**Chapter 12 lessons 4 Alcoholism and Alcohol Abuse**

**& Lesson 5 Getting Help for Alcohol Abuse**

Addiction is a physical or psychological need for a drug

* Teens 15 & younger are 4x’s more likely to become addicted.

Alcoholism is a progressive chronic disease involving a mental & physical need for alcohol (Alcoholic)

Alcoholism affects the 4 parts of health

1. Physical 2. Mental 3. Emotional 4 social

**There are 5 major symptoms of alcoholism:**

1. Denial a person has a hard time **believing** they have a problem.
2. Craving- the person has a strong **need** to drink
3. Loss of control -the person is unable to limit the amount of drinks.
4. Tolerance your body needs more and more of a drug to get the same effect (**a person who drinks regularly can develop a tolerance)**
5. Physical Dependence a type of addiction in which the **body itself feels a direct need** for a drug.

**There are 4 stages of alcoholism:**

Stage 1- a gradual increase in tolerance

Stage 2 – short term memory & blackouts, makes excuses for drinking

Stage 3 – loses control can’t stop drinking after one drink; has aggressive or resentful behavior

Stage 4- Chronic and ongoing- can’t keep a job, lives to drink

Costs to the family:

* Family members don’t believe the drinker has a problem
* Family members neglect their own needs
* Negative effect on self esteem (abusive)

Enablers people who create an atmosphere for the drinker to continue his/her behavior. They make excuses or lie for the drinker.

Alcohol abuse a pattern of drinking that results in one or more well defined behaviors in a 12 month period

(not physically dependent).

* Failure to fulfill responsibilities
* Drinking in situations that are physically dangerous
* Having ongoing legal problems
* Continuing to drink even when it ruins relationships

**Help for people with Alcohol problems**

Intervention is a gathering in which family and friends get the drinker to agree to get help.

**Road to Recovery-Learning to Live an Alcohol-Free Life**

1. Admission admit you have an addiction & ask for help.
2. Counseling outside help from counselors and support groups.

* Alcoholics Anonymous-AA-recovering alcoholics

1. Detoxification the physical process of freeing the body of an addictive substance.
2. Withdrawal the physical and psychological reactions that occur when someone stops using an addictive substance.

* Symptoms: headaches, tiredness, strong mood swings, & nausea

1. Resolution- makes the decision to accept responsibility for his or her actions. Referred to as a recovering alcoholic.
2. Relapse a return to the use of a drug after attempting to stop.

**Help for the Family- families need to recover also from the effects of living with the alcoholism.**

**Organizations for Help:**

Al-Anon teaches family and friends about alcoholism and helps them understand how they have been affected and coping skills.

Alateen is designed to help teens deal with alcoholic parents.

**Ways to Stay Alcohol Free**

* Avoid situations where alcohol may be present.
* Choose friends who are alcohol free.
* If you are pressured, use refusal skills: walk away, get help from an adult, etc.

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