




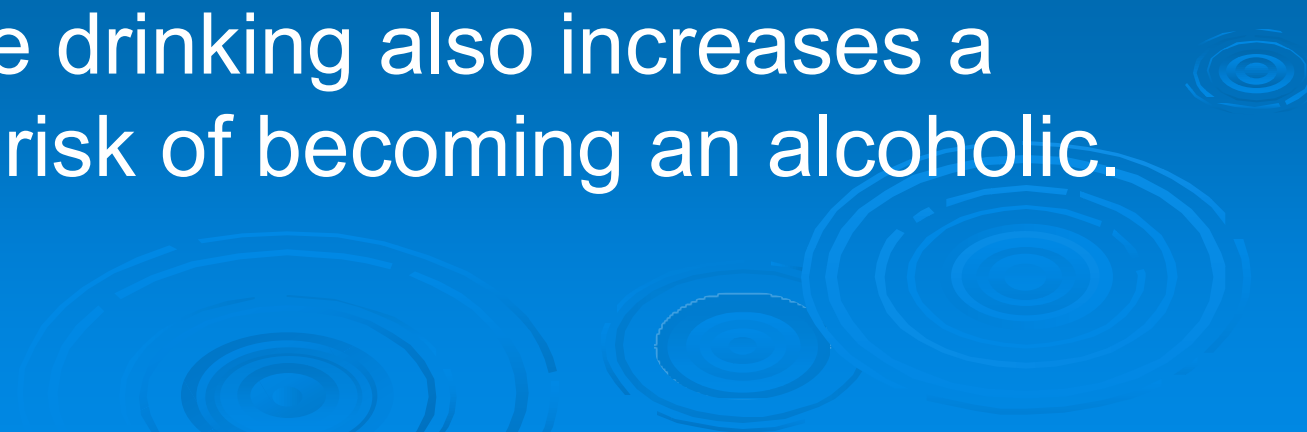
ALCOHOLISM



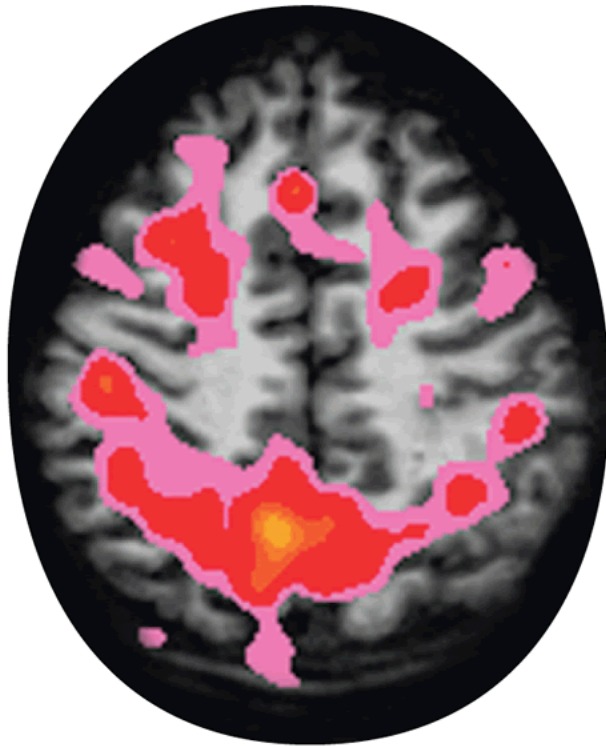
Alcoholism defined

- Is a progressive disease
 - Is treatable
 - Is NO one's fault
 - Is NOT curable
 - Can be overcome
 - Cannot be ignored
 - Affects the entire family
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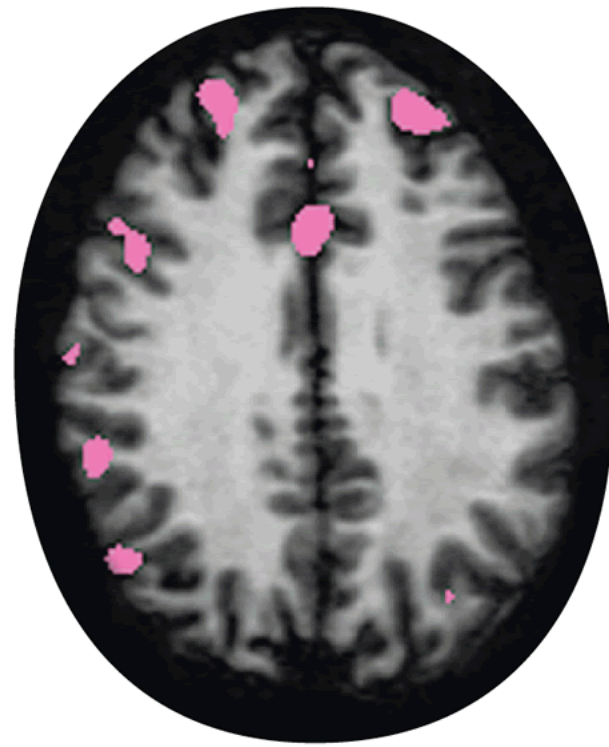
Who Is at Risk?

- Anyone who drinks—even one drink—is at risk of becoming an alcoholic.
 - Alcoholism is four to five times more common among the children of alcoholics than in the general population.
 - Underage drinking also increases a person's risk of becoming an alcoholic.
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Alcoholism and Brain Activity



15-year-old
Non-drinker



15-year-old
Heavy Drinker



A Problem Drinker's Self-Test

	Yes	No
Do you get drunk even when you do not intend to do so?	<input type="checkbox"/>	<input type="checkbox"/>
Are your school grades dropping because of your drinking?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink in the morning?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever get into trouble when you drink?	<input type="checkbox"/>	<input type="checkbox"/>
Is it important to you to show others that you can drink alcohol?	<input type="checkbox"/>	<input type="checkbox"/>



Effects on Others

- Alcohol-related crimes, medical expenses, injuries, lost productivity on the job, and treatment programs cost the United States between 100 and 200 billion dollars annually.
- Alcohol is involved in approximately 150,000 deaths per year.
- Spouses and children of alcoholics live in homes filled with stress arising from uncertainty and embarrassment.
