00 am. Individual therapy sessions are available as needed.

General Outpatient Alcohol Treatment (GOP)

The Renaissance GOP treatment program is 2 group sessions per week for the second 3 months of therapy (months 4 through 6 of sobriety). The client can attend the evening program Monday through Thursday from 6:00 pm to 8:00 pm. The alternative daytime program is Monday through Thursday from 9:00 am to 11:00 am. Individual therapy sessions are prescribed as needed.

Continued Care Program

The after-care program continues for 6 months following the general outpatient program. This program maintains treatment for clients through their 7th to 12th month of sobriety. A client attends one weekly morning or evening group therapy session.

Individual Therapy Sessions

These individual sessions are provided to focus on particular areas of need:

Motivational Interventions	Anxiety and Depression	Trauma and Abuse Survival
Psycho-Educational Therapy	Experiential Therapy	Recreational Therapy
Cognitive-Behavioral	<u>Family Therapy</u>	Group Therapy
Meditation and Relaxation	Vocational Therapy	Relapse Prevention
Shame Issues	Life Skills	

Renaissance Ranch addiction treatment center in Ogden, Utah, offers among the best outpatient alcohol rehab programs in the state. Call anytime with questions about the AUD programs or to make an appointment for an alcohol assessment. We're here to help you whenever you're ready to make a life change!

What are the Signs and Symptoms of AUD?

Diagnosis of alcohol use disorder is performed by medical doctors and mental health professionals. Signs and symptoms of mild, moderate, and severe AUD might include:

1. Often drinking a larger amount of alcohol than intended.
2. Using alcohol more frequently than intended.
3. Spending a lot of time getting alcohol, drinking it, and recovering from its effects.
4. Experiencing strong cravings for alcohol.
5. Feeling unable to quit drinking or control one's amount of alcohol consumption.
6. Not meeting obligations at home, school, or work because of alcohol use.
7. Continuing to abuse alcohol despite consequences to relationships or responsibilities.
8. Loss of interest in previously favorite activities.
9. Repeatedly drinking when it puts oneself or others at risk, such as while driving or operating equipment.

10. Continuing drinking despite worsening physical or psychological problems associated with it.
11. The need to increase the amount of alcohol consumed in order to achieve the same effects.
12. Withdrawal symptoms when attempting to stop drinking or reduce the amount of alcohol consumed (such as nausea, racing heart, hallucinations, or seizures).

What are the Risk Factors for AUD?

The risk for developing AUD increases when individuals frequently consume large amounts of alcohol quickly. It is believed that there are also psychological, biological, and social contributors to the development of alcoholism. Some significant risks factors that might potentially lead to the development of AUD may include:

- Childhood stress and trauma
- Family history of alcoholism
- Genetics
- Drinking alcohol at an early age (especially before age 15)
- Parent's drinking habits

Psychiatric conditions like anxiety disorder, bipolar disorder, major depression, and others are often co-occurring disorders with AUD. Whether these problems contribute to AUD is unclear, but such conditions often lead to self-medicating with alcohol.



Watch Video At: https://youtu.be/rQcywY_IESM

The Best Outpatient Alcohol Treatment Center in Ogden

At Renaissance Ranch Ogden, we believe in ***providing our clients with customized and holistic treatment plans***. We believe that producing a change in behavior requires a change in how you think. This is why our staff of therapists and addiction specialists focuses not only treating the symptoms of alcohol abuse, but also concentrates on addressing the fundamental causes of the behavior.

Our center is committed to helping all of our clients battle alcohol abuse while making sure they obtain physical, mental and spiritual health. ***Spiritual ideals and practices are integrated into our outpatient treatment plans***, which use a tailored 12-step program and different specialties of therapy to treat all facets of alcohol abuse. We want you to receive what you need to achieve long-lasting results and to have the tools required to prevent a relapse in the future. You can depend on our experienced and compassionate staff to help you.

Frequently Asked Questions About Outpatient Alcohol Addiction Treatment

There are countless people who struggle with an addiction to alcohol. While it may seem like alcohol has a total grip on someone's life, there are ways to fight back against this addiction. This will to break an addiction to alcohol starts with understanding the various treatment options available. One of the options is outpatient alcohol treatment. For those wondering, "*what is outpatient alcohol treatment*," there are a few important questions that need to be answered.

What is the Difference Between Outpatient and Inpatient Alcohol Treatment?

This is one of the first questions that people often ask. *In an inpatient treatment facility, people typically spend multiple nights at the center.* There are rooms, similar to a hospital, where people sleep. Sometimes, people even have a roommate. This is a facility where people are focused on addiction treatment 24/7, under the watchful eyes of trained professionals. *Outpatient treatment programs allow people to go home at night and keep some semblance of a daily routine.*

What are the Benefits of an Outpatient Alcohol Treatment Center?

Does Outpatient Alcohol Treatment Cure Alcohol Addiction?

How Long Does Outpatient Alcohol Treatment Take?

Does the Alcohol Treatment Center Accept Insurance?

Renaissance Ranch Ogden Alcohol Treatment



The Renaissance Ranch Addiction Treatment Center welcomes anyone who is looking for help to address their alcohol-related issues. With our ***personalized outpatient treatment plans***, we offer a form of care that can be difficult to find at other treatment centers in Utah. Our unique, holistic approach to rehabilitation addresses alcohol abuse as well as the issues that contribute to the behavior.

If you or someone you know needs our help overcoming an addiction, we encourage you to contact us. In addition to treating alcohol abuse, our center also offers drug rehabilitation and prescription drug abuse services. We are here to assist you 24 hours a day. Feel free to get in touch with us here, or call (385) 222-3737 24 hours a day, 7 days a week for Alcohol treatment Ogden Utah.