

Alcohol Awareness Month

Free Methods for Making Changes in Alcohol Use

According to the National Council on Alcohol and Drug Dependence, alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence, along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems. More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol. If you are wondering if your own drinking is a problem or are looking to make changes in your drinking, you may find the following information helpful.

For Self-Assessment

Being willing to take a direct look at one's own use and patterns is the first step. Here are some resources to help you see if your drinking may be a problem:

<http://ncadd.org/learn-about-alcohol/alcohol-abuse-self-test>

<http://rethinkingdrinking.niaaa.nih.gov/IsYourDrinkingPatternRisky/WhatsYourPattern.asp>

For Cutting Back

If you want to drink less, the National Institute on Alcoholism and Alcohol Abuse has some suggestions, including:

- Keep track of how much you drink
- Use “standard drink sizes” so that the count can be accurate
- Set goals about how much and how often you plan to drink
- Pace yourself – have no more than one standard drink per hour
- Eat – don't drink on an empty stomach
- Find alternatives by developing new healthy activities

Continued...



Free resources to help you cut down if you are not addicted to alcohol:

<http://rethinkingdrinking.niaaa.nih.gov/> - A comprehensive guide with alcohol use calculators, information, and tips for slowing down one's alcohol use.

<http://www.moderation.org/> - Moderation Management (MM) is a behavioral change program and national support group network for people concerned about their drinking who desire to make positive lifestyle changes.

For Abstinence

Abstinence is recommended for people who need to avoid alcohol completely, including those who:

- Plan to drive a vehicle or operate machinery
- Take medications that interact with alcohol
- Have a medical condition that alcohol can aggravate
- Are pregnant or trying to become pregnant
- Are alcohol dependent (alcoholic)

Listed here are some free abstinence-based programs. However, it is important to know that in addition to a program, professional help is always recommended for people who are alcoholic.

www.aa.org - Alcoholics Anonymous (AA). AA is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. It is based on 12 steps of recovery.

www.sossobriety.org – Secular Organizations for Sobriety (SOS). SOS is an alternative to the 12-step model, and welcomes anyone sincerely seeking sobriety from alcohol addiction, drug addiction, and compulsive eating. SOS welcomes the attendance of religious as well as nonreligious persons, and offers a support group and method in a secular setting.

www.rational.org - Rational Recovery (RR). RR was founded as an alternative to AA with a stated purpose to (1) to disseminate information on independent recovery from addiction through planned, permanent abstinence, (2) to make self-recovery a viable option to all addicted people everywhere, and (3) to make informed consent to addiction treatment and recovery group participation available to all addicted people.

For help or more information, contact your EAP at:

1-800-451-1834

MIIA | MASSACHUSETTS
BASED
MEMBER
DRIVEN