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ALCOHOL SCREENING DAY OFFERS HOPE FOR STATE'S #1 ADDICTION

If you've ever blacked out after a night of drinking, had a drink to calm your nerves or tried cutting back on your drinking only to realize you can't, you could be one of the nearly 150,000 Oklahomans with an alcohol problem.

On Thursday, **April 10**, nearly 50 sites in Oklahoma are offering free, anonymous screenings as part of National Alcohol Screening Day. In addition to confidential screenings, a variety of educational materials about alcohol addiction will be available free to the public.

Ben Brown, deputy commissioner for substance abuse programs at the Oklahoma Department of Mental Health and Substance Abuse Services, said alcohol is Oklahoma's most abused drug. Statewide, for every person needing treatment for illicit drugs, more than 7.5, on average, need treatment for alcoholism.

"National Alcohol Screening Day is designed to educate the public about alcohol problems and offer those who may be struggling a way to seek help," Brown said.

"Education, awareness and understanding – the kind of outreach provided by this program – are key factors to reducing alcohol abuse in our state."

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NASD can help people recognize if they or a loved one is abusing alcohol and how to get help. Signs of abuse include: drinking to calm nerves, forget worries or boost a sad mood; guilt about drinking; unsuccessful attempts to cut down or stop drinking; lying about or hiding drinking habits; causing harm to oneself or someone else as a result of drinking; needing to drink increasingly greater amounts in order to achieve desired effect; feeling irritable, resentful or unreasonable when not drinking; and medical, social, family or financial problems caused by drinking.

Screening sites will offer participants an educational presentation, a written questionnaire, and an opportunity to meet one-on-one with health professionals. Referrals are provided when appropriate, and people can attend just to pick up written materials.

“Alcohol addiction is not a character flaw; it is a treatable medical condition,” Brown said. “It is a major contributor to issues that tear families apart – divorce, child abuse, domestic violence, and other social problems. It is important that people realize they can get help for this addiction.”

Screening locations and times include:

Ada – *Abbott Miller Social Services Center*, 1628 E. Beverly, 9 a.m.-4 p.m., (580) 436-6130;

Ardmore – *Broadway House*, 221 2nd N.W., 8 a.m. to 6 p.m., (580) 226-3252; *Vantage Pointe Chemical Dependency Unit*, 2530 S. Commerce, Bldg. C, 1-4 p.m., (580) 226-5048;

Choctaw – *Tri-City Youth and Family*, 14625 N.E. 23rd St., 8:30 a.m. to 8 p.m., (405) 390-8131;

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Commerce – *Commerce Housing Authority*, 610 “D.” Street, 9 a.m.-2 p.m., sponsored by the Intertribal Substance Abuse Prevention and Treatment Center in Miami, (918) 542-5543;

Duncan – *Marie Detty Youth and Family Services*, 111 N. 10th St., 1-5 p.m., (580) 252-1619;

Hominy – *Hominy Health Services*, 211 E. 5th St., second floor, 8 a.m. to 5 p.m., (918) 885-4485;

Idabel – *Kiamichi Council on Alcoholism and Other Drug Abuse*, 104 N.E. Avenue “A,” 7:30 a.m. to 5:30 p.m., (580) 286-3301;

Miami – *The Harbor*, 316 E. Gate Blvd., 9 a.m.-2 p.m. and 5-7 p.m., sponsored by the Intertribal Substance Abuse Prevention and Treatment Center, (918) 542-5543; *Northeastern Tribal Health Center* (Seneca-Cayuga Tribe Substance Abuse Program), 2301 Eight Tribes Trail, 1-4 p.m., (918) 542-6609;

Norman – *Norman Alcohol and Drug Treatment Center*, 900 E. Main, Bldg. 54-W, 8 a.m. to 5 p.m., (405) 573-6624, ext. 2562; *Family Therapy Institute*, 11 a.m. to 7 p.m., for more information call (405) 360-1079; *Norman Alcohol Information Center*, for more information call (405) 701-2103;

