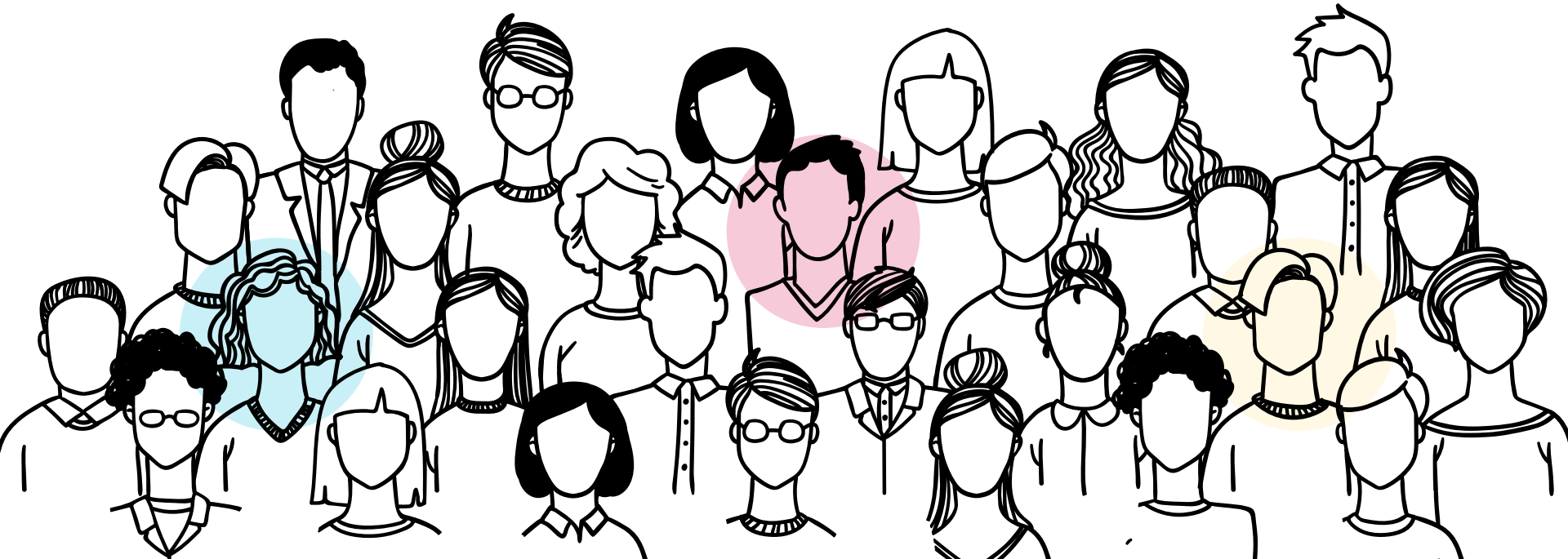


ALCOHOL USE DISORDER



01

ABOUT ALCOHOL ABUSE

Triggers, symptoms, & health related issues

02

PREVALENCE

How common is alcohol abuse?

03

DRINKING & RISK

Standard drink, safe, & at-risk drinking

04

PREVENTION & TREATMENT

How can you prevent and treat alcohol abuse?

05

RESOURCES

Available resources in Boston area

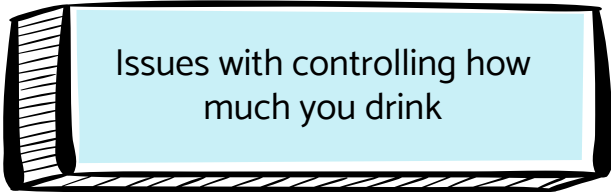
06

NEXT STEPS

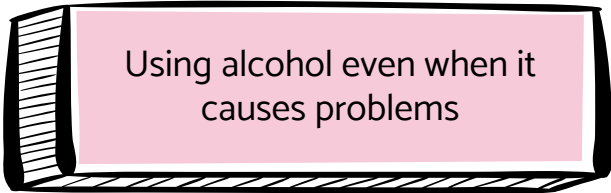
How can you help someone struggling with alcohol abuse?

