

April is Alcohol Awareness Month

Let's Build a Stronger, Healthier Durham

Alcoholism is a disease that can be treated and we as a community can help prevent some of the dangers associated with the misuse of alcohol. We hope this tabloid will provide you with some valuable information.

Alcoholism is characterized by several common factors including:

Tolerance – the need to drink in increasing amounts to achieve desired effects

Craving – a strong desire or urge to drink especially in association with past drinking behaviors

Loss of Control – inability to stop drinking or cut back on drinking

Physical Dependence – in severe conditions, withdrawal effects such as nausea, sweating, shaking or seizures when stopping drinking

- More than half of all adults have a family history of alcoholism or problem drinking.
- In Durham alcohol-related offenses are the largest cause of prison entries.
- Each day more than 7,000 kids in the U.S. take their first drink.
- Alcohol and drug abuse costs the American economy an estimated \$366 billion per year in lost productivity, health care expenditures and crime. In Durham County, that figure is about \$350 million.
- More than 100,000 deaths in the United States each year are attributable to excessive alcohol consumption.
- One-fourth of all persons admitted to general hospitals are admitted for problems related to alcohol.
- Over 18 million adults in the U.S. suffer from alcohol use disorders. Almost 16,000 of them are here in Durham County.

Citations for all statistics referenced in this tabloid can be found at www.durhamcenter.org/uploads/docs/Citations.pdf

Take the First Step – Reach Out for Help!

Treatment for substance abuse is proven to work. It is critical to take the first step by receiving a professional assessment and gaining access to the array of treatment options available in our community. These are two important resources:

DURHAM CENTER ACCESS

919-560-7100 or Toll-Free 1-800-510-9132

Durham Center Access, a service of The Durham Center, offers screening, evaluation, crisis stabilization, detox and crisis residential services. Durham County citizens can call Durham Center Access 24 hours a day, 7 days a week to access a professional substance abuse screening and to learn more about the kinds of services that are appropriate for them.

DURHAM NETWORK OF CARE

(WWW.DURHAMNETWORKOFCARE.ORG)

Network of Care is an online resource that provides a database of providers offering the comprehensive array of substance addiction and recovery services offered in Durham and the surrounding areas.

Durham Center Access Assessment Team: Responding Quickly When the Need Arises

When an individual comes to realize that he or she may have a problem with alcohol or drugs and reaches out for help, that help needs to be available in a timely manner. Statistics show that when people with substance use problems have to wait several days to have their situation evaluated, more often than not they do not follow through with it.

That's why professionals are available to assess a possible substance use problem by calling Durham Center Access 24 hours a day at (919) 560-7100 or toll-free (800) 510-9132. You may be asked to come to the Durham Center Access facility on Crutchfield Street the same day or the next business day and once an Assessor has learned more about your situation, they will help you move forward with the treatment that fits best with your life and your needs.

That may include immediate referral to an appropriate provider or a number of types of treatment and support, such as the Substance Abuse Intensive Outpatient Program housed at Durham Center Access.

When you need help, reach out for it. We'll be there to respond. The Assessment Team and all of the services managed by The Durham Center are available by calling Durham Center Access 24 hours-at-day at (919) 560-7100 or toll-free at (800) 510-9132.

Medications – A Piece of the Puzzle in Helping Persons with Alcohol Use Disorders

Paul Nagy, Duke Addictions Program, Consultant to The Durham Center

Alcohol consumption is common and socially approved for social, recreational and religious purposes. Moderate consumption has even been noted to have potential health benefits. Misuse, however, can have a significant negative impact on the physical, mental and social well being of individuals as well as on families and communities.

Alcoholism is known to have a strong genetic link and through research we now better understand the effect of alcohol on the brain and how changes in the brain lead to uncontrollable compulsive drinking behaviors. As a result of his dependence, the alcoholic individual usually cannot imagine a life without alcohol.

