

# THE DAILY ARDMOREITE

Posted May 23, 2012 at 12:01 AM

Updated May 23, 2012 at 10:15 PM

## Prevention of Alcohol Abuse

Alcohol abuse can affect people of all ages, and problems associated with alcohol dependence take a toll on the individual who drinks, as well as their families, children, workplace, and communities.

### Parents and adults who abuse alcohol expose their families to negative consequences.

When parents drink to excess, their children are more likely to use alcohol excessively as they grow up. A recent study has shown that 16 and 17 year olds living with parents who drive under the influence of alcohol or drugs are far more likely to drive under the influence than adolescents whose parents do not drive under the influence. A parent's abuse of alcohol can lead to child abuse, neglect, injuries, and deaths due to motor vehicle accidents.

### For anyone who drinks alcohol in excess, there are severe health consequences.

*Family Member and Friends*—Recognize the warning signs. Family and friends can help to prevent alcohol abuse by knowing and recognizing the warning signs. Signs to look for include:

- Repeated alcohol use resulting in neglect of responsibilities at home, work, or school;
- Using alcohol in situations where it's physically dangerous;
- Experiencing repeated legal problems on account of drinking;
- Continuing to drink even though alcohol is causing social or interpersonal problems; and
- Drinking as a way to relax or de-stress.

*Community Leaders and Organizations*—Communities can implement prevention strategies that focus on changing the environmental conditions that foster problematic alcohol use. This includes policies that control access and availability, media messages, and enforcement actions.

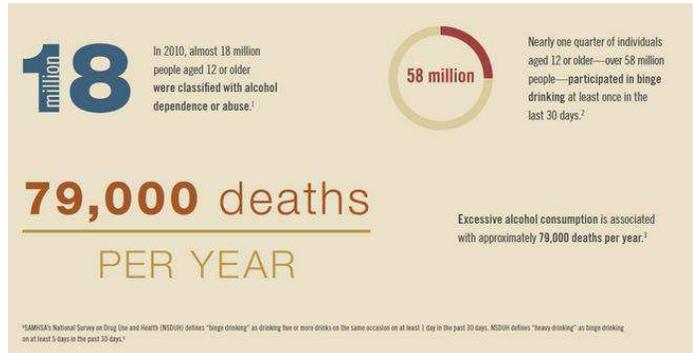
Working with policymakers, community members can work to regulate the number of alcohol retailers in the community as a whole and in specific neighborhoods, and also restrict sales. Both strategies can help reduce alcohol availability, decrease crime rates, and improve the community.

*Everyone*—Join a community coalition or volunteer with a local organization that's working to prevent alcohol abuse and underage drinking. Pontotoc County Drug Free Coalition meetings on the first Tuesday of each month at 11:30 a.m. at Vision Bank's Operation Center, 327 E. 14th in Ada, OK.

Become media literate to learn that not all media messages (e.g. television ads, portrayals, of alcohol use on TV and in the movies) are what they seem. Call attention to depictions of alcohol use that can be misleading because of the presenter's point of view.

Support and encourage others to get professional help if they have alcohol problems. To find a substance abuse treatment program, to go <http://findtreatment.samhsa.gov/> or call 1-800-662-HELP (4537) or 1-800-487-4889 (TDD).

This information is being brought to you by the Substance Abuse and Mental Health Services Administration and the



Drinking Death Statistics

Carter County Turning Point Substance Abuse Committee as part of National Prevention Week 2012. Please visit their Facebook page at [www.facebook.com/CarterCountySubstanceAbusePrevention](http://www.facebook.com/CarterCountySubstanceAbusePrevention) or contact Gwynn Busby, [gbusby@wmpn.org](mailto:gbusby@wmpn.org).