- In some cases, alcoholics verbally or physically abuse family members.

Effects of Alcoholism on the Family

- Unpredictable behavior
- Embarrassment
- Violence
- Neglect
- Money problems
- Legal problems
- Divorce



Alcoholism

- Alcoholism is a physical and psychological dependence on alcohol
- They cannot keep from drinking
- They cannot manage tension without drinking (stress coping mechanisms)
- They cannot stop drinking once they have started

Stages of Alcoholism

- Stage One (Warning Stage): Alcoholism begins with social drinking.
 - Drinker makes excuses and tries to rationalize behavior
 - Necessary to manage stress
 - Cannot remember things after drinking

Alcoholism...

- Stage Two (Crucial Stage): Individual reaches point where he/she cannot stop drinking.
 - Physical and mental problems become evident
 - Defensive behavior
 - Denies or tries to hide the problem
 - Tolerance is developed

Alcoholism...

- Stage Three (Chronic Stage): Final stage; drinking is visible.
 - Can no longer deny; uncontrolled; isolated
 - Alcohol is a constant companion
 - Malnutrition
 - When not drinking, experiences withdrawals (hot/cold flashes, tremors, nightmares)

Things to think about...

- Alcoholism cannot be cured, but can be treated.
- Two-thirds of all alcoholics recover with treatment.



Support Groups

- In Alcoholics Anonymous (AA), recovering alcoholics offer encouragement and support to help other alcoholics stop drinking.
- Al-Anon helps adult friends and family members learn how they can help in the alcoholic's recovery process.
- Alateen provides help for teenagers living with alcoholics.