Advances in Medications

Advances in our understanding of alcoholism have revealed a variety of proven behavioral and medication-assisted treatments available to engage, motivate and support individuals and their families into recovery. At this time, there are four medications available to help the struggling alcoholic deal with cravings and achieve and sustain sobriety. Three oral medications – disulfiram (brand name Antabuse), naltrexone (brand names Depade and ReVia), and acamprosate (brand name Campral) – are currently approved to treat alcohol dependence. In addition, an injectable, long-acting form of naltrexone (brand name Vivitrol) is available. These medications have been shown to help people with dependence reduce their drinking, avoid relapse to heavy drinking, and achieve and maintain abstinence. Disulfiram discourages drinking by making the person taking it feel sick after drinking alcohol. Naltrexone acts in the brain to reduce craving for alcohol. Acamprosate is thought to work by reducing symptoms that follow lengthy abstinence, such as anxiety and insomnia.

Used in combination with these medications, a variety of behavioral treatment approaches and mutual self-help groups can provide individuals and families with the information and tools needed to ensure long-lasting recovery. We know that alcoholism is an incurable but treatable condition similar to diabetes, asthma and hypertension. It can be treated and managed. Lives and families broken by misuse of alcohol can be restored.



Fetal Alcohol Spectrum Disorders

Peter Baker, Substance Abuse Program Specialist, The Durham Center

Alcohol is a contributing factor in many destructive behaviors, such as DWI, crime, and sexual and physical assaults. While alcohol misuse leads to poor outcomes for youth and adults, it can have devastating effects on individuals whose mothers drank during pregnancy. Prenatal alcohol exposure may result in birth defects, mental retardation, learning disabilities, hyperactivity, attention deficits and poor social skills. The term Fetal Alcohol Spectrum Disorders (FASD) is not in itself a clinical diagnosis but describes the full range of disabilities that may result from prenatal alcohol exposure. Within FASD, Fetal Alcohol Syndrome is the most severe resulting in reduction in growth, abnormal facial and head features, brain damage, and low intelligence, in addition to the other problems associated with FASD. Because individuals with FASD are typically impulsive, have trouble comprehending consequences, and are easily influenced by peers, they are at an increased risk of becoming involved with the juvenile and criminal justice systems.

FASD occurs in an estimated 1 out of 100 births impacting 40,000 babies nationally. FASD is the leading known cause of preventable mental retardation. Although FASD is completely preventable, pregnant women still continue to drink. In North Carolina, approximately 9% of women continued to drink while they were pregnant. For the Northeastern Counties that include Durham, an estimated 7.1% of women admitted to drinking during the last three months of their pregnancy.

No amount of alcohol has been found to be safe to drink during pregnancy. If you or someone you know is pregnant and struggling with alcohol addiction, please get help. The Durham Center manages residential and outpatient programs that prioritize access for pregnant women. Treatment is available through your doctor or by calling Durham Center Access at 560-7100 or toll-free 800-510-9132.



Priority access to services for pregnant women and injection drug users is available through The Durham Center.

Alcohol and Drug Abuse Screening Tool

This simple screening tool can help you determine if you may have a problem with substance abuse. Check "yes" or "no" in response to each statement.

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|--|------------------------------|-----------------------------|
| I feel like my life would be better if I stopped drinking or using drugs. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have tried to stop drinking or using drugs and failed. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have missed days at work or school because of my drinking or drug use. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have had memory loss or a "blackout" after I've been drinking. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have received medical care because of my alcohol or drug use. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have had legal problems because of my drinking or drug use. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| My drinking or drug use causes problems in my personal relationships. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I sometimes use alcohol or drugs while I'm by myself. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I wish people would stop bothering me about my drinking or drug use. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| My family or friends have told me that I should cut down on my drinking or drug use. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I sometimes need a drink in the morning to get started or to stop shaking. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I drink or use drugs to help me relax or get my mind off problems. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I think about dying or killing myself. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

A "yes" answer to any of these questions could indicate a need for further evaluation.

