

# What to Do After a Relapse in Alcohol Addiction

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Alcohol addiction, often referred to as alcoholism, is a serious disorder that can have serious physical and psychological consequences. It is characterized by a strong compulsion to drink alcohol, even when it has negative effects on the sufferer's life.

If left untreated, alcohol addiction can cause many health problems and lead to dangerous behaviors such as drunk driving. It can also worsen existing mental health issues like depression or anxiety and create new ones.

Alcohol use disorder (AUD) is a medical diagnosis given when an individual's drinking causes them harm or puts them at risk of doing so.

People with alcohol use disorder are unable to control their drinking patterns and may drink larger quantities of alcohol than they originally intended. As a result, they may become dependent on alcohol, meaning they need to drink more and more in order to feel "normal."

Dependence can be both physical and psychological; those who are dependent may experience withdrawal symptoms such as anxiety, irritability, trembling, and nausea when they try to reduce or stop drinking.

The causes of alcohol addiction vary from person to person. While there is no single cause, genetic factors may play a role. For example, those with a family history of alcoholism may be predisposed to developing an addiction themselves.

Also, individuals who have experienced trauma or other life stressors may turn to alcohol as an escape from their problems. Environmental influences such as peer pressure or access to alcohol can also contribute.



## What to Do After a Relapse in Alcohol Addiction

A relapse from alcohol addiction can be a huge setback in someone's recovery journey. After experiencing a relapse, it is important to get back on track with treatment and to take actionable steps toward achieving sobriety.

It might feel overwhelming or intimidating to start the process of recovery again. Still, there are many resources available to help guide individuals who want to make the best effort toward achieving long-term sobriety.

The first step after a relapse is to reach out for professional help. Alcohol Rehab centers such as Evolve Indy Treatment Centers specialize in helping those suffering from Alcohol Use Disorder (AUD). A rehab center provides medically assisted detoxification, allowing individuals struggling with Alcohol Addiction to safely and comfortably break away from their dependence on Alcohol.

This is followed by an Alcohol Addiction Treatment Program, which is designed to provide individuals with the tools and resources needed for long-term sobriety.

### Evolve Indy Is Here to Help!

At Evolve Indy, treatment programs include both Intensive Outpatient (IOP) and Outpatient Programs. An Intensive Outpatient Program allows clients to receive Alcohol Addiction Treatment while maintaining a normal routine at home, work, or school.

Clients can attend counseling sessions multiple times per week during this program. The Outpatient Program includes weekly addiction therapy sessions as well as individualized case management services to help clients build an effective plan for recovery that works best for them.

It is important that individuals struggling with Alcohol Addiction create a relapse prevention plan in order to stay on track with their Alcohol Addiction Treatment. A relapse prevention plan should include strategies for dealing with high-risk situations, such as avoiding triggers or setting up a support system for help when needed.

Additionally, creating healthy habits and activities that one enjoys can make staying sober easier by providing a sense of structure to the day and giving individuals something enjoyable to look forward to. Exercise routines, hobbies, spending time in nature, and connecting with friends are just some examples of activities that can be included in a relapse prevention plan.

Our experienced staff of licensed professionals uses evidence-based approaches to create a customized treatment plan tailored to each individual's needs. We realize everyone is unique and everyone's recovery journey will look different than another person's – so we strive to provide comprehensive care that considers the underlying issues driving alcohol addiction.

Our Intensive Outpatient Program (IOP) offers comprehensive care for individuals struggling with alcohol abuse or addiction. It is designed to provide intensive treatment while allowing clients the flexibility to continue working, attending school, or caring for family obligations.

The program includes individual counseling sessions, group therapy, family therapy, and educational activities. We also offer aftercare services to assist with relapse prevention and continued recovery efforts.

For those who can't commit to an IOP program or are already in a stable phase of recovery, we also offer an Outpatient Treatment Program (OTP). This program is specifically tailored for individuals looking for less structured care without the need for a full-time commitment to alcohol addiction recovery programs.

The OTP provides individualized one-on-one counseling sessions, as well as weekly group meetings and educational activities that focus on understanding addiction, recognizing triggers, and developing coping strategies for relapse prevention.

If you're ready to take the first step towards recovering from alcohol addiction, contact us at Evolve Indy. We will work with you to create a personalized treatment plan that meets your needs and will provide you with the tools you need to achieve sobriety. Let us help you find lasting recovery from alcohol addiction – contact us today.

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