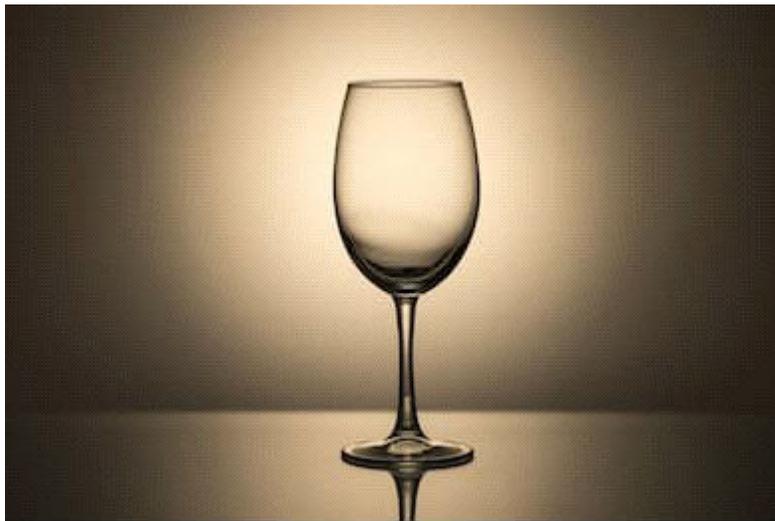


Staying Sober



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Staying Sober

This workbook will be talking about the risks of unsafe drinking. We will talk about how you can prevent yourself or others from suffering with alcohol related problems. The purpose of this workbook is to help you (or someone you may know) reduce the harm you may be causing to yourself or others through alcohol abuse.

This workbook belongs to you.
As you read through it, underline any information
that you think is important for you to remember.
Use a high-lighter if you have one.

TABLE OF CONTENTS

- LESSON #1** Introduction
- LESSON #2** Social Attitudes About Alcohol
- LESSON #3** Harm Reduction: A Better Choice
- LESSON #4** More On Harm Reduction
- LESSON #5** Predisposing Factors
- LESSON #6** Basic Ideas About Drugs
- LESSON #7** Drug Types
- LESSON #8** Alcohol and the Body
- LESSON #9** Alcohol's Effects on Body Systems
- LESSON #10** Long-Term Medical Complications
- LESSON #11** Other Physical Problems
- LESSON #12** Alcoholism and the Family - Early Stages
- LESSON #13** Alcoholism, the Family and Communication

LESSON #14 Alcoholism and Sexual Interaction

LESSON #15 Alcoholism and Role Fulfilment

LESSON #16 Alcoholism and Your Social Life

LESSON #17 Alcoholism and the Law

LESSON #18 Alcoholism and Your Job

LESSON #19 Treatment Programs

LESSON #20 Treatment Methods and Goals

LESSON #21 Responsible Attitudes Toward Drinking

LESSON #22 Alcohol and Your Driver's License

Glossary

Who to Contact

Works Cited

LESSON #1

Introduction

Drugs are used by many people for many different reasons. When they are used in the right way they can be very useful. They can be used to help sick people get well. Drugs can also be very harmful. They can cause a lot of damage when they get misused.

One of the most common drugs is alcohol. In this manual we will look at some of the harmful effects that alcohol and other drugs can have on people. Then we will look at some of the treatments that are available for people who misuse drugs. Some people who drink alcohol or take other drugs get to the point where they "need" them. Their lives revolve around these drugs. They depend on these drugs and are controlled by them. These people are called **chemically dependent**.

The misuse of drugs causes thousands of deaths in Canada each year. Some of the people die from overdoses or from diseases they get from using the drugs. In these cases drugs are a direct cause of death. Others die in drug-related accidents or commit suicide while on drugs. In these cases the drugs indirectly cause death.

Billions of dollars are spent each year because of the misuse of drugs. There are health care costs and accident costs. There are legal costs and welfare costs. There are costs in lost production. When added up these costs are very high, but not all of the costs can be measured in money. Chemical dependency also causes a lot of suffering. People who use drugs suffer. Their families also suffer. Victims of

drug-related accidents and crime also suffer. Many lives are being harmed because of drugs and alcohol. If your life is one of them you need to do something about it. It will not be easy. You will need the help of others. There are many treatment centres that can help. All you have to do is ask.

DID YOU KNOW:

- In 2003, road crashes in Canada involving a driver who had been drinking killed 902 people.
- Almost nine out of every 10 drivers killed in alcohol-related collisions (87.5 %) were male (Canada Safety Council www.safety-council.org/info/traffic/impaired/stats.html).
- Heavy drinking is more common among Canadians 18 to 25 years of age than older persons (Canadian Addiction Survey 20).
- Alcohol is estimated to cause about 20-30% of oesophageal cancer, liver cancer, cirrhosis of the liver, homicide, epilepsy and motor vehicle accidents worldwide (Management of Substance Abuse: Alcohol <www.who.int/substance_abuse/facts/alcohol/>).

EXERCISE #1

Fill in the blanks.

1. Drugs are _____ when they help sick people get well.
2. Drugs can be very _____ when they are misused.
3. _____ of dollars are spent each year on costs related to drugs.
4. Not all drug related costs can be _____ in dollars.
5. Many lives are being _____ because of drugs and alcohol.

True or False?

1. _____ When someone dies from a drug overdose the drug is an indirect cause of death.
2. _____ Alcohol is a drug.
3. _____ People who depend on drugs are chemically dependent.
4. _____ Only the drug user suffers from his habit.
5. _____ The misuse of drugs is a serious problem.

LESSON #2

Social Attitudes About Alcohol

Alcohol is one of the most widely used drugs. It is used by people in all walks of life. It is used by both men and women, whether they are rich, poor, young or old. Alcohol use is accepted as a normal part of society. In many cases the use of alcohol appears to do no harm, but in other cases alcohol causes a great deal of harm. In fact it probably causes more harm than any other drug. This is especially true for people who have trouble controlling their drinking. Instead of having control of their drinking, their drinking has control of them. These people are known as **alcoholics**.

Alcoholism is understood differently by different people. Some people see it as an illness. Other people see it as a lack of self control. Still others see it as sinful and immoral.

No matter how we think about alcoholics, there are a few things that we need to understand about them. We need to understand that alcoholics are not all the same. Every alcoholic has a life that is unique and different from everyone else. In spite of these differences, however, alcoholics do have a few things in common. All alcoholics should be viewed as:

- ! people who are suffering or in pain
- ! people who are in need of help
- ! people who are entitled to treatment
- ! people who have the potential to recover

DID YOU KNOW:

- A national study of alcohol and drug use in Canadians over 15 found that the rate of exceeding the low-risk drinking guidelines (no more than 2 drinks per day) was higher among persons with the highest income (more than \$100,000 per year).
- There was no observed difference in the rate of exceeding the low-risk drinking guidelines according to level of education.
- There was no observed difference in the rate of exceeding the low-risk drinking guidelines between people living in rural and non-rural areas (Canadian Addiction Survey 20).

EXERCISE #2

Fill in the blanks.

1. Alcohol is a widely used _____.
2. People whose drinking controls them are known as _____.
3. Alcohol is used by people in all _____ of life.
4. Alcohol use is accepted as a _____ part of society.
5. All alcoholics have a life of their own that is _____ from everyone else's.

True or False?

1. _____ Only poor people are alcoholics.
2. _____ Alcohol probably causes more harm than any other drug.
3. _____ Alcohol always causes harm.
4. _____ Alcoholics are in need of help.
5. _____ Alcoholics can recover.

LESSON #3

Harm Reduction: A Better Choice

Risk is a normal part of everyone's life. Some behaviours involve low risk, and some involve high risk. For example, if you choose to cross the street between cars instead of at the crosswalk, you are taking a low risk. However, if you choose to drink and drive, you are taking a high risk.

You must understand the risks and the **consequences** of your choices. When you choose a high-risk behaviour, you increase your chances of something bad happening to you or those around you. Or you can choose a less risky behaviour which may lessen the harm you cause to yourself or others. This is known as **harm reduction**. You can also choose to avoid the risky behaviour completely, which is called **abstinence**. For example, some people stay away or abstain from drug and alcohol use or sexual activity.

People who engage in a risky behaviour often are afraid of looking bad and may afterwards feel guilty about their actions, which can cause further difficulty. For example, a girl might get pregnant because she is too embarrassed to tell someone that she needs birth control pills. Rather than learning safer methods of sex, she tries to hide it, feeling frightened, ashamed and guilty – possibly harming herself and others even more as a result.

What sort of problems may come up when you behave in risky ways? Sometimes you lose your friends and family because of your risky behaviour. Or, you might end up in trouble with the law. You can cause others to become sick, become very ill yourself or even die because of some risky behaviours. Think before you drink!

DID YOU KNOW:

In a recent Correctional Services of Canada inmate survey, 83.3% of offenders indicated that drinking had caused problems for them. Of these individuals, 60% had experienced family-related problems, 80% had been involved in legal problems, and 36.7% had experienced school/employment difficulties as a result of drinking. 60% stated that these problems began at the age of 16 or younger.

Over 66% of the participants reported that they were argumentative when they had been drinking in the six months before arrest. The usual target of the verbal abuse was family and friends. A sizeable 46.7% reported that they became physically aggressive when they had been drinking (An Assessment of the Offender Substance Abuse Pre-Release Program at Drumheller Institution < http://www.csc-scc.gc.ca/text/rsrch/reports/r26/r26e_e.shtml>).