If you answered "yes" to two or more of these questions it is recommended that you contact Durham Center Access at 560-7100 to schedule a substance abuse assessment.

If you answered "yes" to the last question, please contact Durham Center Access at 560-7100 for further evaluation or contact 911 for immediate assistance.

How You Can Help A Family Member or Friend With An Alcohol Problem

Stop all "cover ups." Don't make excuses. Let the drinker experience the full consequences of drinking.

Time your intervention. Choose a time when the drinker is sober. Remain calm and talk in private.

Be specific. Express your concern using examples of the ways the drinking has caused problems.

State the results. Explain to the drinker what you will do if he or she doesn't go for help.

Get help. Learn about treatment options in your community and support the drinker in getting help.

Call on a friend. If necessary, recruit an ally in your intervention efforts.

Find strength in numbers. Consider using a group intervention with friends or family under the guidance of a health care professional.

Get support. You are not alone. Join a community support group.

Treatment and Prevention Resources

Treatment & Support Resources:

Durham Center Access – 919-560-7100 – To access treatment for adolescents and adults abusing alcohol or other substances.

Alcoholics Anonymous – 919-286-9499 – (Durham Number - Collect Calls Accepted) – www.aanc32.org – A support group of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Al-Anon Family Groups – (800) 243-4035 for English – (800) 251-5738 Espanol – A fellowship of relatives and friends of alcoholics who share their experience, strength and hope, in order to solve their common problems; alcoholism is a family illness, and changed attitudes can aid recovery.

Narcotics Anonymous – (919) 831-5321 – A support group of men and women recovering from addiction to narcotics.

Prevention Resources:

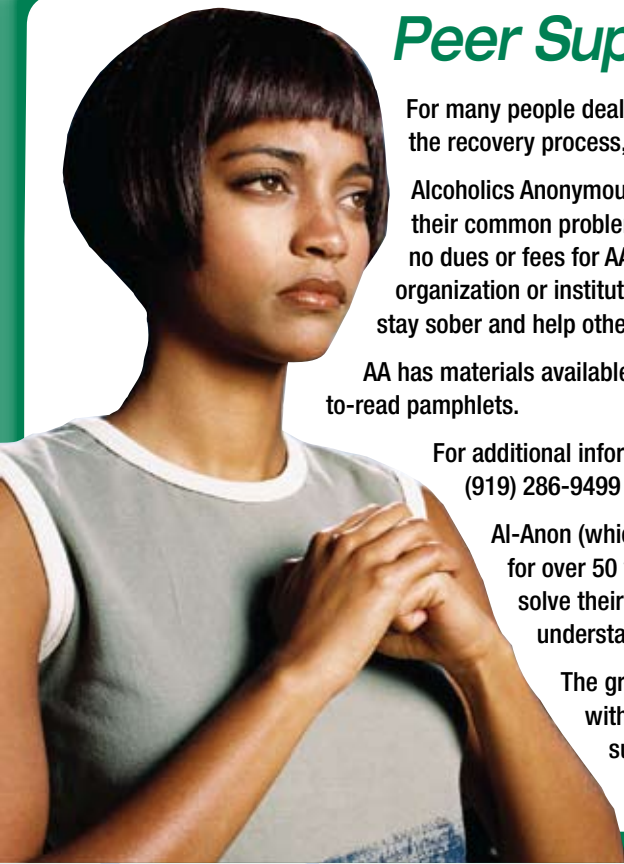
DurhamTRY – (919) 491-7811 – www.DurhamNCTRY.org – DurhamTRY@aol.com – DurhamTRY and Drug and Alcohol Free Community Coalition are local organizations working to increase community awareness and the number of conversations between parents/caregivers and their children about the link between underage alcohol use, substance abuse and risky behaviors.

Alcohol & Drug Council of NC – 1-800-688-4232 – www.alcoholdrughelp.org – For information, referral, and prevention education.

