

# APRIL IS ALCOHOL AWARENESS MONTH

The Northeastern Center wants to remind the community that April is Alcohol Awareness Month. Every April since 1987, the National Council on Alcoholism and Drug Dependence, Inc (NCADD) has sponsored Alcohol Awareness Month. The purpose of this month is to educate the public on alcohol-related issues and to encourage individuals and families to get help for alcohol-related problems.

Northeastern Center has made a free alcohol abuse screening available on their website. This quick, 4 question, screening helps to give an idea if an individual may be suffering from alcohol abuse, and how Northeastern Center can help. The screening can be found by visiting [www.nec.org](http://www.nec.org).

According to the Centers for Disease Control and Prevention, excessive alcohol abuse is a leading cause of preventable death and is responsible for more than 95,000 deaths each year in the United States.

Alcohol abuse and alcoholism are due to many factors such as genetics, how you were raised, your social environment, and your emotional health. People who have a family history of alcoholism, or associate closely with heavy drinkers, are more likely to develop a drinking problem. Those who suffer from mental health problems are also at risk because alcohol is used to self-medicate. It is not always easy to figure out when you have crossed the line into a drinking problem. If drinking is affecting your life, then you have a problem.

Northeastern Center's Chief Clinical Officer, Dottie Fuentes, had this to say regarding Alcohol Awareness Month and the role she hopes people understand that Northeastern Center can play in regards to their struggle with alcohol abuse.

**Figure 1**

*A Red Ribbon is the symbol for Alcohol Awareness*



“During alcohol awareness month, we want to emphasize the importance of providing education to children and adults about alcohol misuse and addiction. We want people to understand the significant impact that alcohol has on their health and our communities, but we also want to emphasize that recovery and help are available through the Northeastern Center.”

You need to know the facts and signs of alcohol abuse. Moderate alcohol consumption is defined as up to one drink per day for women and two drinks per day for men.

Heavy or high-risk drinking is the consumption of more than three drinks on any day, or more than seven per week for women, and more than four drinks on any day or more than 14 per week for men. Binge drinking is the consumption within two hours of four or more drinks for women and five or more drinks for men. If you or someone you know is suffering from alcohol abuse, do not hesitate to reach out for help. The Northeastern Center, along with many other mental health agencies, offers substance abuse and addiction services.