

Alcohol Intervention

Intervening in the addiction cycle, either through a formal alcohol intervention with family and friends, or the realization of the need for help could be the intervening factor.

Alcohol Detox

The process of weening an individual off of their alcohol intake (Stepping down the amounts slowly) to avoid withdrawal symptoms, urges to drink, and other negative effects of quitting alcohol abruptly.

Alcohol Addiction Treatment

The initial process of treating the "habit" of drinking, resisting urges to drink, and learning how to stay sober. This can include rehab, counseling, and outpatient treatment.

Alcohol Addiction Maintenance

Using medication to curb the urge to drink, or simply learning the necessary relapse prevention skills to stay sober.

Community Support

Ongoing support of a person's sobriety by family, friends, and peers. Group meetings and therapy can be helpful, but not required.

Management Of Alcohol And Drug Problems

JR Anderson



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