Oklahoma City – *Phoenix Center for Pastoral Counseling*, 10320 Greenbriar Parkway, 10:30 a.m. to 6:30 p.m., (405) 691-2344; *Community Action Agency/Turning Point, Ambassador Courts*, 800 S.E. 15th St., 10 a.m. to 2 p.m., (405) 631-0179; *Community Action Agency/Turning Point, Sooner Haven*, 1444 N.E. 36th St., 10 a.m.-

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2 p.m., (405) 424-0119; *Community Action Agency/Turning Point, Crossroads Mall*, 10 a.m. to 2 p.m., (405) 631-4421; *Community Action Agency/Turning Point, Oak Grove*, 3301 S.W. 17th St., 10 a.m. to 2 p.m., (405) 685-5549; *Oklahoma City Community College*, 10 a.m. to 2 p.m., for more information call (405) 682-7544; *Oklahoma City/County Health Department*, 921 N.E. 23rd St., 9 a.m.-4 p.m., sponsored by the Oklahoma Department of Mental Health and Substance Abuse Services, (405) 522-5102; *Open Options*, 1715 N. Broadway, 8:30 a.m. to 2:30 p.m., (405) 557-1655; *Sequoyah Building-Department of Human Services*, 2400 N. Lincoln Blvd., 9 a.m. to 4 p.m., (405) 521-6602; *Sunbeam Family Services*, 616 N.W. 21st St., 10 a.m. to 7 p.m., (405) 528-7721;

Picher – *Picher High School*, Room 13, 9 a.m. to 2 p.m., sponsored by the Intertribal Substance Abuse Prevention and Treatment Center of Miami, (918) 542-5543;

Sallisaw – *Bill Willis Community Mental Health Center*, 101 N. Wheeler, 8 a.m. to 5 p.m., (918) 775-5513;

Sapulpa – *CREOKS Mental Health Services*, 15 E. Dewey, 1:30-5:30 p.m., (918) 227-2016; *Human Skills and Resources*, 2 N. Water, call (918) 224-0225 for more information;

Shawnee – *Absentee Shawnee Tribe of Oklahoma*, 2029 S. Gordon Cooper, Bldg. 17, 10 a.m. to 2 p.m., (405) 878-4702; *Jim Thorpe Academy*, Highland and Union streets, 10 a.m. to 2 p.m., sponsored by Sac and Fox Nation Behavioral Health, (800) 830-0683;

Spencer – *Community Action Agency/Turning Point*, 12500 N.E. 42nd St., 10 a.m. to 2 p.m., (405) 769-3346;

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Stillwater – *Payne County Counseling Services*, 801 S. Main, Suite 5, 8 a.m. to 5 p.m., (405) 372-0198;

Tulsa – *12 & 12, Inc.*, 6333 E. Skelly Dr., 8 a.m. to 5 p.m., (918) 664-4224, ext. 13; *Brookhaven Hospital*, 201 S. Garnett Rd., 10 a.m. to 6 p.m., (918) 438-4257; *Human Skills and Resources*, 1710 E. 51st St., 10 a.m. to 2 p.m., (918) 747-6377; *Metropolitan Tulsa Counseling Services*, 12 E. 12th St., for more information call (918) 295-6772; *Metropolitan Tulsa Counseling Services*, 1602 N. Cincinnati, for more information call (918) 582-3661; *Metropolitan Tulsa Counseling Services*, 3637 N. Lewis, for more information call (918) 428-8888; *Parkside Hospital*, 1619 E. 13th St., 9 a.m. to 4 p.m., (918) 588-8888; *Riverside Counseling Services*, 1875 E. 71st St., Suite 200, 8 a.m. to 5 p.m., (918) 524-3300; *Tulsa Community College*, Metro Campus, 909 S. Boston, sponsored by Riverside Counseling Services, (918) 524-3300;

Wagoner – *Bill Willis Community Mental Health Center*, 217 E. Church St., 8 a.m. to 5 p.m., (918) 485-4040.