EXERCISE #3

What is harm reduction? Provide an example.

What is abstinence?

What are some of the problems which can happen if you behave in risky ways?

LESSON #4

More on Harm Reduction

Harm reduction is about more than just programs and services. Harm reduction is an attitude toward risky behaviour that is **non-judgmental** and realistic. Harm reduction tries to lessen the harm that people cause to themselves and others when they participate in risky or harmful behaviours such as injecting drugs and having unsafe sex. It is about giving people the information they need to help them reduce harm to themselves and their communities.

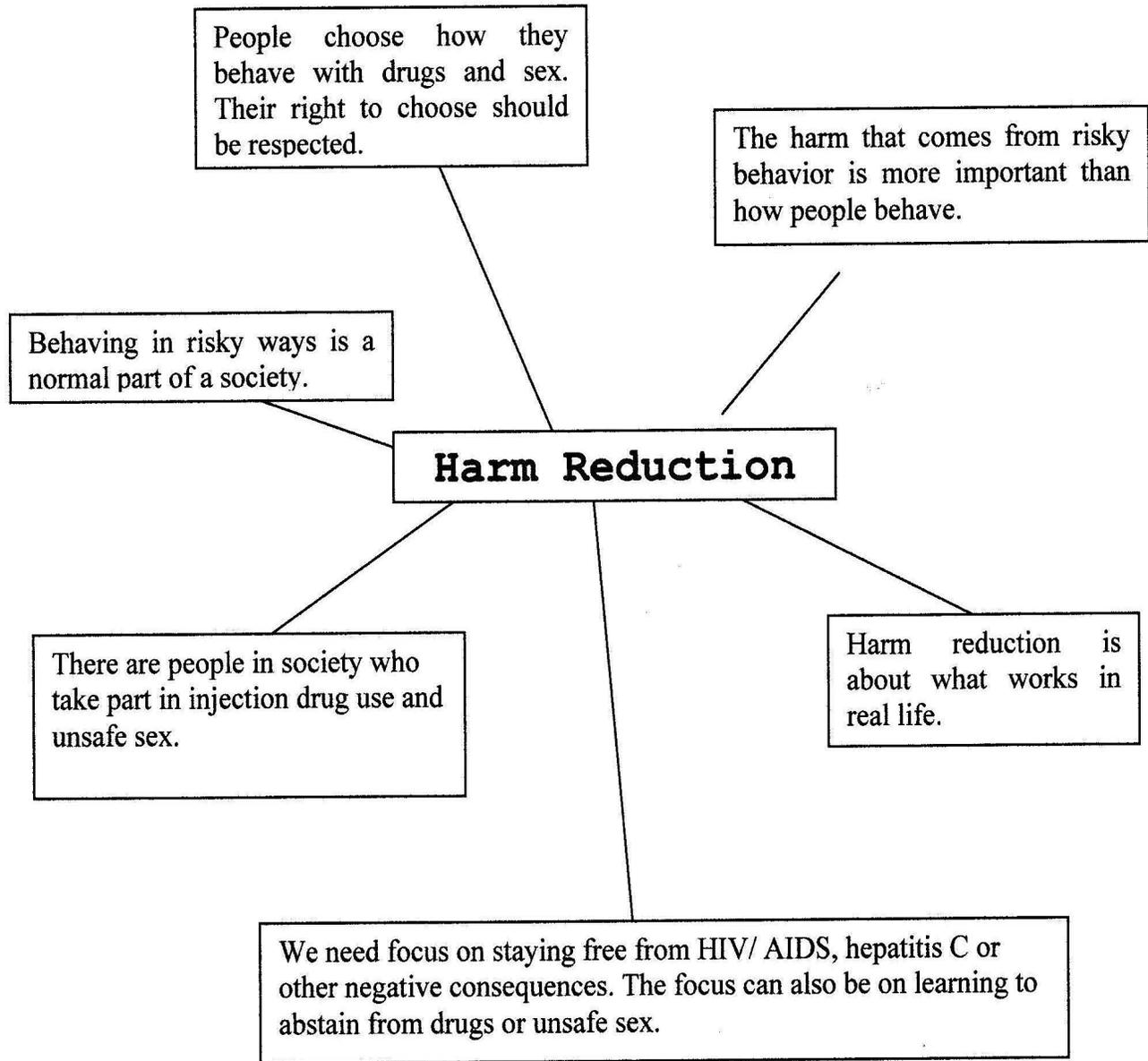
A harm reduction approach accepts risk-taking as part of being human. However, we want to make sure that people understand the risk and realize the consequences of that risk. Examples of harm reduction methods include safer shooting practices, safe needle disposal, and using condoms.

Principles of Harm Reduction

- Gives correct information and teaches skills needed to reduce the bad consequences of risky behaviours.
- Understands that risk-taking is normal but that people should be aware of the risk and accept the consequences of that risk.
- Sees that in order to deal with risky behaviors we must understand where the person is at and what contributes to their decision to take risks.
- Respects the individual's ability to make his/her own choice.
- Includes individuals and communities as well as professionals in harm reduction program development and delivery.
- Provides non-judgmental programs and services as required and where required (for example, in prisons and on the streets).

Harm reduction starts by trying to understand the individual's level of involvement with their risky behaviour. This means that if someone is not ready to quit doing drugs, a harm reduction program would give them the information they need to inject safely. If someone is ready to quit doing drugs, a harm reduction program would help them work towards abstaining from drugs.

Here are some of the rules of harm reduction programs. Circle any of the boxes which you don't understand. Ask a healthcare professional to explain them to you.



DID YOU KNOW:

Most people think of harm reduction initiatives in relation to controversial proposals such as that for safe injection rooms, but there are also many well-established programs in the area of alcohol abuse treatment that use harm reduction principles. The Addiction Research Foundation (ARF), and now the Centre for Addiction and Mental Health (CAHM), have started a number of policy programs directed at "identifying those circumstances in which harm occurs and acting to reduce those harms." Underlying them is the respect for individual choice that recognizes that most people consume alcohol responsibly (Bondy et al., 1999; Mann et al., 2001; Narbonne-Fortin et al., 1997).

EXERCISE #4

List three examples of harm reduction methods:

1. _____
2. _____
3. _____

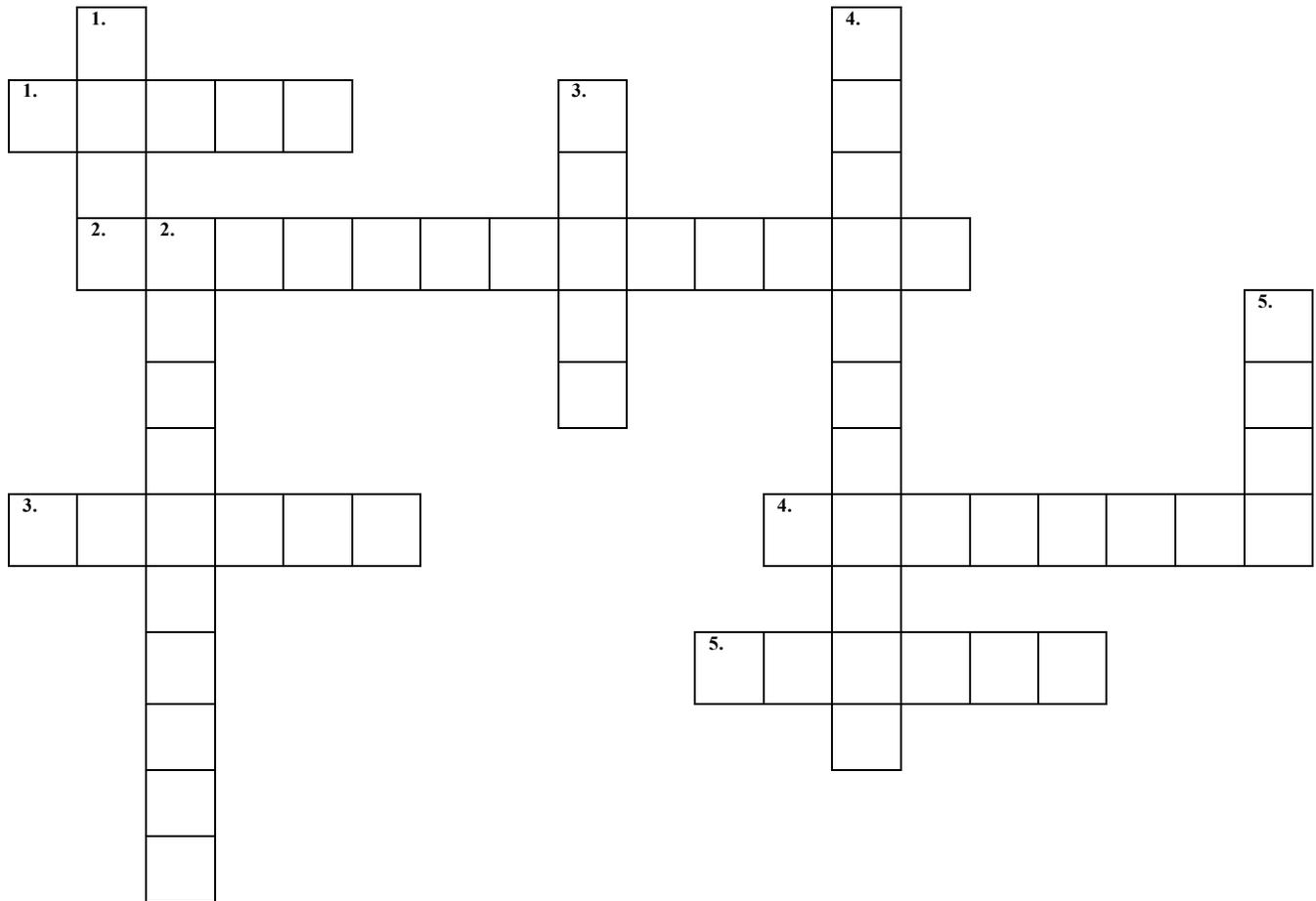
EXERCISE #4B

True or False

- _____ Harm reduction is about accepting people where they are at.
- _____ Harm reduction is about punishing people who don't look after themselves.
- _____ Harm reduction programs treat people as if they can make their own choices.
- _____ People who use drugs or unsafe sex are less human than people who abstain.
- _____ The more information I have about my health, the better I care for myself.
- _____ If I can't abstain from risky behaviour, I can't be helped.
- _____ The key to helping people is to respect them, not judge them.

