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### NOTE TO INSTRUCTORS:

**PLEASE COPY THE VOCABULARY LIST ON PAGE 116 FOR THE LEARNERS IF YOU DO NOT HAVE THE ADDITIONAL LEARNER’S WORKBOOK. OTHERWISE, THEY CAN FIND THE VOCABULARY LIST ON PAGE 81 OF THE LEARNER’S WORKBOOK.**

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## ALCOHOL ABUSE AND THE FAMILY

### GETTING HELP

**Worksheet:** Pages 65 and 66

**Learner's Workbook:** Pages 28 and 29

1. Ask learners what their definition of an alcoholic is. Write answers on the board or large piece of paper where all can see. Then tell them your definition: *Anyone who has a problem with alcohol.* Compare their definition to yours.
2. Have learners think about someone they know who might have an alcohol problem. Then ask them to complete worksheet page 65 or Learner's Workbook page 28 by keeping that person in mind as they check off the signs someone who has a alcohol problem might show.
3. Inform the group that there are places to get help; go over the list as a group. Have them share the places indicated on worksheet page 66 or Learner's Workbook page 29 with someone who has an alcohol problem. Check out the websites if Internet is available.



### STAGES OF ALCOHOL ABUSE

**Worksheet:** Page 67

**Learner's Workbook:** Page 30

1. Write the following words on the board or large piece of paper where all can see: experimentation, recreational use, habitual use, and addiction. Tell learners these have something to do with the stages of alcohol abuse. Ask them what each term means. Write their answers next to the word. Then ask a volunteer to read worksheet page 67 or Learner's Workbook page 30. Compare it to their answers.
2. Ask learners if they would like to share an experience of a person they know - or their own experience - and what stage(s) they have gone through. They do not have to mention names.

# GETTING HELP

Check the signs that apply to someone who has a drinking problem.

- Drinks when he gets up in the morning.
- Misses school or work often.
- Does poorly at school or on the job.
- Changes moods suddenly.
- Lies about drinking.
- Doesn't want to do anything.
- Gets drunk a lot.



# WHERE TO GET HELP

Below is a list of national hotlines, helplines, and websites. These organizations provide free assistance for alcohol abuse.

- National Council on Alcoholism & Drug Dependence (NCADD): 1-800-NCA-CALL (622-2255) [www.NCADD.org](http://www.NCADD.org)
- Substance Abuse & Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357) [www.SAMHSA.gov](http://www.SAMHSA.gov)
- National Alcoholism & Substance Abuse Information Center (NASAIC): 1-800-784-6776 [www.AddictionCareOptions.com](http://www.AddictionCareOptions.com)

## Websites of interest:

<http://www.NIAAA.NIH.gov>  
<http://Alcoholism.About.com>  
<http://www.DrugFree.org/>  
<http://www.Recovery.org/>  
<https://FindTreatment.SAMHSA.gov>  
<http://www.AlcoholismTreatment.org/>  
<http://www.Hazelden.org/>  
<http://www.SoberRecovery.com>  
<http://www.AA.org>  
<http://www.Treatment-Centers.net>



# STAGES OF ALCOHOL ABUSE

**Experimentation:** Has alcohol once in a while, often out of curiosity. This stage typically takes place during the teenage or early adult years. Use is limited to a few times.

**Social or recreational use:** Consumes alcohol in social settings, usually at parties or while with friends. Use is more frequent, but still under control.

**Habitual use:** Drinks often with buddies and when alone. Needs a drink to get through most days. Has trouble going one day without drinking.

**Addiction:** Cannot get through a single day without drinking. Spends most of the time drinking alcohol or thinking about it.

