

April 2012

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Get the Facts.
Keep the Faith.

April is Alcohol Awareness Month

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Get the Facts.
Keep the Faith.

April is Alcohol Awareness Month

Get the facts: Alcoholism is a disease.

Alcoholism, also known as alcohol dependence, is a disease. The craving for alcohol that someone suffering from this disease feels can be as strong as the need for food or water, causing that person to continue to drink despite serious family, health, or legal problems. Like many other diseases alcoholism is chronic, meaning that it lasts a person's lifetime, usually follows a predictable course, and has symptoms which include:

Craving: A strong need, or urge, to drink.

Loss of control: Not being able to stop drinking once drinking has begun.

Physical dependence: Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking.

Tolerance: The need to drink greater amounts of alcohol to get "high."*

**National Institute on Alcohol Abuse and Alcoholism*

Retrieved March 20, 2012, from www.niaaa.nih.gov/FAQs/General-English

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Mid-America
ATTC



Mid-America ATTC, funded through the Substance Abuse Mental Health Services Administration under the U.S. Department of Health and Human Services, is a program in residence at the University of Missouri-Kansas City's Institute for Human Development.

www.attcnetwork.org/midamerica

816.235.5055



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Keep the faith: Alcoholism is treatable.

Alcoholism can be treated. Alcoholism treatment programs use both counseling and medications to help a person stop drinking. With support and treatment, many people are able to stop drinking and rebuild their lives. Retrieved from the National Institute on Alcohol Abuse and Alcoholism website. www.niaaa.nih.gov/FAQs/General-English.

What can I do to help?

- Learn where persons in your area can go for assessments and counseling if they have an alcohol/drug abuse or addiction problem at www.findtreatment.samhsa.gov.
- Learn where the Twelve Step (Alcoholics Anonymous or Alcoholics Victorious) meetings are in your area. Call your local AA and AV or visit www.aa.org and www.alcoholicsvictorious.org.
- Attend a Twelve Step meeting with a hesitant friend or family member.
- Provide your pastor, rabbi or imam with a list of the area Twelve Step meetings and phone numbers of treatment centers.
- If you are in recovery, read how some people are now sharing their recovery story at www.facesandvoicesofrecovery.org/pdf/2006_messaging_memo.pdf.
- Learn more about alcohol abuse and addiction by going to the Web site: www.niaaa.nih.gov/FAQs/General-English.

What can my faith community do to help?

- Post in a prominent place a list of the Twelve Step groups that meet regularly in your area.
- Offer to provide meeting space to a Twelve Step group.
- Learn more about the Recovery Movement at www.facesandvoicesofrecovery.org.
- Maintain a pamphlet rack or resource table with information on substance abuse, addiction and treatment.
 - ◆ Order free literature from the Substance Abuse and Mental Health Services Administration at 800.729.6686 or www.store.samhsa.gov.
 - ◆ Download information sheets at www.niaaa.nih.gov, under Publications, then Pamphlets and Brochures.

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