

The background is a light blue gradient with several realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance.

ALCOHOL

THE FACTS AND THE EFFECTS

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DEFINITIONS

SOCIAL DRINKING/RESPONSIBLE DRINKING

- PEOPLE THAT ARE SOCIAL DRINKERS DRINK RARELY
- WHEN THEY DO DRINK IT IS IN MODERATION- HAVING ONLY 1-2 DRINKS
- SOCIAL EVENTS ARE NOT PLANNED AROUND ALCOHOL AND THE ALCOHOL HOLDS NO IMPORTANCE AT THE EVENT
- MOST OF THEIR FRIENDS ARE ALSO NONDRINKERS/SOCIAL DRINKERS
- EXAMPLE: HAVING A TOAST AT A WEDDING RECEPTION....IT IS NOT ABOUT THE DRINK BUT ABOUT THE SPEECH

BINGE DRINKING

- DRINKING 5 OR MORE DRINKS ON THE SAME OCCASION
- USUALLY AT LEAST ONCE A MONTH
- WHEN YOUR BAC (BLOOD ALCOHOL CONCENTRATION) IS ABOVE .08- THIS IS TYPICALLY 4 DRINKS FOR WOMEN AND 5 FOR MEN WITHIN A 2 HOUR PERIOD
- EXAMPLE- GOING TO A PARTY AND DRINKING HEAVILY FOR SEVERAL HOURS ON THE WEEKEND

ALCOHOL ABUSE/HEAVY DRINKING

- DRINKING 5 OR MORE DRINKS ON THE SAME OCCASION AT LEAST 5 OR MORE TIMES A MONTH
- HAVING ADVERSE CONSEQUENCES FROM THE ALCOHOL BUT DO NOT YET HINDER DAILY LIFE
- CONTINUE DRINKING DESPITE THE PROBLEMS THAT IT CAUSES
- EXAMPLE- DRINKING EVERY WEEKEND WITH FRIENDS WHICH CONSTANTLY CAUSES A FIGHT WITH YOUR SIGNIFICANT OTHER THAT DAY DUE TO YOUR ATTITUDE WHILE DRINKING

ALCOHOLISM

- DEPENDENCY ON ALCOHOL
- FAILURE TO MAINTAIN WORK, SCHOOL, OR HOME RESPONSIBILITIES
- REOCCURRING ALCOHOL RELATED PROBLEMS, ARRESTS, INJURIES, FIGHTS, ETC.
- CONTINUED DRINKING DESPITE ADVERSE CONSEQUENCES
- SERIOUS HEALTH, SOCIAL, FAMILY, AND/OR LEGAL ISSUES
- IT IS A DISEASE!!!!!!!!!!!!!!

EFFECTS

The background features a vertical blue gradient, transitioning from a light, pale blue at the top to a deeper, more saturated blue at the bottom. Scattered throughout the image are several realistic water droplets of various sizes. These droplets are rendered with soft shadows and highlights, giving them a three-dimensional appearance. They are primarily located in the corners: the top-left and bottom-right areas contain larger, more prominent droplets, while smaller ones are scattered in the top-right and bottom-left corners.

PHYSICAL

- INTERFERES WITH THE BRAIN'S COMMUNICATION PATHWAYS – ISSUES WITH COORDINATION, THOUGHT PROCESS, MEMORY
- HEART ISSUES – HIGH BLOOD PRESSURE, STROKE, ARRHYTHMIA
- LIVER – FATTY LIVER, ALCOHOL HEPATITIS, CIRRHOSIS
- PANCREATITIS
- CANCERS OF THE MOUTH, THROAT, ESOPHAGUS, LIVER, STOMACH
- BREAK DOWN OF THE IMMUNE SYSTEM

PSYCHOLOGICAL

- MOOD SWINGS
- BEHAVIORAL CHANGES
- DEPRESSION
- ANXIETY
- AGGRESSION
- SUICIDE

THE FAMILY

- SIGNIFICANT OTHER OFTEN FEELS HATRED, SELF-PITY, AVOIDS SOCIAL CONTACTS, AND OFTEN BECOMES MENTALLY AND/OR PHYSICALLY ILL
- THEY OFTEN TAKE ON THE ROLE THE ALCOHOLIC IS NOT FILLING
- THEY OFTEN BECOME OVERWHELMED AND FEEL NEGLECTED
- THEY MAY GIVE UP THINGS THAT THEY WANT BECAUSE OF THE MONEY GOING FOR THE ALCOHOL

THE FAMILY

- MEMBERS OFTEN BECOME CODEPENDENT
 - THEY BELIEVE THE PROBLEM CAN BE SOLVED
 - THEY HIDE THE ADDICTION
 - PRESERVE THE ADDICTS IMAGE OF “PERFECTION”
 - FORGET ABOUT THEMSELVES AND DEVOTE THEMSELVES TO “CURING” THE ADDICT
 - OFTEN MAKE THE ADDICTION WORSE WITHOUT REALIZING IT
 - ACTUALLY BECOME “DEPENDENT” ON THE ADDICTION

FAMILY ROLES

- ENABLER-UNKNOWING HELPING THE ADDICT FEED THE ADDICTION THROUGH DENYING A PROBLEM EXISTS
- THE HERO-RESPONSIBLE, SUCCESSFUL, HARDWORKING CHILD (INSIDE VERY INSECURE, ANGRY)
- THE SCAPEGOAT-BLAMED WHEN THINGS GO WRONG...FAULTS ARE FOCUSED ON; PROVIDES A DISTRACTION FROM THE REAL ISSUE (REBELLIOUS, TOUGH, HURT, REJECTED)
- THE LOST CHILD-OFTEN ALONE; LOOKED AT AS THE DREAMER (INSIDE FEEL INADEQUATE, FEARFUL, HURT, AND LONELY)
- THE MASCOT-CHARMING AND CUTE; THE CLOWN (LOW SELF-ESTEEM AND EASILY HURT)

• *SOME INFORMATION IN THIS SLIDE COLLECTED FROM NIH.ORG