EXERCISE #4C

Complete the crossword using information from the last two lessons.



Across:

1. Everybody takes _____ in their daily life.
2. Choosing a less risky behaviour is known as _____.
3. If people feel _____ about their risky behaviour, they may be afraid to ask for help or information.
4. Harm reduction is an _____ toward risky behaviour that is non-judgmental and realistic.
5. We need to let people _____ how they behave.

Down:

1. If you drink alcohol while pregnant, you are taking a _____ risk.
2. Avoiding a risky behaviour entirely is called _____.
3. Injecting _____ is an example of a risky behaviour.
4. To help reduce the harm, people should be given _____.
5. Even if we can't stop a risky behaviour, we can at least do it in a way that is as _____ as possible.

LESSON #5

Predisposing Factors

Some people drink alcohol but are able to control their drinking. Other people don't do as well. From the first drink they take they seem to have problems with it. Alcohol soon controls them and takes over their lives. In this lesson we want to look at a few of the reasons why some people are more likely to become alcoholics than others. These reasons are called **predisposing** factors. Here they are:

Physical Factors:

One of the reasons some people have more trouble controlling alcohol than others is physical. It has to do with **heredity**. This means that some people's bodies are better able to handle the alcohol than others. Studies have shown that children born to alcoholics or have other family members with alcohol addiction are more likely to become alcoholics themselves.

Psychological Factors:

People who are shy, lonely, frustrated, depressed or easily worried will sometimes use alcohol to "drown out" these feelings. They use alcohol as a way of coping with their problems or to be accepted by their peers. People who use alcohol in this way are in danger of becoming dependent on alcohol. It may give them temporary relief but usually ends up making things worse.

Social Factors:

Some people grow up in a home or community where there is a lot of alcohol abuse. Drinking may be seen as an acceptable way to cope with problems. People who grow up in an environment like this are more likely to abuse alcohol themselves because it is all around them and often readily available to them.

DID YOU KNOW:

It is estimated that half of all cases of alcoholism are primarily caused by genetics. This means the alcoholic possesses certain genes which predispose him or her to the disease (Alcohol Abuse and Alcoholism

<http://www.helpguide.org/mental/alcohol_abuse_alcoholism_signs_effects_treatment.htm#problem_drinking>).

EXERCISE #5A

Match the following words with their definitions. If you are not sure, look back at the lesson.

- A. Peers _____ surroundings
- B. Environment _____ people you are with, who are like
you
- C. Predisposing _____ qualities inherited from
ancestors
- D. Heredity _____ making something more likely to
happen
- E. Psychological _____ for a short time
- F. Temporary _____ relating to the mind

EXERCISE #5B

Fill in the blanks, using words from the first exercise.

1. Reasons why some people are more likely to become alcoholics than others are called _____ factors.
2. Sometimes people use alcohol to find acceptance with their _____.
3. _____ is a physical factor that makes some people more likely to become alcoholics than others.
4. Some people grow up in an _____ where alcohol abuse is common.
5. Drinking brings only _____ relief from our problems.
6. Feelings of loneliness or depression are _____ factors.

EXERCISE 5C

Unscramble the following words and write the correctly spelled words on the lines to the right.

1. oaclhlo _____
2. iegdipsonrs _____
3. rastocf _____
4. ypscalhi _____
5. hoslyocpgleai _____

LESSON #6

Basic Ideas About Drugs

In the next few lessons we want to look at how drugs, including alcohol, affect our body. To do so we must begin with a few basic principles.

Toxicity:

When we take something into our body the body tries to find out if it is compatible or not compatible. If it is compatible with our body it causes no harm. If it is not compatible with our body, it is poisonous or **toxic**. Things that are very poisonous are called highly toxic. It only takes a small dose of a highly toxic chemical to kill a person. Other chemicals are less toxic. Small doses of these chemicals don't do a lot of damage. As the doses become larger, the damage increases.

Drug Effect:

Some drugs, including alcohol, can change how a person sees reality. They can also change a person's mood and level of awareness. The problem is that you can never tell ahead of time how the body will react. There is no direct relationship between dose and effect. For example, doubling a dose of something will not necessarily double the effect it has.

Tolerance:

Our bodies can get used to certain drugs. This is called adaptation or **tolerance**. This explains why different people respond differently to the same amount of drugs. It also explains why people keep needing more of a drug over time to get the same effect.

Distribution of Drugs Throughout the Body:

Different drugs have different **solubility**. Some drugs, such as anaesthetics, are fat soluble, which means they dissolve in fat. Other drugs, such as alcohol, are water soluble, which means they dissolve in water. Since the fat and water content in the body varies from person to person, so will the effects of these drugs. One thing these principles tell us is that we can never predict exactly what effect drugs will have on a person. Because of this it is difficult to say at what point drug use becomes drug abuse. The important thing to remember is that all drugs can be dangerous when they are misused. It pays to be careful.

DID YOU KNOW:

If at any time, you suspect that you may be developing a drinking problem, ask yourself these four questions: Do you need a drink as soon as you get up? Do you feel guilty about your drinking? Do you think you need to cut back on your alcohol consumption, but cannot? Are you annoyed when other people make comments about your drinking habits? (Alcohol Abuse Treatment - Take the First Step! <<http://www.alcohol-abuse-treatment.net/>>)

EXERCISE #6

Match the following words with their definitions:

- | | | |
|---------------|-------|------------------------------------|
| A. Toxic | _____ | general laws held to be true |
| B. Principles | _____ | a substance obtained by chemistry |
| C. Compatible | _____ | poisonous |
| D. Chemical | _____ | able to exist or act together |
| E. Soluble | _____ | the actual state of things |
| F. Reality | _____ | able to be dissolved |
| G. Awareness | _____ | being able to endure |
| H. Predict | _____ | to know ahead of time |
| I. Tolerance | _____ | consciousness of your surroundings |

Fill in the blanks with words from the list above:

1. Our bodies gain a _____ for drugs as we get used to them.
2. Drugs can change how a person sees _____.
3. Chemicals that our body can use are _____ with our body.
4. Things that are very poisonous are said to be highly _____.
5. This lesson deals with the basic _____ about drugs.
6. Drugs can change a person's level of _____.
7. Alcohol is a water _____ drug.
8. A small dose of a highly toxic _____ can kill a person.
9. We can never _____ the exact effects a drug will have.

LESSON #7

Drug Types

There are many different kinds of drugs. Most of them can be placed into a few categories. In this lesson we will look at a few of these categories.

Depressants:

There are many drugs in this category, including Valium and alcohol. Depressants cause the body to slow down and become less active. They are used for the pleasant feelings they give. Small doses of depressants have only a small effect, but large doses can cause death.

Stimulants:

Drugs like Ritalin and cocaine are called stimulants. Other commonly used stimulants are caffeine (found in coffee) and nicotine (found in cigarettes). Stimulants speed up the body. They increase a person's tension and awareness. This allows them to be more active than would normally be possible. High doses and long-term use can cause exhaustion, anxiety, and hallucinations. When the effects of the drug wear off, it can result in depression.

Narcotic Analgesics:

This category includes drugs like Talwin, morphine, codeine, and heroin. These drugs are sometimes used as painkillers. The effects of narcotic analgesics are similar to the effects of depressants, but unlike depressants they provide pain relief.

Hallucinogens:

Drugs such as marijuana, hashish, and LSD (acid) are in this category.

Hallucinogens affect the body's senses. They make people see, hear or feel things that are not really there.

Mood Modifiers:

Mood modifiers are used mostly in therapy. Major tranquilizers and anti-depressants are among the most common mood modifiers.

DID YOU KNOW:

- Ethyl alcohol (ethanol) is the type of alcohol found in alcoholic drinks. It is a depressant, a drug that slows down brain function. It is produced when fruits, vegetables, and grains ferment, or it can be man-made.
- Another kind of alcohol is called methyl alcohol (methanol). It is found in certain household and industrial products such as hairspray and antifreeze and is poisonous to drink.
- People can become ill if they mistake methyl alcohol – which is poisonous – for ethyl alcohol. Always ensure that all types of alcohol are properly labeled and stored in their original containers (Basics <http://www.afm.mb.ca/Learn%20More/alcohol_drugs.htm>).