Durham Council on Alcoholism and Drug Dependence – (919) 309-2600 www.dcadd.org – A community resource that provides a wealth of information about alcohol, alcoholism, and other drug issues.

Building Blocks for a Healthy Future – www.bblocks.samhsa.gov – A program to educate parents and caregivers about the basics of prevention for children ages 3 to 6.

Espanol: – www.samhsa.gov/espanol



Peer Support: An Important Part of Ongoing Recovery

For many people dealing with an alcohol problem, be it their own or that of a loved one, peer support groups can be an important component of the recovery process, often working in tandem with counseling, medication therapy and other treatments.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other in an effort to solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership – it is self-supporting through voluntary contributions. AA is not allied with any sect, denomination, politics, organization or institution, and does not engage in any controversy or endorse or oppose any cause. Its primary purpose is to help its members stay sober and help other alcoholics to achieve sobriety.

AA has materials available for individuals with special needs, including material and literature in Braille, videos in American Sign Language and easy-to-read pamphlets.

For additional information about Alcoholics Anonymous, visit aa.org. Locally, the AA chapter serving Durham County can be reached at (919) 286-9499 or on the internet at aanc.32.org, where a meeting schedule is available.

Al-Anon (which includes Alateen for younger members) has been offering strength and hope for friends and families of problem drinkers for over 50 years. It is a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. Its purpose is to help families of alcoholics by welcoming them and providing comfort, and by giving understanding and encouragement to the alcoholic.

The group believes that alcoholism is a family illness and that changed attitudes can aid recovery. Like AA, Al-Anon is not allied with any sect, denomination, political entity, organization or institution, and there are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

For information about Al-Anon, visit al-anon.alateen.org or alanon-alateenservicesnc.org.

DUI: How Can I Make A Difference?

One in three people will be involved in an alcohol-related crash in their lifetime. Across the United States, one person is injured from an alcohol-related crash every minute. In North Carolina, almost 30% of traffic deaths are DUI related. Car crashes are the leading cause of death for teens and one out of three of those is alcohol related. Kids who start drinking young are seven times more likely to be in an alcohol-related crash.

If you find these statistics alarming, there are advocacy opportunities in our community that can allow you to make a difference.

Mothers Against Drunk Driving, or MADD, works to protect our country's youth from the dangers of underage drinking. Understanding that parents are the number one influence on kids' decisions about alcohol, MADD created *The Power of Parents, It's Your Influence*, offering research-proven strategies to help parents keep their children safe from the dangers of underage drinking.

MADD works to create a positive environment for the growth and development of our children by developing and implementing tactics that discourage adults from providing alcohol to underage drinkers, and supports the 21 drinking age, a law that has saved thousands of young lives.

For more information about MADD, visit madd.org or contact the North Carolina Chapter at (919) 787-6599.

Students Against Destructive Decisions, or SADD, was founded as Students Against Driving Drunk. SADD has grown to become the nation's dominant peer-to-peer youth prevention organization with thousands of chapters in middle schools, high schools and colleges. SADD's unique approach involves young people delivering education and prevention messages to their peers through school- and community-wide activities and campaigns responsive to the needs of their particular locations. Projects may include peer-led classes and theme-focused forums, teen workshops, conferences and rallies, prevention education and leadership training, and awareness-raising activities and legislative work.

Local SADD chapters have been established at Durham Academy, Durham School of the Arts, Northern Durham High, Southern Durham High and Riverside High. A statewide listing is located at doa.state.nc.us/yaio/documents/sadd/SADDDirectory.pdf, and you may contact individual schools in the area for more information.

This publication is sponsored by The Durham Center, a key partner in Durham's System of Care. Our directive is to ensure that local citizens who seek help for mental illness, developmental disabilities and substance abuse receive the quality services and supports for which they are eligible to achieve their goals and to live as independently as possible. The Durham Center contracts with over 200 area service providers including Durham Center Access, a 24/7 emergency response system designed to provide immediate access to mental health, developmental disabilities and substance abuse services to children and adults in Durham County.