Alcohol Use Disorder

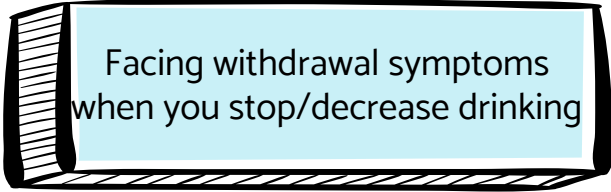
A pattern of alcohol use that involves the following problems:



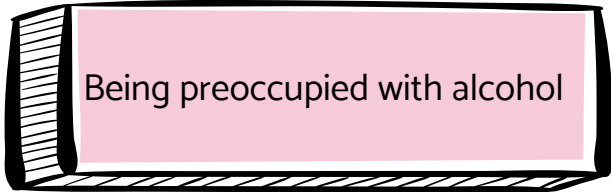
Issues with controlling how much you drink



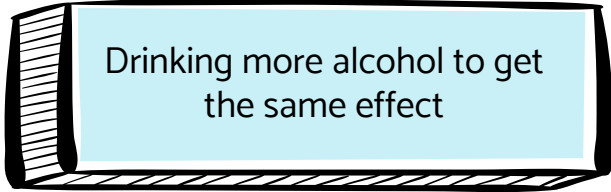
Using alcohol even when it causes problems



Facing withdrawal symptoms when you stop/decrease drinking



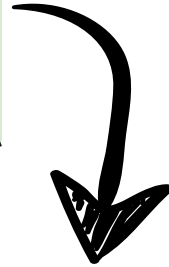
Being preoccupied with alcohol



Drinking more alcohol to get the same effect

Alcohol Use Disorder (AUD)

Alcohol use disorder is a complex problem, and can be caused by many factors like genetics, stress, and other traits.



AUD is a disease, like asthma or diabetes. It is not someone's fault if they have it!

Potential Triggers

Environmental triggers:

- Seeing alcohol or others drinking
- Being with former drinking companion
- Attending social events with alcohol around you



Internal triggers:

- Physical pain or stress
- Sleep loss
- Big life changes
- Strong negative emotions



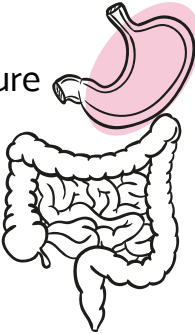
Health related issues

Short-term Risks

- Motor vehicle accidents, falls, and other injuries
- Alcohol poisoning, which is a medical emergency
- Risky sexual behavior, such as unprotected sex
- Miscarriage, stillbirth, or other problems in pregnant women

Long-term Risks

- Chronic diseases like high blood pressure and heart, liver, & digestive diseases
- Cancer
- Memory problems like dementia
- Mental health problems like depression
- Social problems like family problems and unemployment
- Alcohol dependence

