

ALCOHOLISM; *Heal the Families Disease*

For thousands of Americans, using alcohol is a way of life. They can't wake up, have fun, or go to work or to sleep without a drink. And, the effects of their addiction are not isolated. Alcoholism negatively affects every member of the family.

SYMPTOMS OF ALCOHOLISM

- 1. Dependence on alcohol and other substances**
 - "I need it to relax."
 - "I can quit drinking at ANY TIME!"
- 2. Frequent mood swings**
- 3. Problems functioning at work**
- 4. Passing out or blacking out**
- 5. Depression and suicidal thoughts**
- 6. Change of friends and hangouts**
- 7. Change in drug tolerance level; needs more than before to "feel good"**

HELP FOR ALCOHOLICS AND THE FAMILY

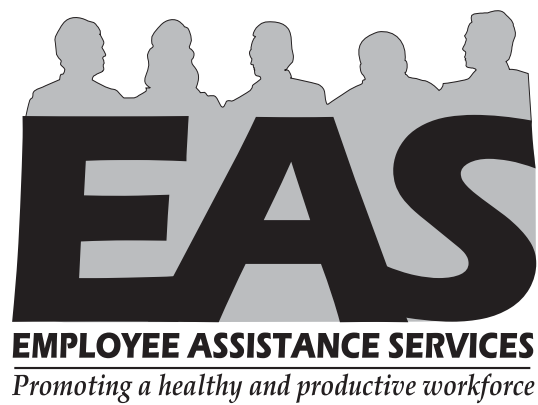
- 1. Treatment options**
 - Outpatient
 - Intensive Outpatient
 - Inpatient Detoxification
- 2. Alcoholics Anonymous**
- 3. Al-Anon and Alateen**
- 4. Local educational programs for adult and teen family members**
- 5. Adult Children of Alcoholics (ACOA) education and support groups**

RECOVERY

- 1. Begins with self-realization that there is a problem**
- 2. Learns to address addiction honestly, no blaming**
- 3. On-going - must take recovery one day at a time**
- 4. Sets goals for the future**
- 5. Involves the exploration of thoughts and feelings**
- 6. Requires an attitude change**
- 7. Requires patience, time and occasional struggle**

Although there is no cure for this chronic, progressive disease characterized by a loss of control over alcohol and other sedatives, education, awareness and treatment are readily available.

For more information on alcoholism or to get an assessment, contact:



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