EXERCISE #7

In this lesson, we have looked at 5 different drug categories. They are:

1. DEPRESSANTS
2. STIMULANTS
3. NARCOTIC ANALGESICS
4. HALLUCINOGENS
5. MOOD MODIFIERS

Match the correct number above with each of the following words or phrases. (The first one has been done for you.)			
2	Cocaine		Cause the body to slow down
	Marijuana		Used mostly in therapy
	Used as pain killers		Coffee
	Affect the body's senses		Speed up the body
	Anti-depressants		Alcohol
	LSD		Cigarettes
	Talwin		Ritalin
	Valium		Increase a person's tension and awareness
	Used for the pleasant feelings they give		Similar effects to depressants, but with pain relief

LESSON #8

Alcohol and the Body

Alcohol is a drug. It is a depressant that slows down the **central nervous system**. Alcohol affects everyone who drinks it, whether they are an alcoholic or not. It changes the normal functions of the body. Let's take a look at what happens as alcohol passes through the body.

Digestion:

When food passes through the body it must first be broken down before it can be used. This process is called **digestion**. Alcohol is different. It does not need to be digested. It can be absorbed straight into the bloodstream.



≥Stomach

Bladder=

Absorption:

Some alcohol is **absorbed** into the bloodstream from the stomach. However, most of it passes into the bloodstream through the small intestine. A valve between the stomach and the small intestine helps control the amount of alcohol that enters the small intestine. This valve closes when too much alcohol is present. This is what causes the nausea and throwing up that comes after too much drinking. Once it is in the bloodstream, the alcohol is carried to all parts of the body.

Small Intestine=

≈Large Intestine

Breakdown and Removal:

Alcohol begins leaving the body as soon as it is in the bloodstream. A small amount leaves through sweat, urine or the breath. The rest of it has to be metabolized, or broken down, before it can leave the body. Most of this work is done by the liver. The liver can break down about one ounce of alcohol per hour. The rest of the alcohol keeps flowing through the body in the bloodstream. It stays there and "waits in line" until the liver has time to get rid of it. The alcohol in the blood is taken to all parts of the body, including the brain. Alcohol in the brain is what causes a person to feel drunk.

DID YOU KNOW:

Some of the short-term effects of alcohol include:

- feeling more relaxed and sociable
- feeling drowsy, dizzy and flushed
- doing things you wouldn't normally do
- making poor decisions

- having trouble walking or moving
 - having slurred speech and blurred vision
 - having lowered blood pressure, breathing, pulse
 - showing aggressive or violent behaviour
 - not being able to remember what you did or said (blackout)
 - passing out
- (Basics<http://www.afm.mb.ca/Learn%20More/alcohol_drugs.htm>)

EXERCISE #8A

True or False?

1. _____ Alcohol is a stimulant that speeds up the central nervous system.
2. _____ Alcohol affects both the alcoholic and the non-alcoholic.
3. _____ Alcohol has to be digested.
4. _____ Most of the alcohol is absorbed into the bloodstream in the small intestine.
5. _____ A valve controls the amount of alcohol that enters the small intestine.
6. _____ The bloodstream carries alcohol only to the brain.
7. _____ The liver does most of the work to get rid of alcohol in the body.
8. _____ The liver can break down about one ounce of alcohol per day.
9. _____ Alcohol in the brain is what makes a person feel drunk.
10. _____ Alcohol changes the normal functions of the body.

EXERCISE #8B

Answer the following questions using a complete sentence.

1. The lesson explains that the body deals differently with alcohol than it does with food. What is the difference?

2. Why does a person get nauseous or throw up after drinking too much?

3. What causes a person to feel drunk?

LESSON #9

Alcohol's Effects on Body Systems

In Lesson #8 we looked at what happens to the alcohol as it passes through the body. In this lesson we will look at some of the immediate, short-term effects alcohol has on body systems. Then in Lesson #10 we will look at how regular alcohol use affects the body in the long run.

Digestive System:

The digestive system is responsible for breaking down the food we eat so the body can use it. When large amounts of alcohol are present it can slow down or stop digestion for a while.

Circulatory System:

The **circulatory** system includes the heart and the bloodstream. Alcohol has only a minor effect on this system in the short run.

Kidneys:

The kidneys' job is to help the body get rid of waste products. When alcohol is present in the body, the kidneys will often produce too much urine.

Liver:

The liver has many jobs. One of its jobs is to control the sugar level in the blood. When alcohol is present the liver spends its time trying to get rid of it. Because the liver is busy with something else, the sugar level in the blood may drop. The brain needs sugar for food. When it does not get enough sugar it can cause hunger, weakness, nervousness, or sweating. If it gets bad enough it can result in headaches, tremors or even comas.

Central Nervous System:

The brain is the main part of the central nervous system. Alcohol is a depressant that slows down the brain. It lowers brain activity. When too much alcohol is consumed it can result in death.

DID YOU KNOW:

- It takes about one to two hours for an adult liver to break down the alcohol in one standard drink. If a person drinks more than this, the alcohol builds up in the body. For example, if you have two drinks in one hour, it could take the body up to four hours to get rid of all the alcohol. That is why drivers should not drink at all.
- The more alcohol in the body, the more intoxicated (drunk) a person will be, and the longer it will take for the alcohol to leave the body (Basics <http://www.afm.mb.ca/Learn%20More/alcohol_drugs.htm>).

EXERCISE #9

Fill in the blanks:

1. The _____ system is responsible for breaking down the food we eat.
2. The _____ help the body get rid of waste products.
3. The heart is part of the _____ system.
4. The _____ controls sugar levels in the blood.
5. The _____ is the main part of the central nervous system.
6. The presence of _____ keeps the liver too busy to keep blood sugar levels up.
7. The brain needs _____ for food.
8. Alcohol _____ brain activity.

LESSON #10

Long-Term Medical Complications

In this lesson we will look at some of the more serious effects of long-term alcohol use. We will look at how the different parts of the body are affected.

Gastrointestinal System (stomach and intestines):

Long-term alcohol use can cause irritation and bleeding in this area. This is even more serious for a person with ulcers. Sometimes the presence of alcohol causes digestive juices to back up. When this happens the pancreas can be damaged. Eventually, this can lead to diabetes.

Liver:

The liver has its own job to do. When alcohol is present the liver is forced to work on getting rid of it. Different diseases can develop if this keeps happening. One of the worst of these diseases is alcoholic **cirrhosis**. This disease happens when the liver cells are destroyed and the liver can no longer do its job. This can lead to brain damage, cancer, and death.

Haematological System (blood):

Blood is the body's transportation system. Heavy use of alcohol affects the quality of the blood. As a result, the body is not able to fight illness and infection as well. Other symptoms include bleeding disorders and frequent bruising.

Cardiovascular System (heart and blood vessels):

Long-term alcohol use can result in shortness of breath. It also raises fat levels, which in turn leads to a hardening of the arteries.

Genitourinary System (genital and urinary organs):

Heavy alcohol use can cause urinary tract infections. It also affects the reproductive system. It can change hormone levels and interfere with a person's sexual performance.

Respiratory System (breathing):

Alcohol has only indirect effects on the respiratory system. It increases the likelihood of getting pneumonia and respiratory infections, and can cause shortness of breath.

Endocrine System (hormones):

Hormones control many of the body's processes. Heavy drinking can damage this system and can increase the chance of getting certain cancers and can worsen diabetes.

Central Nervous System (brain and spinal column):

Long-term heavy drinking harms the central nervous system. It impairs the system's ability to send information to the rest of the body.

DID YOU KNOW:

After heavy use of alcohol over a long period of time, a person may experience:

- skin problems and stomach ulcers
- vitamin deficiencies
- sexual problems such as decreased sperm production, impotency (the inability to have an erection) and infertility (the inability to have children)
- mood changes and emotional changes
- brain damage and memory loss
- liver damage, heart and circulatory problems and many types of cancer (Basics <http://www.afm.mb.ca/Learn%20More/alcohol_drugs.htm>).

EXERCISE #10

True or False?

1. _____ Backed up digestive juices can damage the pancreas.
2. _____ The haematological system refers to the blood.
3. _____ Alcoholics are more likely to get pneumonia.
4. _____ The stomach is part of the gastrointestinal system.
5. _____ Alcohol does not affect a person's sexual performance.
6. _____ The central nervous system sends messages to the rest of the
body.
7. _____ Alcoholic cirrhosis is a disease of the kidneys.
8. _____ Heavy alcohol use can cause shortness of breath.
9. _____ Blood is the body's transportation system.
10. _____ Heavy drinking can lead to cancer and death.

LESSON #11

Other Physical Problems

In past lessons we have seen many ways in which alcohol harms the body. In this lesson we want to look at a few more problems caused by alcohol.

Alcohol Withdrawal Syndrome:

Alcoholics who wish to quit drinking face problems of their own. Different complications called **alcohol withdrawal syndrome** can develop. Some of them are mild but others can be very serious.

Organic Brain Disease:

There are several brain diseases caused by alcohol. Most of them are caused by a lack of nutrition to the brain.

Memory:

The use of alcohol has an effect on a person's memory. The more alcohol is used the worse it gets.