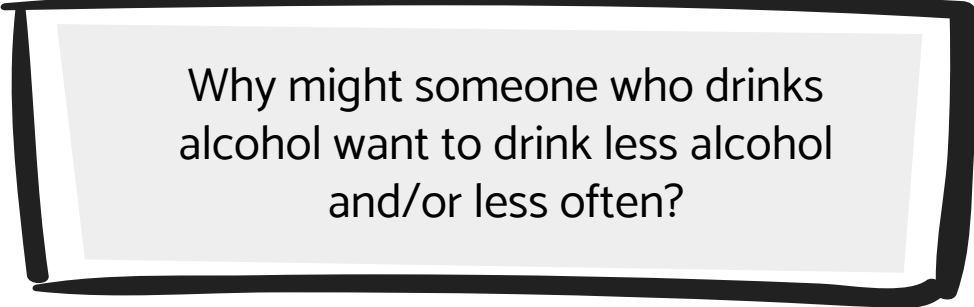


Mental health

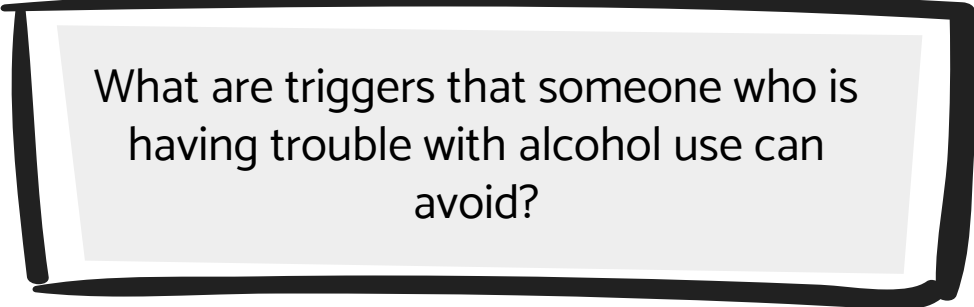
- Alcohol affects how your brain makes connections, and causes mood and behavior changes
- Heavy alcohol use is directly related to:
 - Depression
 - Bipolar Disorder
 - Anxiety Disorders



Discussion questions

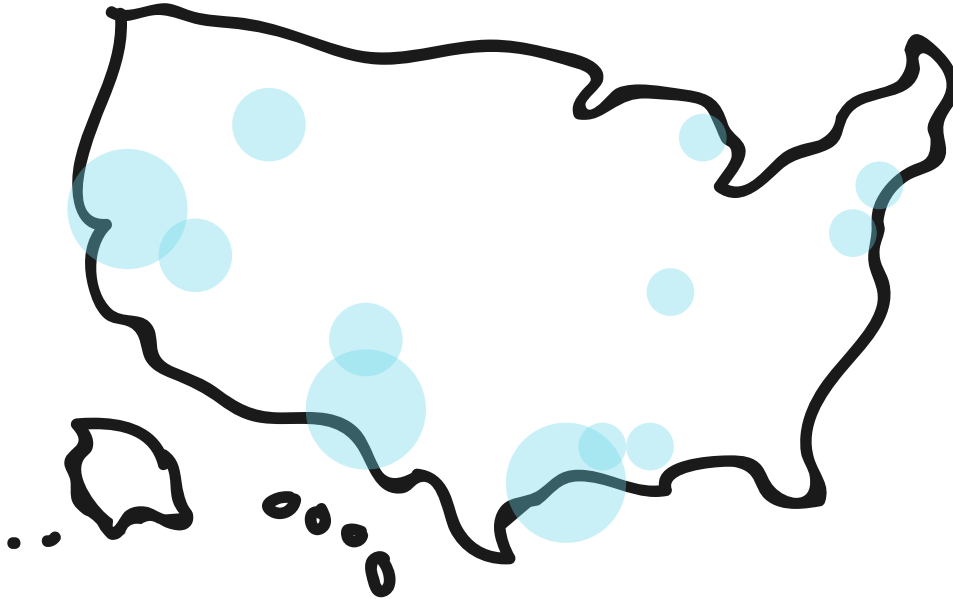
A hand-drawn speech bubble with a thick black border and a light gray fill. A small black triangle on the left side points towards the text.

Why might someone who drinks alcohol want to drink less alcohol and/or less often?

A hand-drawn speech bubble with a thick black border and a light gray fill. A small black triangle on the left side points towards the text.

What are triggers that someone who is having trouble with alcohol use can avoid?

PREVALENCE



“In 2018, **26.45%** of people ages 18 or older reported that they engaged in binge drinking in the past month; **6.6%** reported that they engaged in heavy alcohol use in the past month.”

