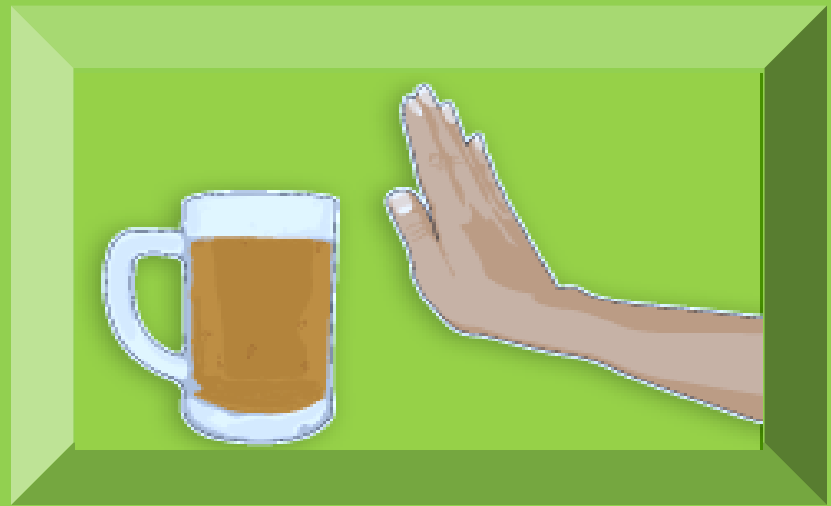


Chapter 15

Alcohol

Lesson 4

Getting Help for Alcohol Abuse



Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Building Vocabulary

- **enablers** Persons who create an atmosphere in which the alcoholic can comfortably continue his or her unacceptable behavior
- **intervention** A gathering in which family and friends get the problem drinker to agree to seek help
- **recovery** The process of learning to live an alcohol-free life
- **detoxification** The physical process of freeing the body of an addictive substance
- **alternative** Another way of thinking or acting

Getting Help for Alcohol Abuse

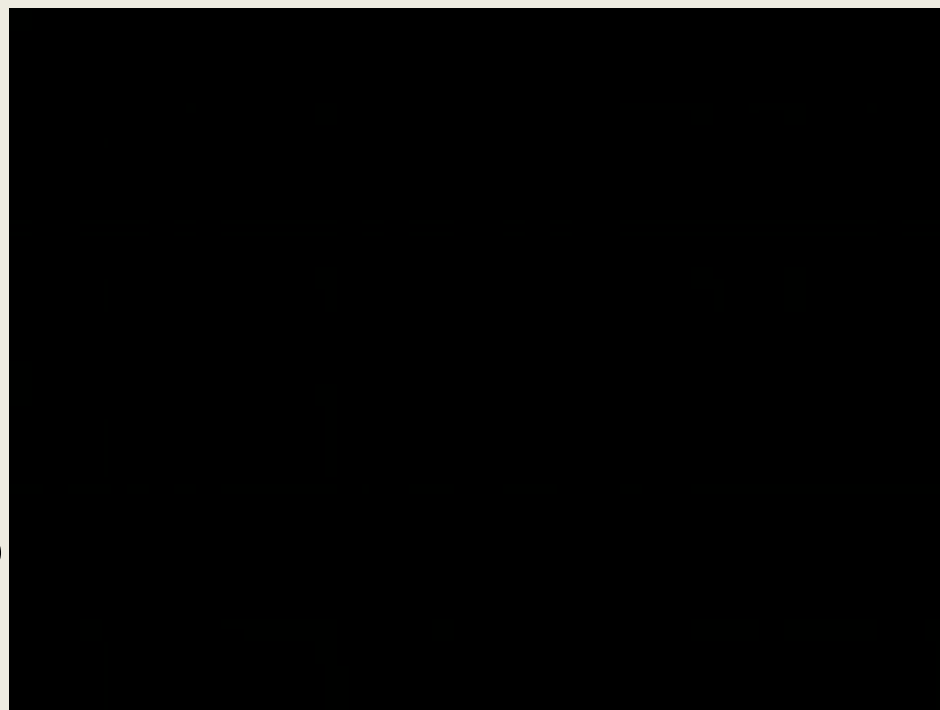
BIG IDEA

Many resources are available to help alcoholics, alcohol abusers, and their families.

Health eSpotlight Video

Watch the video and complete the questions.

1. Identify three reasons self-help groups can help a person who is struggling with alcohol abuse.
2. List three things you can do to help someone who may have an alcohol problem.



