

# More Alcohol & Drug News...

## What Does the Alcoholic Prove By His/Her Compulsive Drinking Behavior?

- \*Do they see the problems their drinking is causing?
- \*Are they comfortable with the feelings of guilt and shame?
- \*Has anger set in so deep that reality is nonexistent?
- \*Does the alcoholic think about quitting his/her drinking?
- \*Is drinking more important than life?
- \*Does the alcoholic drink among friends?
- \*Does the alcoholic realize that trouble is waiting just around the corner?
- \*Does the alcoholic believe that he/she is too smart to get into trouble?
- \*Does the alcoholic consider him/herself a social drinker?
- \*Does the alcoholic believe that decisions can't be made for him/her?
- \*Does the alcoholic believe that A/D programs, health programs, the Judicial System and other agencies will continue to come to his/her rescue?
- \*Is drinking more important than the alcoholic's job?
- \*Is drinking more important than the alcoholic's family?
- \*Does the alcoholic believe he/she can charm their way of trouble?

These types of questions can go on forever without ever reaching alcoholics, because they are not listening. They aren't ready to admit defeat and quit drinking. But if a person wants to evaluate him/herself by going over the above questions, there is a chance a positive attitude may emerge. Alcoholism can be treated. It's never too late to accept another chance at life.

## Identifying & Helping The Alcoholic or Problem Drinker

Alcoholism is an illness and virtually every medical society, governmental agency, and social organization recognizes this fact.

It is unique among illnesses in two respects. It is invariably self-inflicted; and its cure requires both self-diagnosis and self-treatment. No matter how much help is available from outside, the victim must admit to the problem and be determined to do something about it.

Almost half of all the people in this nation occasionally drink alcoholic beverages. A survey has shown that most had tried it before they were ten years old. Among high school students, 50-85 percent admit they have tried alcohol in one form or another--most commonly beer or wine. And a drink before dinner, during the evening or on a night out is common practice among two-thirds of all adults.

Are we implying, then, that everyone who drinks is an alcoholic or might become one? No, we are not. What we are pointing out is that if you separate those who drink occasionally, and those who drink regularly with no serious effects, and even those who drink too much now and then, you will find that one out of ten who drink will eventually become an alcoholic.

The simplest definition of an alcoholic is one whose drinking is consistently out of control; he or she has lost the power to choose when to stop.

There is, of course, a distinction to be made between the problem drinker and the alcoholic. But because the former is likely to prelude the latter, both terms are used here.

## If You Don't Appoint A Designated Driver, One Will Be Appointed For You



We think it's only fair to remind you that almost 1250 new laws have been passed to help ensure, that one way or another, if you've been drinking, you won't be driving.



The cost of problems brought about or aggravated by alcohol abuse is substantial. A report prepared by the Congressional Office of Technology estimates that misuse of alcohol may cost the nation as much as 120 billion annually, in terms of lost production, health and medical care costs, motor vehicle accidents, fire losses, and violent crimes.

More than 200,000 deaths per year are estimated to be alcohol-related. The death rate among alcoholic men is 2 to 6 times higher than that of the general population. Their life expectancy is usually 10-12 years shorter.

Alcohol is related to half of all traffic deaths, a third of all traffic injuries, suicides, and crimes; and more than two-thirds of all drownings.

There is a different element of tragedy that cannot be measured financially: counselors who work with alcoholics and listen to daily stories of their effects on others.

### To Youth: You're a Role Model

Always remember that, consciously or unconsciously, younger kids look up to you as a role model--and that they will learn more from the example you set than from what you say. This is a big responsibility.

Kids are very observant. Be the kind of role model to others you'd like your younger brother or sister to have.

## Learn More About D.A.R.E.

### D.A.R.E. Helps Keep Kids Off Drugs

Drugs and Alcohol continue to threaten America's kids. You can help them D.A.R.E. to resist.

D.A.R.E.--Drug Abuse Resistance Education brings drug education into the classroom, through a 17 week course for fifth and sixth graders, and teaches children to develop positive attitudes and behavior. It gives them the self-confidence, self-worth, and willpower they need to resist drugs and alcohol. D.A.R.E. gives children the tools they need to build a better life, a brighter future.

Specially-trained police officers teach the class. They share their street-wise experiences in dealing with drugs and alcohol. And they teach the student not only to refuse drugs, but how to do so.

D.A.R.E. is one of the most widely used and effective drug education programs in the country, endorsed by President George Bush; the Justice department, the Department of Drug Enforcement, and the Department of Education.

### D.A.R.E. Works

In studies by the Evaluation and Training Institute and by the National Institute of Justice, a sample of students who had completed the D.A.R.E. curriculum showed:

- \*Significantly less substance abuse, including cigarettes and alcohol;
- \*A sharp decrease in school vandalism and truancy;
- \*Improved student work habits;
- \*Reduced gang activity;
- \*A more positive attitude toward police;
- \*Better rapport with teachers and student officials

### Help Your Kids Stay Drug-Free

While D.A.R.E. reaches children in school, parents must set good examples at home to show love, understanding, and attention. Here are some ways you can help your own children choose a healthy life-style and stay away from drugs and alcohol:

- \*Talk to your children about drugs and alcohol. Educate yourself about the different drugs so you can educate your children. Don't just threaten them.
- \*Encourage your children to talk about their problems and feelings--anger, sadness, fears, and really listen.
- \*Praise them and reinforce their positive behavior. Focus on their strengths and their potential.
- \*Allow your children to make some of their own decisions and work with them to solve their problems. Don't always solve everything for them.
- \*Treat your children as individuals. Recognize their own needs, emotions, and abilities. Don't place unrealistic demands on your children.
- \*Demonstrate trust in your children. Don't always expect the worst.
- \*Let your child know that you make mistakes too--you're not perfect.
- \*Spend time together as a family. Eat together, go places together, and plan family outings.
- \*Make your home a secure, safe place.
- \*Remember to tell your children how much you love them, and discuss your feelings with them.