

COMMUNITY NEWSLETTER

Addiction to alcohol affects 1 out of 4 families.



April 2012



Everyday Solutions for Everyday People.

April is Alcohol Awareness Month

April is Alcohol Awareness Month, and Southwest Counseling Service is working to inform community members about alcohol use, abuse and addiction.

Many people have no problem having a drink or two. For some, one drink can lead to many drinks. Alcohol affects people differently. Some people are predisposed and are more likely to become addicted.

MYTH: *I can drink and still be in control.*

FACT: *Drinking impairs your judgment, which increases the likelihood that you will do something you later regret.*

Alcohol abuse and dependence continue to be the top two diagnoses in adults at Southwest Counseling Service. Abuse and dependence not only affect the individual suffering from the disease, but it also affects friends and family.

MYTH: *I'd be better off if I learn to "hold my liquor."*

FACT: *If you have to drink increasingly larger amounts of alcohol to get a "buzz" or get "high," you are developing tolerance. Tolerance is actually a warning sign that you're developing more serious problems with alcohol.*



Help and treatment for alcohol is available and can be provided locally. For more information about alcohol use, abuse, and addiction contact Southwest Counseling Service at 352-6677.

Do you or someone you know have a problem with alcohol? Please take a minute to answer the following questions. **BE HONEST.** Only you will see the results of your test. You will only benefit if your answers are accurate.

1. Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Have you ever felt remorse after drinking?
4. Have you had financial problems as a result of drinking?
5. Does your drinking make you careless about your family's welfare?
6. Has your ambition decreased since drinking?
7. Do you crave a drink at a certain time daily?
8. Do you want a drink the next morning?
9. Has your efficiency decreased since drinking?
10. Is drinking causing problems with your job or business?
11. Do you drink to escape from worries or trouble?
12. Do you drink alone?
13. Have you ever had a loss of memory as a result of drinking?
14. Has your physician ever treated you for drinking?
15. Have you ever been to a hospital or institution on account of drinking?

If you answered yes to 3 or more of these questions you might have harmful drinking patterns and might possibly be alcohol dependent.

For more information about alcohol use, dependency, or a professional confidential screening contact Southwest Counseling Service at 352-6677 or 875-5515.

What is alcohol addiction?

Alcohol addiction is a disease.

All kinds of alcohol—beer, wine and hard liquor—can be addicting.

People who are addicted to alcohol:

- Have strong urges to drink.
- Can't control the urge even when drinking causes trouble with family, friends, work, school, money, health or the law.
- Often can't stop drinking once they start.
- Feel sick when they stop drinking, and drink again to stop feeling sick.
- Need more and more alcohol to feel good.

Most people need treatment to recover from alcohol addiction.

Who gets addicted?

Anyone who drinks alcohol can get addicted. People of any age, sex, or background can get addicted.

Someone might get addicted easier than others if:

- Your parents, grandparents or other blood relatives have a problem with alcohol.
- You drink to deal with uncomfortable feelings.
- You have a high-stress job or lifestyle.
- You started drinking when you were under the age of 15.
- Your family, friends or coworkers drink.
- You drink more than 2 drinks a day if you are male, or more than 1 drink a day if you are female and over the age of 65.

Can addiction be cured?

People who are addicted to alcohol will always have the addiction, but they can recover. Recovering from addictions teaches people that they can change their behavior and learn to be comfortable and happy without drinking.

People can and do recover with the help of treatment programs.

Talking to Your Kids



Talk About It:

- Parents, let your children know where you stand when it comes to alcohol use and risky behavior. Be ready to listen.
- Children, tell your parents what you see and hear about alcohol use and never hesitate to ask questions.

Be an Example:

- Keep in mind what you expect from your children and help guide them by setting an example.

Understand:

- Find out how big of a problem underage drinking is in your community.

Get Involved:

- Learn about what is already happening in your community to address underage drinking and find out how you can help.

Educate:

- Talk to neighbors, friends and others in the community about the issue. Encourage them to become involved.

Parents are the #1 anti-drinking device. Talk to your children before they start drinking.

For more information contact:



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307.875.5515

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