Fetal Alcohol Spectrum Disorder (FASD):

Women who drink while they are pregnant can do a lot of harm to the baby. Alcohol can have a lifelong effect on a child's health. Studies show that alcohol

exposure before birth can result in:

- a lower IQ
- hearing and speech problems
- poor hand/eye coordination
- poor eyesight
- emotional problems
- permanent brain damage

Many of the problems caused by alcohol are very serious. Some of them can be reversed after years of not drinking. Other problems are permanent and last a lifetime. But the problems are not only physical. There can be psychological, social, spiritual, economic and legal problems as well. In the next few lessons we will take a closer look at these other problems.



DID YOU KNOW:

Here are some other risks of alcohol you should know about:

- When mixed with drugs, alcohol can be dangerous. Talk to your doctor or pharmacist about drinking alcohol while taking medication.
- Drinking a lot of alcohol very quickly is called chugging and is usually done in drinking games. Drinking a lot of alcohol at one time is called binge drinking (For example, five or more drinks for men and four or more drinks for women). Both chugging and binge drinking can cause alcohol poisoning, which is an overdose of alcohol that results in vomiting, passing out and sometimes death.
- People can put themselves in risky situations when drinking (driving while impaired, having unprotected sex, taking unsafe actions which could cause injury).
- Alcohol use during pregnancy can cause permanent damage to the developing baby.
- Alcohol and other drugs used by a nursing mother can pass through breast milk to the nursing baby. Alcohol use may: slightly reduce milk production and impair milk release; affect a baby's sleep patterns; and influence gross motor development and early learning

(Basics <http://www.afm.mb.ca/Learn%20More/alcohol_drugs.htm>).

EXERCISE #11

Fill in the blanks.

1. Alcohol withdrawal syndromes can be very mild or very _____.
2. Most brain diseases caused by alcohol are as a result of a lack of _____ to the brain.
3. Alcohol's effect on a person's _____ increases as more alcohol is consumed.
4. Pregnant women who drink can cause life long harm to the child's _____.
5. Some of the problems caused by alcohol can be _____ after years of not drinking.

True or False?

1. _____ Some of the problems caused by alcohol are permanent.
2. _____ Women who drink while pregnant can cause their child to have emotional problems.
3. _____ The problems alcohol causes are only physical.
4. _____ People who decide to quit drinking have no more problems.
5. _____ Speech problems could be a sign of fetal alcohol spectrum disorder (FASD).

LESSON #12

Alcoholism and the Family - Early Stages

When there is an alcoholic in the family the whole family is affected. In this lesson we will look at the early stages when alcoholism first begins. Then in the next few lessons we will look at what alcohol does to the family over time.

When alcoholism first appears in a family it is often ignored. Family members will **minimize** or deny that there is a problem. They don't like to admit that there is a problem in their family. They are ashamed of what is going on and hope it will go away. They often feel confused about what is going on. They feel powerless and don't know how to behave towards the person who is drinking.

After a while the denial turns to anger and fear. Family members begin to try to control the person's drinking. They use words and actions to try to get the person to stop. At first they speak nicely. When that does not work they begin to talk in more angry tones. The alcoholic often sees this as nagging. He or she uses this as an excuse to drink more. After a while the words turn to emotional appeals, lectures, and threats.

Once the family sees that words are not enough they begin using actions. They will hide the liquor or pour it down the drain. Sometimes they will hold back

money. Most of these actions are not effective. The alcoholic puts a lot of effort into making sure he or she can continue drinking. At the same time, the family is doing their best to try to stop the drinking. This conflict can lead to hard feelings and can cause a lot of damage.

DID YOU KNOW:

The 2005 Canadian Addiction survey asked people aged 15 and up to report the harms they had experienced as a result of their alcohol use. The most commonly reported type of harm was harm to physical health, which was reported by 14.8% of current and former drinkers. Harm to friendships and social life was the second most frequently reported (14.2%), followed by harm to home life or marriage (8.1%), harm to work, studies or employment (6.8%), harm to financial position (6.9%), legal problems (3.8%), learning problems (2.3%), and housing problems (1.1%)

(Canadian Addiction Survey 43).

EXERCISE #12

Part 1

Match the following words with their definitions:

- | | | | |
|----|-----------|-------|---|
| A. | Minimize | _____ | without control or power |
| B. | Ashamed | _____ | to treat something as less serious than it is |
| C. | Powerless | _____ | mixed up or unclear |
| D. | Confused | _____ | feeling shame |
| E. | Denial | _____ | a clash between people or ideas |
| F. | Conflict | _____ | refusing to admit the truth |
| G. | Appeal | _____ | to give a good "talking to" |
| H. | Lecture | _____ | to plead for help |
| I. | Ignore | _____ | to pretend something is not there |

Fill in the blanks from the list above.

1. When alcoholism first appears, family members often _____ it.
2. After a while a family's _____ turns to anger and fear.
3. After a while kind words turn to emotional _____,
_____ and _____.
4. The _____ between an alcoholic and his family can cause a lot of problems.

LESSON #13

Alcoholism, the Family and Communication

The family has two basic purposes or functions. The first function is to **socialize** children. This means that the family is there to prepare and teach children to live in society. Part of learning to live in society is learning respect, both for the self and for others. Respect is also needed for the rules of the family and the rules of society. Children become socialized as the family teaches them these types of respect.



The second function of the family is to provide security for the adult. Adults need a place to go to where they are safe and free from worry. We don't always think about the need for adults to feel secure. We realize this need in children, but it is important for the adults too. The family is there for that purpose. Alcoholism in the family interferes with both of these functions. In the next few lessons we will look at some ways in which this happens.

Let's begin by seeing how alcoholism affects communication in the family. Communication can happen at different levels. Sometimes communication is very shallow. In shallow communication only the facts are discussed. Things that are

threatening are avoided. Real, deeper communication begins when people open up to each other and start sharing their feelings. Open communication is a sign of a healthy family.

When one member of the family is an alcoholic there is usually a problem with communication. Instead of using communication to build relationships, it is used to control other family members and to run them down. This is unhealthy communication. The alcoholic will use his or her drinking to avoid responsibility. This makes it very difficult for other family members who are trying to communicate with him or her.

The family members who are forced to put up with this behaviour build up a lot of anger. This anger shows itself in many ways. Often it results in shouting matches. Usually a lot of blaming takes place.

Instead of using communication to build the family, family members move apart. Each family member finds an escape. Some family members repress their anger and shame. They avoid friends or relatives. The alcoholic goes back to drinking. Other family members try to get lost in their work or some other activity.

In this situation, the family is not fulfilling its basic functions. Alcoholism has broken up many families by destroying communication.

DID YOU KNOW:

Canadians age 18 and up were asked to report what types of harm they had experienced within the past year as a result of the drinking of others. Here are the results:

Types of harm	Percentage reporting harm
1. Being insulted or humiliated	22.1%
2. Family or marriage problems	10.8%
3. Being pushed or shoved	15.5%
4. Serious arguments or quarrels	15.5%
5. Verbal abuse	15.8%
6. Being hit or physically assaulted	3.2%
7. One or more types of harm	32.7%

(Canadian Addiction Survey 45)

EXERCISE #13

Match the following words with their definitions:

- A. Functions _____ to prepare for life in society
- B. Socialize _____ purposes
- C. Security _____ duty or obligation
- D. Interferes _____ safety
- E. Responsibility _____ gets in the way of

Fill in the blanks from the list above.

1. The family's basic functions are to _____ children and to provide _____.
2. Alcohol _____ with the functions of the family.
3. The alcoholic uses his drinking to avoid _____.

LESSON #14

Alcoholism and Sexual Interaction

In the last lesson we saw how alcoholism can destroy communication in a family. In this lesson we will look at something that is closely related to communication. We will look at alcohol and sexual relationships.

Most alcoholic marriages have sexual problems. Sex is at its best when both partners respect each other – when they share things and are open with each other – and when communication lines are open.

When one of the partners is an alcoholic there is usually not much sharing. Both people are afraid of being hurt by the other. The non-alcoholic partner finds it hard to respond sexually to the alcoholic when he or she is drunk. The smell of alcohol on a person's breath can be overpowering and **repulsive**. After a while it can become hard to respond even when he or she is sober. Respect for the alcoholic is lost, leaving the alcoholic feeling like he or she is not a good lover. This causes feelings of hurt, rejection and anger. These feelings are not healthy and can do a lot of damage to the marriage.

Alcohol can also affect a person's sex life in another way. Alcohol may increase sex drive, but it hurts the performance. In fact, heavy use of alcohol can even lead to **impotence**.

In some cases it is the marriage or sexual problems that lead a person to alcoholism, but drinking only makes things worse. It would be much better to go for counselling. Many times sexual problems come as a result of poor communication skills. With counselling these problems can often be worked out.

DID YOU KNOW:

Overindulgence in alcohol or drugs can lead to the taking of unnecessary risks, which can mean pregnancy, sexually transmitted infection, or even sexual assault or harassment. It is important to be aware that using alcohol and drugs can make you less inhibited and lead you to make choices you wouldn't otherwise make (Alcohol, Drugs and Sex <<http://www.chebucto.ns.ca/Health/TeenHealth/sexualhealth/relationships/alcohol.htm>>).

EXERCISE #14True or False?

1. _____ Communication problems and sexual problems are closely related.
2. _____ Most alcoholic marriages have sexual problems.
3. _____ Respect is not important in a sexual relationship.
4. _____ Alcoholism does not affect a person's willingness to share his feelings.
5. _____ A wife may find it difficult to respond sexually to her drunk husband.
6. _____ Heavy use of alcohol can lead to impotence.
7. _____ Alcoholism always comes before the sexual problems.
8. _____ Drinking usually makes our problems worse.

