



April is Alcohol Awareness Month

As a substance use treatment provider, Sinnissippi Centers understands firsthand the devastating impact of substance use and addiction on individuals, families, and communities. That's why we believe the month of April, Alcohol Awareness Month, is an essential opportunity to educate people about the dangers of alcohol use and to promote healthy habits surrounding alcohol consumption.

Alcohol use disorder is a serious issue that affects millions of people worldwide. They can lead to physical and mental health problems, relationship issues, and other impacts to your life. But the good news is that help is available for those struggling with substance use disorders.

Some key points:

- Alcohol Use Disorder affects about **15 million adults** in the United States.
- The longer an individual holds off drinking alcohol, the smaller the odds they will develop a substance use disorder.
- Prevention works! Your kids DO listen to you. At least half of all children that have conversations with their parents about the risks are less likely to drink alcohol underage than those kids who do not.
- Someone has Alcohol Use Disorder if they use alcohol to the point where it interferes in their normal life and they continue to drink despite those consequences.
- Like for any chronic disease, treatment works, and recovery is possible.

As a treatment provider, our goal is to support individuals on their path to recovery. This involves providing individualized treatment plans tailored to each person's needs and goals.

Treatment for alcohol use disorder can include one or more therapies, including behavioral therapy, medication, after care, recovery support, and support groups. Behavioral therapy aims to change the patterns of thinking and behavior that lead to alcohol use, while medication can help manage the physical and psychological symptoms of withdrawal.

If you are concerned that you or a loved one might have a substance use disorder, Sinnissippi Centers has free, online, confidential screenings on our links page. Go to www.sinnissippi.org and click on links, then scroll down and click on screening tools. There is also a wealth of information on the links page.

Support groups like Alcoholics Anonymous (AA) and other peer support groups can provide a safe and supportive environment for people in recovery. These groups offer a



sense of community and belonging and can help individuals stay motivated and accountable on their journey to recovery.

It's important to remember that recovery from alcohol use disorder and addiction is a lifelong process. It requires dedication, commitment, and ongoing support. But with the right treatment and support, individuals can overcome their addiction and live healthy, fulfilling lives.

During Alcohol Awareness Month, let's come together to raise awareness about the dangers of alcohol use and to promote healthy habits surrounding alcohol consumption. By working together, we can create a safer and healthier world for everyone.