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

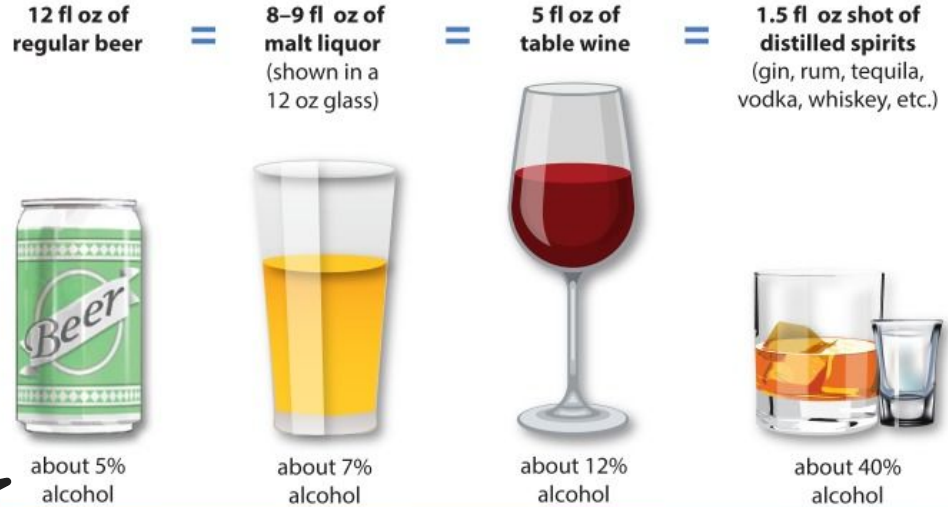
STANDARD DRINK

A **standard drink** is 14 grams of pure alcohol in the United States.

It is important to know **the number of** standard drinks you are having when consuming alcohol.

The **percentage of pure alcohol** is different in beer, malt liquor, wine, and distilled spirits. You can check labels on bottles for pure alcohol percentage!

This is a general guideline for **ONE** standard drink.



<https://www.niaaa.nih.gov/what-standard-drink>

Remember that the amount of alcohol you are served at a bar or restaurant can be **more than** one standard drink!

12 fl oz beer = 8-9 fl oz malt liquor = 5 fl oz wine = 1.5 fl oz shot distilled spirits

DISCUSSION QUESTIONS:

- ❑ If you drink, how many drinks do you normally have?
- ❑ How do you feel about that number of drinks?
- ❑ Does that number feel:
 - normal
 - more than normal
 - less than normal?

SAFE DRINKING

1 drink per day
for women



Moderate drinking



2 drinks per day
for men



Low risk and **moderate** drinking are safer choices to at-risk drinking, but you can still have problems if you have other health issues or drink quickly.

Women who have less than 3 drinks on any day *and* less than 7 drinks per week are at low risk.

LOW RISK DRINKING

Men who have less than 4 drinks on any day *and* less than 14 drinks per week are at low risk.

LESS THAN



PER DAY

AND



PER WEEK

LESS THAN



PER DAY

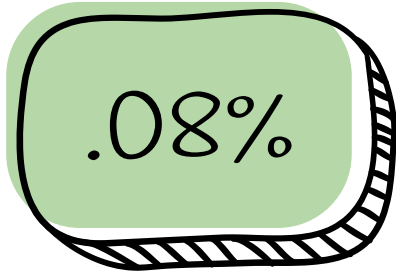
AND



PER WEEK

REMEMBER! The best way to stay healthy is to **not drink** at all.

BINGE DRINKING



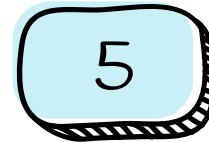
.08%

Binge drinking is when a person's blood alcohol concentration is above .08%.



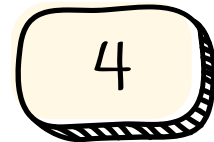
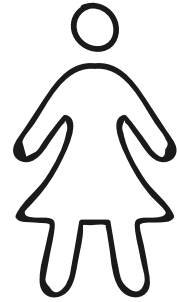
Blood alcohol concentration is the amount of alcohol in a person's blood.

BINGE DRINKING BY GENDER



5

A male having 5 or more drinks in 2 hours



4

A female having 4 or more drinks in 2 hours

Approximate Blood Alcohol Content (BAC) In One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.05	.04	.03	.03	.03	.02	.02	.02	Possibly
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.11	.09	.08	.07	.06	.06	Impaired
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	
9	.41	.34	.29	.26	.23	.20	.19	.17	
10	.45	.38	.32	.28	.25	.23	.21	.19	

Subtract .015 for each hour after drinking.

