



ALCOHOL AWARENESS MONTH

MESSAGE FROM OEOD

During Alcohol Awareness Month, we are joining the National Council on Alcoholism and Drug Dependence, in sharing information for the prevention of alcohol abuse. We encourage you to educate yourself and your loved ones about the devastating, chronic effects of alcohol on adolescents, adults, and families.

Alcohol increases people's risk of health-related illnesses, violence, drowning, or auto accidents and injuries. In New Jersey alone, there were 32,558 driving while intoxicated citations within the past year. In 2013, there were 121 drunk driving accidents resulting in 131 fatalities.

We have included a self-assessment tool, the Alcohol Use Disorders Identification Test, to assist you in determining if you or a family member are consuming too much alcohol.

The first weekend in April is Alcohol Free Weekend. We support your abstaining from using alcohol during this time and urge those who have difficulty getting through the weekend without alcohol to get assistance by contacting a resource listed below.

RESOURCES

- **OEOD**
800-367-6577 (Toll Free)
- **AUDIT, Self Assessment Tool**
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- **Self-Help Groups**
 - Alcoholics Anonymous**
800-245-1377 (Hotline)
www.aa.org (Website)
 - Al-Anon/Alateen**
888-425-2677 (Hotline)
www.al-anon.org (Website)

ALCOHOL AFFECTS EVERYONE

RECOVERY IS A FAMILY AFFAIR

One in five families have been touched by problems related to drinking. By virtue of your relationship, you have seen and felt the affects of alcohol. Your awareness and understanding of the damage being done is far greater than the person who is addicted. Addiction, without treatment and recovery, can and will literally destroy families.

Helping a loved one cope with alcohol can be a heartbreaking experience. It can seem so overwhelming at times that it feels easier to ignore it, pretend nothing is wrong, or hope it magically goes away. It's important to recognize your own feelings. You may find yourself struggling with a number of painful and conflicting emotions, including frustration, guilt, shame, fear, anger, and self-blame. In the long run, denying or minimizing the issue will be more damaging to everyone.

Constructive and active family engagement in the recovery process is essential if the family is to heal from the impact of addiction. Here are some suggestions:

Learn All You Can About Alcoholism -Gaining an understanding of how alcohol affects not only the addicted person but you and the family is important for handling the situation and establishing a foundation for healing.

Speak Up and Offer Your Support - Talk to the person about your concerns, and offer your help and support, including your willingness to go with them to get help. Like other chronic diseases, early intervention and treatment is best.

Express Love and Concern—You may be met with excuses, denial or anger, but be prepared to respond with specific examples of behavior that has you worried - physically, emotionally, socially, financially and legally. Learn to detach with love and focus on assuming responsibility for your own behavior.



Don't Expect the Person to Stop Without Help—You have heard promises to cut down or stop before and it doesn't work. Treatment, support, and new coping skills are needed to overcome addiction.

Build on Resilience—Use the recovery process as a means of building on your personal and family's strengths. Engage in activities the whole family can do together to rebuild relationships and form new fun-filled memories.

Support Recovery as an Ongoing Process—Once your family member is receiving treatment or going to meetings, continue to show encouragement of the process. Maintain your own commitment to getting help by contacting us, seeing a therapist, or joining support groups .

Understand and Prepare for Relapse—It will be easy for you, family members, and the addict to revert to old behavior. Develop strategies for dealing with your own relapse issues and other challenges.

As a family disease, those who have been affected by addiction may take years to recover, as they rebuild and stabilize their lives, independent of what the addicted person does. Without question, it can seem overwhelming, but keep in mind that steadfastness to the recovery process is also a commitment to your overall well being as well as the whole family.

Millions of people live in long-term recovery from alcoholism. During the recovery process, you and your family can achieve renewed intimacy and better abilities to cope with life's challenges. Over time, the process of recovery can bring your family together to be the healthiest it has ever been.

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The Alcohol Use Disorders Identification Test: Self-Assessment	
Instructions: Circle the box that best describes your answer to each question.	
<p>1. How often do you have a drink containing alcohol?</p> <p>(0) Never (1) Monthly or less (2) 2 to 4 times a month (3) 2 to 3 times a week (4) 4 or more times a week</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>6. How often during the last year have you needed a first drink in the morning to get yourself going after a heaving drinking session?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>2. How many drinks containing alcohol do you have on a typical day when you are drinking?</p> <p>(0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7, to 9 (4) 10 or more</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>7. How often during the last year have you had a feeling of guilt or remorse after drinking?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>3. How often do you have six or more drinks on one occasion?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>4. How often during the last year have you found that you were not able to stop drinking once you had started?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>9. Have you or someone else been injured as a result of your drinking?</p> <p>(0) No (2) Yes, but not in the last year (4) Yes, during the last year</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>5. How often during the last year have you failed to do what was normally expected from you because of drinking?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggest you cut down?</p> <p>(0) No (2) Yes, but not in the last year (4) Yes, during the last year</p> <p style="text-align: right;"><input type="checkbox"/></p>
Total <input type="checkbox"/>	
<p>To Score: The number in parenthesis () before each response circled should be entered in the box for each question. All the response scores should then be added and recorded in the box labeled "Total".</p> <p>Total scores of 8 or more are indicators of hazardous and harmful alcohol use, as well as possible alcohol dependence.</p> <p>*The Alcohol Use Disorders Identification Test was developed by the World Health Organization (WHO) in 1989 (Document No. WHO/MNH/DAT.89-4) and updated in 1992 (Document No. WHO/PSA/92-4).</p>	