

Alcohol Awareness Month

Assess Your Own Drinking:

- ◆ Have you ever thought you should stop drinking (or using drugs?)
- ◆ Has anyone ever told you that you drink or use too much?
- ◆ Have you ever regretted your behavior when drinking or drugging?
- ◆ Have you ever exceeded your limit?

A “yes” response to 2 or more questions indicates that alcohol/drugs could be a problem. If you can’t “Just Say No,” seek assistance.

Problems with alcohol

Most people can enjoy a few drinks, maybe even get intoxicated a time or two, with no severe consequences. Health and wellness experts even recommend that men drink no more than 2 drinks a day, women no more than one. *Alcohol abuse* results from poor judgment, drinking too much on occasion. Accidental injuries, car accidents and alcohol poisoning may occur because of the abuse. Those consequences usually teach a lesson about reasonable limits of alcohol.

One person in ten becomes addicted to alcohol, continuing to drink to excess even after repeated consequences. An alcoholic sees alcohol as the solution to their problems—stress, family, financial, work, etc. They don’t make the connection that drinking is the cause of their problems, or that their use of alcohol prevents them from dealing with life’s difficulties.

Alcohol and teens

Alcohol is cheap and legal. It is readily available in their own and friends’ homes. Drinking is glamorized in the media, and casual attitudes about alcohol use minimize the dangers. Binge drinking is a cause of death for high school and college students.

The combination of alcohol and drugs can be lethal. Teens may also abuse prescription and over-the-counter drugs because they are widely available and inexpensive. They believe prescriptions are not as risky as street drugs. The majority of teens who abuse alcohol and drugs say they get them from friends and relatives, not the stranger on the corner.

The following resources can provide additional information:
www.alcoholscreening.org ; www.alcoholics-anonymous.org ;
www.al-anonfamilygroups.org

Parent to do list:

1. Consider your own attitude about drinking/drug use. What message does your behavior deliver to your children?
2. If you have alcohol and prescription medications in your house, secure them so your children and their friends don’t have access to them.
3. Above all, talk to your children about the dangers of alcohol, prescription medication and drug use.

FAMILY MEMBERS: *You are not alone! You cannot control someone else’s drinking, but you can get help for yourself.* Employee Assistance Programs have been helping people who have alcohol/drug problems, and the people who love them, for over 50 years.

Contact Workplace Solutions today for free, confidential assistance.
Professional counselors are available 24/7 by calling 800-327-5071.

A variety of educational and supportive resources are available online at www.wseap.com.