On the lines below, please write a few sentences about how alcohol can affect a sexual relationship.

LESSON #15

Alcoholism and Role Fulfilment

Every member in a family has a role. A role is a position for which a person is responsible. A man may have the role of being a parent and providing for the family. Or else he may take care of the home while his wife goes out to work. Roles may differ from family to family but all families have them. People are expected to **fulfil** their roles. Roles that are clearly **defined** help people know what is expected of them. They give people an identity. They help people understand their rights and responsibilities.

When one of the family members is an alcoholic it affects the roles he or she has. Other family members cannot expect the usual behaviour from this person. They may have to fill in for this person. If the father is alcoholic, his wife or his children have to do some of the things he would otherwise be doing. This can upset the whole family. The wife may be forced to do more than she can handle. Children may have to pick up some of the tasks that their father should be doing.

Children need to be children. They have their own needs. When a father or mother does not fulfil the parenting role their children's needs are often not met. There is stress on all of the family members.

It is a parent's job to be a good role model for the children. Children watch their parents. They see how their parents cope with their problems. They learn from what they see in their parents. If a parent drinks all the time, the children may see this drinking as normal behaviour. Children very often grow up to be just like their parents. That is why it is so important for parents to set a good example.

DID YOU KNOW:

Current research findings suggest that children who are under the care of alcoholics are at risk for a range of **cognitive**, emotional, and behavioral problems. In addition, genetic studies indicate that alcoholism tends to run in families and that a genetic vulnerability for alcoholism exists (Children of Alcoholics: Are They Different? <<http://pubs.niaaa.nih.gov/publications/aa09.htm> >).

EXERCISE #15

Fill in the blanks.

1. Roles may _____ from family to family but all families have them.
2. People are expected to _____ their roles.
3. Clearly _____ roles help people know what is expected of them.
4. Roles give people an _____.
5. Roles help people understand their rights and _____.
6. Parents should try to be good _____ _____ for their children.

True or False?

1. _____ Every member of the family has a role.
2. _____ An alcoholic can always fulfil his roles in the family.
3. _____ Children have their own needs.
4. _____ Children usually grow up to be very different from their role models.
5. _____ Family members may have to fill in for some of the roles of the alcoholic.

LESSON #16

Alcoholism and Your Social Life

We have seen many of the problems alcoholism can cause for a person's health. We have seen the damage it can do to a family. But that is not where the problems stop. The problems go beyond the family. Alcoholics live to drink. They try to make sure that alcohol will always be available to them. The only social activities they go to are the ones where they can drink. Sometimes they will drink before they leave home or take alcohol along to make sure they get enough.

Not only are alcoholics careful where they go, they are also careful who they spend time with. They prefer friends who are like themselves. Often they lose the friends they had before who don't drink as much.

When they go out with their drinking buddies they sometimes get into fights and arguments. Sometimes they will make fools of themselves in public. Sometimes they will worry about what others will think. They try to hide their problem from others. They try sneaking their drinks to avoid being seen. It is a constant struggle. Alcohol affects everything they do, including their social life. Alcohol begins to control them.

DID YOU KNOW:

Although most drinking occasions occur without harm and most people do not have problems with alcohol, harmful personal experiences do occur, especially when they are assessed over a lifetime. Statistics show a quarter of former and current drinkers reported that their drinking has caused harm at some time during their lives (Canadian Addiction Survey 33).

EXERCISE #16

Circle the letter beside the best answer.

1. Alcoholism:
 - a) causes no problems for the alcoholic
 - b) affects only the alcoholic's life
 - c) affects the alcoholic's entire life and the lives of their family and friends
 - d) does not affect the alcoholic's social life

2. Alcoholics:
 - a) will go to any social activity
 - b) try to attend only the functions where they can drink
 - c) never drink before they go to a party
 - d) don't care if alcohol is available to them or not

3. Alcoholics:
 - a) don't care who they spend their time with
 - b) prefer friends who don't drink
 - c) often lose the friends they used to have
 - d) all of the above

4. Alcoholics:
 - a) sometimes make fools of themselves in public
 - b) sometimes have to be sneaky about their habits
 - c) are controlled by their drinking
 - d) all of the above

LESSON #17

Alcoholism and the Law

Laws were made to protect us. They are supposed to be for our own good. But sometimes laws get broken. When they are broken it is often because of alcohol. Alcohol can cause many legal problems.

Alcoholics need to get around just like everyone else. They may need to get to and from work, or to take family members somewhere. It is against the law to drive while **impaired**, whether from alcohol or drugs. If a person is caught driving while impaired, he or she will be charged and will have their licence suspended. This may cause problems with their work. In some cases they will even go to jail.

Not only do impaired drivers get in trouble with the law but they also get into frequent car accidents. This can be very costly, as your insurance won't cover damage to your vehicle if you were driving while impaired. Impaired driving is also dangerous. Every year many people are hurt or killed by drunk drivers. An impaired driver may be sued, lose their license and/or go to jail.

Many other offences take place when people are drunk. They lose control of their actions and do things they might not do when they are sober. Some offences that are often committed by people when they are drunk are:

- assaults
- disorderly conduct
- property crimes
- public drunkenness
- reckless driving



Many of the people behind bars today are there because of things they did while they were drunk. Sometimes they can't even remember what they did. This is called a blackout. If someone drinks too much it causes the part of the brain that helps you to remember to not record your memories. Usually they regret what they have done, but it is too late. Their freedom is gone. Their lives have been disrupted. They have had to learn the hard way that alcohol really does cause problems.

DID YOU KNOW:

- It is estimated that 4 to 5 million Canadians engage in high-risk drinking, which is linked to motor vehicle accidents, fetal alcohol spectrum disorder and other health issues, family problems, crime and violence (Health Canada: Alcohol <http://www.hc-sc.gc.ca/hl-vs/alc/index_e.html>).
- There are an estimated 10 million problem drinkers in the American adult population and an estimated 3.3 million teenage problem drinkers. Half of all traffic fatalities and one-third of all traffic injuries are alcohol-related. Alcohol is involved in 67 percent of all murders and 33 percent of all suicides (NIAAA:Data/Statistical Tables <<http://www.niaaa.nih.gov/Resources/DatabaseResources/QuickFacts/default.htm> >).

EXERCISE #17Fill in the blanks:

1. Laws were made to _____ us.
2. Often laws are broken because of _____.
3. Alcohol can cause many _____ problems.
4. It is against the law to drive while _____.
5. Many _____ accidents are caused by drunk drivers.
6. Driving while impaired will get your _____ suspended.
7. Many people are _____ or _____ by drunk drivers.
8. People do things when they are drunk that they might not do when they are _____.
9. People who are put in jail because of alcohol often _____ what they have done.

LESSON #18

Alcoholism and Your Job

People work to earn a living. They use the money they make to buy the things they need. There may be one or two providers in the family. Providing for the family is important and it is something to be proud of. The family depends on it. If one or both of the providers is an alcoholic, there may be problems. Let's look at some of the ways alcoholism can affect a person's job.

For one thing, many alcoholics do their drinking in the evenings after work or on weekends. When they go to work the next day they feel sick or hung over. Sometimes they may feel too rotten to show up for work. If they do go to work in this condition it affects their performance on the job.

Sometimes alcoholics will drink on the job. This is a dangerous practice and can lead to accidents. These accidents can result in property damage or injuries to the alcoholic and people close to him or her.

Alcohol affects an employee's relationship with the boss. Usually a person can't hide alcoholism from their boss. He or she will notice the missing days and the lack of **productivity**. Bosses notice the alcohol on a person's breath, and any accidents they may be having. If these things happen too often the boss may decide to take action. The employee may be demoted or may not get a promotion

that was expected or wanted. The boss may even fire an employee who has a drinking problem that is affecting their work.

DID YOU KNOW:

A study estimating the costs of substance abuse in Canada in the year 2002 found that costs associated with losses in productivity were \$24.3 billion, or 61% of the total losses measured in the study (The Costs of Substance Abuse in Canada 2002 <<http://www.ccsa.ca/NR/rdonlyres/18F3415E-2CAC-4D21-86E2-CEE549EC47A9/0/ccsa0113322006.pdf>>).

EXERCISE #18

Match the following words with their definitions:

- | | | | |
|----|--------------|-------|----------------------------------|
| A. | Dangerous | _____ | getting hurt |
| B. | Injuries | _____ | ability to produce |
| C. | Productivity | _____ | one who supplies what is needed |
| D. | Demote | _____ | a raise in your rank or standing |
| E. | Promotion | _____ | to lower your rank or standing |
| F. | Provider | _____ | not safe |

Fill in the blanks from the list above:

1. It is important for the family that the _____ keeps his or her job.
2. Drinking alcohol on the job is a _____ practise.
3. Alcohol related accidents can result in property damage or _____.
4. A worker's lack of _____ will usually be noticed.
5. If the boss notices that alcohol affects your job too often he or she may decide to _____ you.
6. Sometimes your misuse of alcohol can cause your boss to refuse to give you a _____.

LESSON #19

Treatment Programs

We have looked at some of the harm that chemical dependency can cause. We have seen how a person's entire life can be affected. But what happens when a person wants to get rid of this addiction? Where can they go for help? In this lesson we will look at the different types of treatment centres that offer help.

