Alcohol Treatments

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I chose to do my report on Alcohol addiction, I chose this because of how common of an addiction it is. Most Americans some point in their life will consume some form of an alcoholic beverage. And while here in Utah the Alcohol consumption is much smaller than the rest of the world, alcohol addiction is still a problem.

The first treatment that I will be going over will be Rehabilitation facilities for alcohol addictions. The person suffering from alcohol addiction is recommended to attend this treatment for at least 90 days to try and guarantee the success of breaking the addiction. The treatment greatly increases your chances of breaking the addiction and will try to help heal the underlying problems that caused the addiction in the first place. The Rehab centers offer various methods of counseling and support. The Rehab centers help teach the patients how to avoid situations that could cause them to want to retreat to their addiction as well as how to break the addiction in the first place.

The second treatment would be Alcohol Anonymous. The AA organization has on their website a lot of free videos and content to help the user try to break their addiction. AA also has meetings that the alcoholic can attend to talk to others like themselves and know that they are not alone. Now there are even online meetings being made. And all these meetings are completely free of charge, the group is about peer involvement and discussion, so it is free. You can attend the meetings as needed as free of charge and stop going once you feel you no longer have a need for it.

Lastly there are some medications that one can take to help treat Alcohol addiction. While there are no pills that “cures” alcoholism, there are legal medications that can help someone who truly has a desire to quit drinking. Antabuse is a drug that will make the person sick if they consume alcohol. Naltrexone will stop the effects in the brain and will reduce alcohol craving. And Acamprosate will help relieve some distress and discomfort withdrawals.

These three different options for treatments are all very useful, but none of them are a guaranteed success. What’s most important is that the addict needs to truly have the desire to stop. And using a combination of treatments can help increase the chance of breaking the addiction. I personally would recommend starting with going to some AA meetings and if that is all it takes for you then great. But if you are still struggling, I would try some medications on top of the meetings. I would have the Rehab centers as a last resort because of how much more expensive they are over the other two options. But I would still recommend it if nothing else works.

References

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