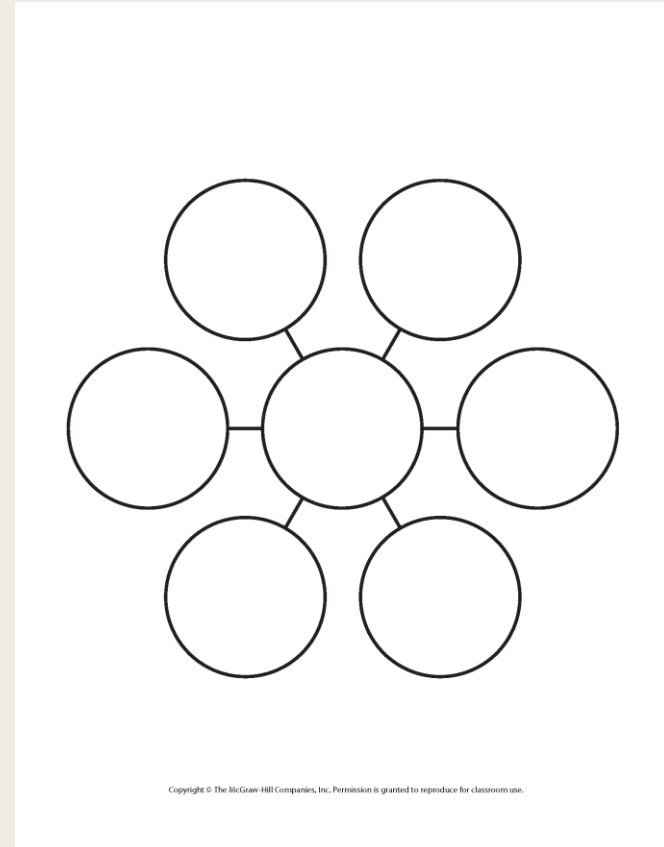
Getting Help for Alcohol Abuse

BIG IDEA

Many resources are available to help alcoholics, alcohol abusers, and their families.

Study Organizer

Use the study organizer to take notes as you read the lesson.



Getting Help for Alcohol Abuse

BIG IDEA

Many resources are available to help alcoholics, alcohol abusers, and their families.

Real-Life Issues

Your Health Inventory Open a new page in your online Notebook and add the title *Getting Help for Alcohol Abuse*. For each statement in the Lesson Resources panel, record your response in your online Notebook. Response choices are “Yes,” “No,” and “Sometimes.” When you finish reading the lesson, check your responses. Would you change any responses?

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Help for Alcohol Abuse

Sometimes alcoholics surround themselves with **enablers**. Enabling may allow an alcoholic to continue drinking without facing any negative consequences.

New Vocabulary

enablers Persons who create an atmosphere in which the alcoholic can comfortably continue his or her unacceptable behavior

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Help for Alcohol Abuse

During an **intervention**, an alcoholic's family and friends can discuss their concerns about the alcohol abuse. They can try to convince the abuser to stop using alcohol.

New Vocabulary

intervention A gathering in which family and friends get the problem drinker to agree to seek help

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Ways to Seek Help

Groups such as Alcoholics Anonymous (AA) can help people who are addicted to alcohol. Similar groups help friends and families of alcoholics.

Support groups work to help people break their patterns of addiction. They allow people to talk with others who are facing the same problem. You can search online to learn more about these groups.

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

The Road to Recovery

Before an alcoholic can get better, he or she must decide never to drink again. When that happens, **recovery** can begin. As we have learned, addiction is very powerful.

New Vocabulary

recovery The process of learning to live an alcohol-free life

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

The Road to Recovery

Recovery involves several steps that each person must follow.

Admission

Detoxification

Counseling

Resolution

New Vocabulary

detoxification The physical process of freeing the body of an addictive substance

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Help for Families

Al-Anon

- teaches about the effects of alcoholism.

- helps people learn strategies for dealing with an alcoholic.

Alateen

- helps teens who have alcoholic parents.

Getting Help for Alcohol Abuse

BIG IDEA

Many resources are available to help alcoholics, alcohol abusers, and their families.

Staying Alcohol Free

If someone pressures you to drink alcohol, use refusal skills. Practice the S.T.O.P. strategy:

Say no in a firm voice.

Tell why not.

Offer another idea.

Promptly leave.

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Benefits of Staying Alcohol Free

When you choose not to use alcohol,

- you are showing respect for yourself and your body.
- you are choosing to remain in control of who you are.
- you can focus on your future.
- you can care for your family and friends.

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Healthy Alternatives

When someone offers you alcohol, use your refusal skills as a healthful **alternative**.

New Vocabulary

alternative Another way of thinking or acting

Getting Help for Alcohol Abuse

Lesson 4 Review

▶▶▶ After You Read

Explain Describe how a person can get help for an alcohol problem.

Getting Help for Alcohol Abuse

Lesson 4 Review

▶▶▶ After You Read

Vocabulary Define intervention. Use the term in a complete sentence.

Getting Help for Alcohol Abuse

Lesson 4 Review

▶▶▶ After You Read

Identify What is the best way to avoid problems with alcohol?

Getting Help for Alcohol Abuse

Lesson 4 Review

▶▶▶ Thinking Critically

Hypothesize How might you be affected if one of your close friends or family members developed an alcohol problem? Where could you find help? Explain your answer.

Getting Help for Alcohol Abuse

Lesson 4 Review

▶▶▶ Thinking Critically

Analyze How can healthy alternatives prevent alcohol use?

Getting Help for Alcohol Abuse

Lesson 4 Review

▶▶▶ Applying Health Skills

Goal Setting Think about personal goals you have, such as going to college or the kind of job you would like to have some day. Write one or two of these on a sheet of paper. Leave space under each one. Use that space to explain how alcohol use could prevent you from reaching your goals.

Chapter 15

Alcohol

END

Lesson 4

Getting Help for Alcohol Abuse