Detoxification:

To **detoxify** means to "get rid of poison." Detox centres are there for people who want to quit using drugs or drinking and "dry out." Sometimes people experience withdrawal symptoms that are quite severe and require medical attention. This is sometimes called "having the DTs". Many detox centres are set up to provide medical services. These are needed because sometimes, when a person stops drinking "cold turkey", they can have what is called an alcoholic seizure. A person who is suffering from severe withdrawal symptoms may need medicine to make things easier and less dangerous.

Short-Term Rehabilitation Programs:

These short-term programs are there to provide education, counselling and self evaluation. They help people understand chemical abuse. They help people identify and recognize some of the negative patterns that have developed. Then they teach them new coping methods. They also provide them with community

links and supports in the community like Alcoholics Anonymous, Cocaine Anonymous, and Narcotics Anonymous.

Long-Term Programs:

These programs usually last from three months to two years. They help people slowly work their way back into society. They stress the importance of peer support. Long-term programs are for heavily addicted people with few community or family supports of their own. Recovering addicts are encouraged to build up a list of people that they can call when they are feeling like drinking again. Using the tools this kind of program provides can greatly increase the chance of success.

Outpatient Programs:

Alcoholism is very complex. Alcoholics have many needs. The outpatient programs are there to follow up on the short-term treatment. They are mostly for people who see their own needs and want to take responsibility for them.

Aftercare Service:

Recovering from alcoholism is a long process. People who receive short-term treatment are often tempted to go back to their drinking. Aftercare services are designed to follow up other programs and provide support for those who need it.

Halfway Houses:

Halfway houses are there to help ex-inmates get back into society. Most halfway houses have individual and group counselling available for people with chemical dependency problems. Most halfway houses have a buddy system in place to help provide support for people when they feel weak.

DID YOU KNOW:

In 1992, the Canadian government spent \$18.45 billion on substance abuse, according to the Canadian Centre on Substance Abuse. This cost included health care, social welfare, criminal justice, and lost productivity.

More than \$290 million was spent on attempts to reduce the social and economic costs of substance abuse through the provision of treatment and rehabilitation (Profile - Substance Abuse Treatment & Rehabilitation in Canada -

<http://www.hc-sc.gc.ca/ahc-asc/pubs/drugs-drogues/bp-mp-abuse-abus/intro_e.html>).

EXERCISE #19

FIND THE HIDDEN WORDS

ABUSE COMMUNITY DETOXYFY SUPPORT
 ADDICTION COMPLEX MEDICAL TREATMENT
 ALCOHOL COPING REHABILITATION
 WITHDRAWAL CHEMICAL DEPENDENCY SOCIETY

D	R	E	H	A	B	I	L	I	T	A	T	I	O	N
E	G	H	C	S	R	O	I	Y	R	L	W	X	A	Z
P	S	M	N	B	V	C	C	X	E	C	I	Q	P	L
E	N	O	I	T	C	I	D	D	A	O	T	K	J	I
N	L	O	I	H	F	R	E	W	T	H	H	D	R	Y
D	E	T	O	X	I	F	Y	B	M	O	D	U	Q	T
E	O	C	S	G	S	R	W	A	E	L	R	Z	M	I
N	X	Q	K	N	O	U	F	L	N	S	A	D	H	N
C	H	E	M	I	C	A	L	C	T	R	W	L	D	U
Y	K	D	C	P	I	Y	G	O	F	E	A	B	V	M
P	O	I	U	O	E	Y	T	M	D	S	L	O	L	M
A	S	D	F	C	T	R	O	P	P	U	S	Y	T	O
Z	X	C	V	B	Y	J	O	L	G	B	K	D	X	C
L	P	O	I	K	M	N	J	E	D	A	N	B	H	Y
L	A	C	I	D	E	M	H	X	R	F	V	C	D	E

LESSON #20

Treatment Methods and Goals

Most treatment centres in Canada offer individual and group counselling as well as education about alcohol. Many of them also offer psychiatric and psychological services. In this lesson we will look at a few of the different treatment methods that are used.

Counselling and Psychotherapy:

Alcoholism counselling is a little different from a lot of other types of counselling. It is more **directive**. This means that the counsellors will point out a fairly clear course of action for the client. Although all alcoholism counsellors are different, most of them are very supportive. They try to deal with reality. They focus on the present and the short term. They look for "real world" behaviour changes.

Marital and Family Therapy:

Alcoholism affects the family. The family situation affects the alcoholic. Marital and family therapists understand this relationship. They realize that the drinking problem is often only a part of the bigger problem. Their focus is therefore on related family problems as well as on the drinking problem.

Pharmacotherapies:

These are therapies in which certain medical drugs are used to deal with the problem. When used, it is usually along with another form of treatment, like counselling or group therapy. Drugs like Maloxone can be used to discourage an alcoholic from drinking.

Sometimes an alcoholic will fall into depression once they stop drinking. This depends on how long they have been abusing alcohol and how much alcohol they have been drinking, as well as whether or not they had depression before starting to drink. Pharmacotherapies are not miracle cures and have limited purposes.

Alcoholics Anonymous:

Alcoholics Anonymous, Al-Anon, and Alateen are community-based support services for alcoholics and their families. AA has helped deliver many people from the bondage of alcoholism. In this group, an alcoholic will hear stories about people who have gone through many of the same things they have. Alcoholics Anonymous offers a twelve-step program which makes twelve promises. One of those promises is that by attending meetings, the alcoholic will come to know a new freedom and happiness.

The goal of most alcoholism treatment is abstinence. This means a person must decide to completely give up drinking. Even social drinking is not acceptable. Once a person has been addicted to a drug it is too easy to fall back into the habit. It is better not to take any more chances. An alcoholic may always have one more drink left in him or her self, but the important question is: can they go through

another recovery?

DID YOU KNOW:

Though many people who have problems with alcohol or other drugs overcome these problems without formal treatment, there is good evidence that those exposed to some types of treatment for substance abuse subsequently reduce their use of alcohol or drugs and show improvements in other life areas. In general, treatment outcomes are improved when help is also provided for other significant life problems, such as communication problems, lack of assertiveness, and unemployment (Profile - Substance Abuse Treatment & Rehabilitation in Canada - <http://www.hc-sc.gc.ca/ahc-asc/pubs/drugs-droques/bp-mp-abuse-abus/intro_e.html>).

EXERCISE #20

Fill in the blanks.

1. Most treatment centres in Canada offer _____ and _____ counselling, as well as alcohol _____.
2. Alcoholism counselling is a little more _____ than most other counselling.
3. Most alcoholism counsellors are _____ and try to deal with reality.
4. Marital and family therapists see a drinking problem as part of a _____ problem.
5. The goal of most alcoholism treatment is _____.

True or False?

1. _____ Alcoholism does not affect the rest of the family.
2. _____ Alcoholics Anonymous is a community-based support service.
3. _____ Alcoholism counsellors look for "real world" behaviour changes.
4. _____ Pharmacotherapies offer a miracle cure.
5. _____ Alcoholics Anonymous has helped many people.

LESSON #21

Responsible Attitudes Toward Drinking

We have looked at many of the problems caused by irresponsible drinking. In this lesson we want to take a look at the other side. Here is a list of some responsible attitudes toward drinking.

- 1) Drunkenness is not acceptable. We should avoid it ourselves and refuse to tolerate it in others.
- 2) Alcohol should be recognized as a drug which depresses the central nervous system. Using it can have serious consequences.
- 3) Excessive drinking is irresponsible. It is harmful to the drinker, as well as to their family and friends.
- 4) People who serve others alcohol should realize their proper responsibility as good hosts and hostesses. This means being aware of the behaviour of the people they are serving, and not serving them too much alcohol. It also means encouraging them to find safe transportation home, like having a designated driver or taking a bus or cab.
- 5) Drunkenness is an overdose of alcohol. It may present hazards to the person who is drunk as well as to the people around them.
- 6) Those who drink should respect the decisions of people who choose not to drink. Those who choose not to drink should respect the rights of those who do – as long as their drinking is done in a responsible manner.

- 7) Adults have an influence on the habits and attitudes of youth. It is up to them to set a good example.

DID YOU KNOW:

Alcohol is associated with the good times in life. Unlike other drugs, it is legal, it is advertised and sold on the retail market. There is no single attitude toward moderate or social drinking that is acceptable to everyone. However, there is agreement developing in society about problematic drinking types such as the excessive drinker, the problem drinker, and the alcoholic. While it has become clear that most people will continue to insist on their right to drink, it has also become evident that drinking to excess and endangering the lives of themselves and others is no longer acceptable (Alcohol: a Potent Drug <<http://www.cnoa.org/N-02.pdf>>).

EXERCISE #21

Place an “*I*” in front of the sentences that show IRRESPONSIBLE ATTITUDES and a “*R*” in front of the sentences that show RESPONSIBLE ATTITUDES.

1. _____ I don't care how much I serve him. He knows when to stop.
2. _____ Drunkenness is not acceptable.
3. _____ What? You don't drink? What's wrong with you?
4. _____ I don't care what my kids see me do.
5. _____
condition
drive you
6. _____ I
you can
you like.
7. _____
enough
to stop.
8. _____
drink is my business. It doesn't affect anyone else.
9. _____ Can you open this beer for me? I'm busy driving.
10. _____ We'll call a taxi. We can pick up our car tomorrow.