One drink equals 1.5 oz. of 80 proof liquor (40%), 12 oz. beer (4.5%), or 5 oz. wine (12%).

Note: The figures are averages and may vary based on the amount of food in your stomach.

You can figure out the amount of alcohol in your blood using this **blood alcohol concentration** chart!

The number of drinks you've had in an hour is listed here.

The alcohol's impact will be different depending on your weight.

This is the impact the alcohol has on you.

Heavy drinking is when a person binge drank alcohol for 5 or more days in the last 30 days.



Prevention and How to Stop At-Risk Drinking

- For children and teenagers:
 - Strong family communication and parent-child relationships make young people less likely to drink
 - Legal drinking age to buy alcohol
- For adults:
 - Laws to stop drunk driving
 - Increasing prices on alcohol
 - Limiting number of stores selling alcohol in one area
 - Limiting hours and days that stores can sell alcohol

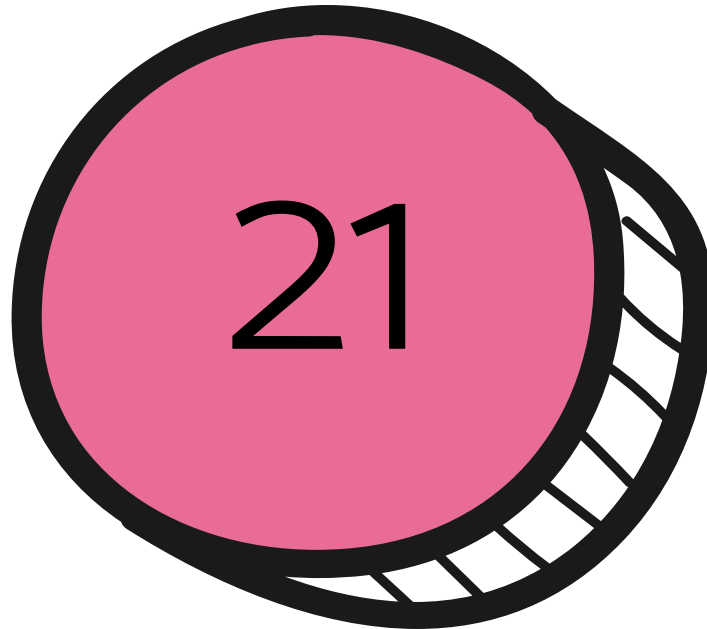
QUESTION!

At what age can you **legally** buy alcohol in the United States?

- A. 20 years old
- B. 18 years old
- C. 19 years old
- D. 21 years old

ANSWER!

The minimum legal drinking age in the United States is



How can YOU prevent at-risk drinking?

- ❑ Try not to drink too much around other people
- ❑ If you do drink, have a **moderate** number of drinks
- ❑ Do not give alcohol to people that shouldn't be having it, like:
 - ❑ Children or teenagers
 - ❑ Adults who have already had too many drinks
 - ❑ Adults driving after
 - ❑ Pregnant women
- ❑ Talk to your doctor about your drinking if you feel like you're drinking too much

TREATMENT FOR ALCOHOL USE DISORDER

1 out of 3 people treated
for alcohol problems have
no symptoms 1 year later

TREATMENT OPTIONS

Behavioral
Treatment

Medications

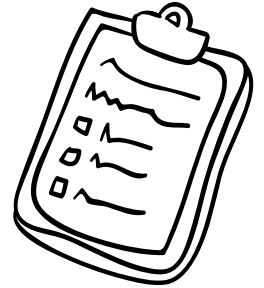
Mutual-Support
Groups

Treatment
Facilities

REMEMBER!