Editor's Note: The following will observe National Alcohol Screening Day on dates other than April 10. They include:

Fort Cobb – *Caddo-Kiowa Vo-Tech*, OneStop Center, April 15, 8:30 a.m.-2 p.m., sponsored by Marie Detty Youth and Family Services in Anadarko, (405) 247-3718;

Goodwell – *Oklahoma Panhandle State University*, Student Union Ballroom, April 16, 1-3 p.m., (580) 349-1558;

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Miami – *Northeastern Oklahoma A&M College*, mall area, April 11, 9 a.m.-2 p.m. and 5-7 p.m., sponsored by the Intertribal Substance Abuse Prevention and Treatment Center, (918) 542-5543;

Norman – *University of Oklahoma*, Memorial Union, Meacham Auditorium, April 17, 2:30-3:30 p.m., for more information call (405) 271-2474;

Oklahoma City – *Sequoyah Building-Department of Human Services*, 2400 N. Lincoln Blvd., April 11, 9 a.m. to 4 p.m., (405) 521-6602;

Stillwater – *Center for Family Service*, Oklahoma State University College of Human Environmental Sciences West, Room 103, April 16-17, 5-8:30 p.m., (405) 744-5058;

Tulsa – *Tulsa Day Center for the Homeless*, 415 W. Archer, April 11, 10 a.m. to noon, (918) 583-5588;

Yukon – *Family Healthcare & Minor Emergency Clinic/Surrey Hills Clinic*, 12328 N. Mustang Rd., April 9, noon to 8 p.m., (405) 373-2400.

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ALCOHOL FACT SHEET

- ▶ Alcohol is Oklahoma's most abused drug, with 7.5 people needing treatment for alcohol addiction for each one person needing treatment for drug abuse. This number varies by region as follows: southwestern Oklahoma – 15.4 need alcohol treatment for every one person needing drug treatment; east central – 10.4 to one; central – 9.5 to one; Tulsa metro – 6.9 to one; southeast – 5.8 to one; Oklahoma City metro – 5.4 to one; northeast – 4.4 to one; and northwest, 4.4 to one.
- ▶ Beer accounts for 67 percent of alcohol consumption in the United States.
- ▶ Every year in Oklahoma, nearly 250 babies are born with Fetal Alcohol Syndrome, and another 1,000 are born with a similar condition, Fetal Alcohol Effects.
- ▶ People who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21 or later.
- ▶ Nearly 30 percent of Oklahoma high school students are binge drinkers, and 15,000-20,000 Oklahoma adolescents are in need of treatment
- ▶ Beer consumption is often directly linked to the four leading causes of death among teens – car wrecks, accidents, homicides and suicides. Sexually transmitted diseases and unplanned pregnancies also are associated with beer consumption.
- ▶ Statistics from the state health department indicate the following:
 - Alcohol was involved in 39 percent of all injury deaths among those 14 years and older
 - 53 percent of 25-34 year-olds who died of an injury had a positive blood alcohol concentration (BAC) at time of death
 - 45 percent of males over age 14 who died of an injury had a BAC
 - 53 percent of those over age 14 who sustained burn injuries in a house fire had a BAC
 - Alcohol was a contributing factor in more than 60 percent of the residential fire injuries to persons 25-64 years of age.
- ▶ 300,000 of today's college students will eventually die of alcohol-related causes such as drunk driving accidents, cirrhosis of the liver, various cancers and heart disease.
- ▶ 75 percent of male college students and 55 percent of female students involved in date rape had been drinking or using drugs at the time.
- ▶ Administrators of 200 colleges and universities estimate that alcohol is involved in 68 percent of the violent behavior and 52 percent of the physical injuries on their campuses.
- ▶ 85 percent of sexual assaults on campus are alcohol-related.

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