

# Renaissance Ranch Ogden

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 [renaissanceranchogden.com/outpatient-program/alcohol-abuse](https://renaissanceranchogden.com/outpatient-program/alcohol-abuse)

## An Outpatient Alcohol Treatment Center That Produces Results

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At Renaissance Ranch Addiction Treatment Center in Ogden, Utah, we can provide you with a personalized outpatient 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 your alcohol abuse and its underlying causes, don't hesitate to contact us. We are ready to help you any time of the day.***

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## What is Alcohol Abuse?

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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

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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

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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?

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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. Just some types of treatment for AUD offered at Renaissance Ranch Center include:

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

## What are the Signs and Symptoms of AUD?

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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?

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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/rQcywYIESM>

## The Best Outpatient Alcohol Treatment Center in Ogden

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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.

## Outpatient Alcohol Treatment FAQ

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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.

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### **What is the Difference Between Outpatient and Inpatient Alcohol Treatment?**

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### **What are the Benefits of an Outpatient Alcohol Treatment Center?**

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### **Does Outpatient Alcohol Treatment Cure Alcohol Addiction?**

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### **How Long Does Outpatient Alcohol Treatment Take?**

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### **Does the Alcohol Treatment Center Accept Insurance?**

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## **Renaissance Ranch: the Alcohol Treatment Center That Helps**

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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.

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