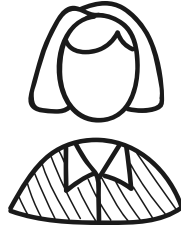
- ❑ Treatment looks different for everyone
- ❑ Usually a long process with ups and downs
- ❑ **Relapse** is a normal part of the process
- ❑ Starting with your **primary care doctor** is a good first step

Relapse is returning to alcohol use after stopping



Behavioral Treatment

- ❑ Therapy or counseling
- ❑ Usually a one-on-one or small group appointment
- ❑ Focuses on feelings about drinking and setting goals
- ❑ Tries to change drinking behavior
- ❑ Finds situations that lead to drinking



Medications

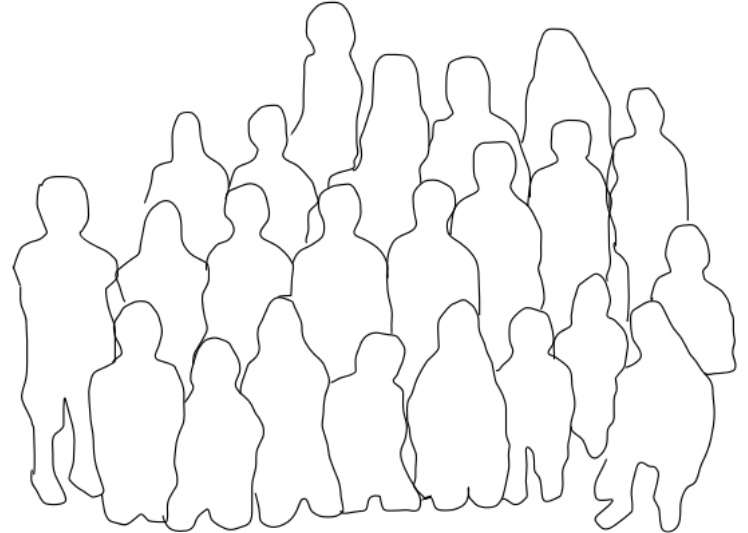
- ❑ Can help lower or stop heavy drinking
- ❑ Make it easier to stop drinking
- ❑ Makes people feel sick after drinking so that they drink less
- ❑ Non-addictive
- ❑ Does not work for everyone
- ❑ Names of common medications used: Naltrexone, Acamprosate, Disulfiram

Mutual Support Groups

- ❑ Groups of people who struggle with alcohol use disorder
- ❑ Ex. Alcoholics Anonymous or other 12-step programs
- ❑ They help people quit or drink less
- ❑ They can be combined with other treatment
- ❑ They are another layer of social support

Alcoholics Anonymous (AA)

- ❑ Open to anyone that wants to stop drinking.
- ❑ Focuses on being **sober** one day at a time
- ❑ Free and local



Treatment Facilities

- ❑ More expensive
- ❑ **Inpatient** = staying in a hospital
- ❑ **Residential** = living and being treated at a facility
- ❑ Could last from a few days to a year or more
- ❑ For serious addiction that needs supervision for treatment



Residential Programs

- ❑ Best for people who do not have somewhere safe to live or family support
- ❑ Stages of treatment
- ❑ Usually have little or no contact with people outside the program

If you have a friend or family member getting treatment..

Your support is important for their treatment and makes a big difference

It will take time and many tries for them to change their habits so be patient

Pay attention to them and let them know when you think they are doing good

Remember to take care of yourself too!

Resources in Boston

- **Boston Alcohol and Substance Abuse Programs: 29 Winter St.**
 - (617) 482-5292
 - Offer walk-in services, focus on mental health
 - About 25 minute train ride from MUA
- **Massachusetts General Hospital Addiction Services: 16 Blossom St.**
 - (617) 726-2712
 - Specialize in teenagers and young adults ages 16-24
 - About 30 minute train ride from MUA

BOSTON **A·S·A·P**

Boston Alcohol and Substance Abuse Programs, Inc.



SAMHSA National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

- **SAMHSA:** Substance Abuse and Mental Health Services administration
- Free, private 24/7 helpline to refer people to treatment services around them
- Both English and Spanish language options available!



SAMHSA
Substance Abuse and Mental Health
Services Administration

How to Help a Struggling Loved One

