



HELPING HANDS



April is Alcohol Awareness Month

(excerpts from niaaa.nih.gov)

Signs of an Alcohol Problem



Alcohol use disorder (AUD) is a medical condition that doctors diagnose when a patient's drinking causes distress or harm. The condition can range from mild to severe and is diagnosed if you answer "yes" to two or more of the following questions.

In the past year, have you:

- Had times when you ended up drinking **more, or longer** than you intended?
- More than once wanted to **cut down or stop drinking**, or tried to, but couldn't?
- Spent a **lot of time** drinking? Or being sick or getting over the aftereffects?
- Experienced **craving**—a strong need, or urge, to drink?
- Found that drinking—or being sick from drinking—often **interfered with taking care of your home or family**? Or caused **job troubles**? Or **school** problems?
- Continued to drink even though it was causing **trouble with your family or friends**?
- **Given up or cut back on activities** that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that **increased your chances of getting hurt** (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- Continued to drink even though it was making you feel **depressed or anxious** or adding to **another health problem**? Or after having had a **memory blackout**?
- Had to **drink much more** than you once did to **get the effect** you want? Or found that your **usual number** of drinks had **much less effect** than before?
- Found that when the effects of alcohol were wearing off, you **had withdrawal symptoms**, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?



If you have any of these symptoms, your drinking may already be a cause for concern. The more symptoms you have, the more urgent the need for change. Your EAP (Employee Assistance Program) representative can help determine if your symptoms indicate if AUD is present. For an online assessment of your drinking pattern, go to RethinkingDrinking.niaaa.nih.gov.

Types of Treatment

Behavioral Treatments

Behavioral treatments are aimed at changing drinking behavior through counseling. They are led by health professionals and supported by studies showing they can be beneficial.

Medications

Three medications are currently approved in the United States to help people stop or reduce their drinking and prevent relapse. They are prescribed by a primary care physician or other health professional and may be used alone or in combination with counseling.

Mutual-Support Groups

Alcoholics Anonymous (AA) and other 12-step programs provide peer support for people quitting or cutting back on their drinking. Combined with treatment led by health professionals, mutual-support groups can offer a valuable added layer of support.

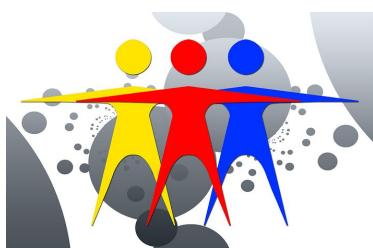
For anyone thinking about treatment, talking to a primary care physician is an important first step—he or she can be a good source for treatment referrals and medications. A primary care physician can also:

- Evaluate a patient's drinking pattern.
- Help craft a treatment plan.
- Evaluate overall health.
- Assess if medications for alcohol may be appropriate.



Your EAP Representative listed below can help you if you are experiencing a mental health or substance use issue. Contact them for a free and confidential consultation.

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women personal time to members and are experiencing EAP peer make clinical evaluations, trained to make of your you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.



District 141 Specific EAP Training

EAP III and EAP IV

EAP III and IV training specific to District 141 EAP peers will be held this fall.

EAP III September 2023

EAP IV November 2023

Contact your Local Lodge President or Secretary Treasurer to get approval to participate on this important training.

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