You are in no
to drive. Let me
home.
don't drink but
have a beer if
You have had
drinks. It's time
How much I

LESSON # 22

Alcohol and Your Driver's License

Drinking and driving, as most of us know, can lead to major life consequences, including seriously hurting or killing someone. Sometimes, in the heat of the moment, people make bad decisions. This may include deciding to drive while intoxicated. Having had a few drinks, they may be less worried about consequences. In this lesson we will look at the legal consequences of driving while impaired in Manitoba, as they affect your driver's license. While this lesson focuses on Manitoba laws, remember that no matter where you live, drinking and driving can affect your license.

Let's start with this fact: having a couple of drinks may be all it takes to have your license taken away. This can affect your life in many ways, including your job, your pocketbook, and your relationships.

While a person may not feel drunk or act drunk, impairment happens before these signs can be felt or seen. Not only that, but a police officer can charge a person with impaired driving even if their blood alcohol content (BAC) is below the legal limit of 0.08 per cent. What the police are looking for is a sign of impairment, like the smell of alcohol on your breath. If you are driving erratically, or if you are in even a minor accident and the officer smells alcohol, you can be charged with impaired driving.

Here's what can happen if you are found guilty of impaired driving in Manitoba:

- A minimum fine of \$600 for a first offence.
- Your vehicle will be impounded for at least 60 days for a first offence.
- It will cost you approximately \$450 for a 30-day impoundment and \$900 for a 90-day impoundment.
- Your license will be suspended for three months at the time of the charge, and if you are found guilty, a driving prohibition of one year begins. You will not be allowed to operate any type of motorized vehicle.
- If your driver's license is suspended you may have to pay a driver's license reinstatement fee of \$50.
- You will undergo an assessment of your alcohol/drug use at a cost of \$400. The assessment is conducted by the Addictions Foundation of Manitoba (AFM).
- You will have to pay a license surcharge premium to Manitoba Public Insurance of up to \$999.
- Complete driver exams or a driving course, at a cost ranging from \$35 to \$150.
- A mandatory minimum jail sentence of 14 days for a second conviction or 90 days for subsequent convictions

(Manitoba Department of Justice <

<http://www.gov.mb.ca/justice/impaired/index.html>).

Now consider the consequences of this for your everyday life. How important is it to you to be able to drive? Does your work depend on it? What about your family? For many people, the answers to both questions is 'yes'. It would be a horrible situation to lose the ability to drive. In addition, the financial costs are very high and can cause a lot of stress on a person and their family.

The important thing to remember is that all of this is avoidable. It is all about planning and making good decisions. Having a **designated** driver or money set aside for a cab can erase this worry from your mind. Another option is to ask a party host in advance if you can sleep at their home until you are able to drive safely.

Under the Graduated Licensing Program in Manitoba, starting in December 2006, drivers who have never had a license before will be required to have blood-alcohol limits of zero for five years – up from three – as part of the graduated driver licensing program. What this means is that new drivers can't drink a drop of alcohol and drive. Manitoba now has the strictest blood-alcohol limits in Canada. The number of alcohol-related deaths and injuries behind the wheel decreased 25 percent in 2001 to 2005 compared with 1996 to 2000. The graduated licensing program, which also limits passengers and includes other restrictions, was introduced in 2002 (Manitoba Department of Justice <<http://www.gov.mb.ca/justice/impaired/index.html>>).

DID YOU KNOW:

Eating does not affect your blood alcohol content (BAC), nor does an empty stomach.

You can be charged with impaired driving if you drink alcohol, take prescribed medication or take over the counter or illegal drugs.

Any amount of alcohol can affect a person's ability to drive, even one drink.

½ oz. of hard liquor, 4 oz. of wine and 12 oz. of beer have the same amount of alcohol content in them.

Light beer contains alcohol. Any amount of alcohol affects driving ability.

Conviction for refusing a breathalyzer or blood test results in a longer suspension and stiffer penalties than an over .08 conviction.

A drink an hour is a common myth. The body cannot rid itself of 1 drink an hour and any amount of alcohol affects driving ability.

Even if you don't feel intoxicated, you may still be impaired.

(Be A Safe Driver

<http://www.afm.mb.ca/Learn%20More/alcohol_drugs.htm>)

EXERCISE # 22

1) Have you, or someone you know, ever driven while intoxicated? If so, what do you think was the reason for making this decision? Were there other options available? If so, what were they?

2) Please list some reasons why it is important not to drive while impaired.

GLOSSARY

LESSON ONE

CHEMICALLY DEPENDENT – a term which describes people whose lives revolve around drugs. They depend on these drugs and are controlled by them.

LESSON TWO

ALCOHOLICS - a term for people who cannot control their drinking.

LESSON THREE

HARM REDUCTION - choosing a less risky behaviour which may lessen the harm you cause to yourself or others.

ABSTINENCE - refraining from; doing without.

CONSEQUENCES – outcomes resulting from personal choices and actions.

LESSON FOUR

NON-JUDGMENTAL – refraining from criticizing or calling into question.

LESSON FIVE

PREDISPOSING – making something more likely to happen.

PSYCHOLOGICAL - directed toward the mind; mental thoughts.

HEREDITY – the transmission of traits and characteristics of parents to offspring through the genes.

LESSON SIX

TOXIC – producing a harmful effect, poisonous.

TOLERANCE - a threshold; for example, having to increase the amount of alcohol used to get the desired effects.

SOLUBILITY – a chemical's ability to be dissolved in certain substances.

LESSON EIGHT

CENTRAL NERVOUS SYSTEM - consisting of the brain and spinal cord; transmits motor impulses and receives sensory impulses.

DIGESTION – process by which food passes through the body. It must first be broken down before it can be used.

ABSORBED – to be sucked up, as with a sponge.

LESSON NINE

CIRCULATORY – moving blood from place to place in the body.

LESSON TEN

CIRRHOSIS – disease which destroys liver cells.

LESSON ELEVEN

ALCOHOL WITHDRAWAL SYNDROME – a range of physical and psychological effects which can occur when an alcoholic tries to quit drinking. These can range from mild irritation to tremors, panic attacks and hallucinations.

LESSON TWELVE

MINIMIZE – to treat as unimportant.

LESSON THIRTEEN

SOCIALIZE – learning to live within the rules of society.

LESSON FOURTEEN

REPULSIVE – to find disgusting.

IMPOTENCE – the condition of being unable to get or maintain an erection.

LESSON FIFTEEN

FULFIL – to accomplish or perform; to meet or satisfy requirements.

DEFINED – clearly explained.

COGNITIVE – relating to the mental processes of memory, judgment, perception and reasoning.

LESSON SEVENTEEN

IMPAIRED – driving while under the influence of drugs or alcohol; lessened ability to function.

LESSON EIGHTEEN

PRODUCTIVITY – ability to produce or to get things done.

LESSON NINETEEN

DETOXIFY – to remove poisonous qualities or effects.

LESSON TWENTY

DIRECTIVE – a clearly pointed out course of action.

LESSON TWENTY-TWO

DESIGNATE – to appoint a task to someone else; to have someone act in your place.

WHO TO CONTACT

These are telephone numbers and addresses from Manitoba, but many similar organizations can be found in your local telephone book if you are from another province.

Alcoholics Anonymous
(204) 942-0126
505-365 Hargrave St.

Al-Anon Central Services
(204) 943-6051
304-310 Donald St.

Addictions Foundation of Manitoba
(204) 944-6200
1031-1041 Portage Ave.

Health Sciences Centre
Chemical Withdrawal Unit
820 Sherbrook St.
(204) 787-3889

WORKBOOK EVALUATION

Please answer the questions as best you can. This is not a test that measures your knowledge. It measures how well we have made this workbook. Your opinions and ideas are valuable to us. With your help, we can make this workbook better.

How useful did you find this workbook? (Please circle)

really useful **somewhat useful** **undecided** **not useful**

Was this your first time learning about alcohol use? (Please circle)

Yes **No**

What will you remember most about alcohol use after finishing this workbook?
(Please circle as many as you would like)

medical information **risk factors** **the workbook illustrations**
harm reduction **the workbook writing exercises** **treatment options**

other: _____

Was the information written in a way that was easy for you to understand? (Please circle)

Yes **No**

If the information was not easy to understand, what changes would make the

workbook easier to understand?

How do you think you may use the information you learned about alcohol use?
(Please circle)

with my addiction	with my family	during stressful situations
in my job	with my friends	in jail

How much did you enjoy the workbook? (Please circle)

I thought it was great.	I liked it.	It was OK.
I didn't like it.	I hated it.	

What could be changed to make it better?

Do you feel that you are a better reader and writer now that you have finished this workbook? (Please circle)

Yes No

If you answered yes, what do you feel has got better: your reading or your writing? (Please circle)

reading writing both

Was there enough variety to keep you interested in learning? (Please circle)

Yes No

If there was not enough variety, what would have liked to see more of? (Please circle)

games stories pictures harder questions more facts

other: _____

How old are you? _____ What grade did you finish in school? _____

Do you have an idea for another topic that would make a good workbook? (If your answer is “yes,” please tell us what the topic would be and why it would make a good workbook.)

Thank you for taking the time to complete this form.

Please return the completed form to the John Howard Society instructor or send it to:

The John Howard Society, 583 Ellice Avenue, Winnipeg, MB, R3B 1Z7

Tel: (204) 775-1514 Fax: (204) 775-1670 e-mail: office@johnhoward.mb.ca

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