

MMHCABI

THE OFFICIAL NEWSLETTER OF MICHIGAN MENTAL HEALTH
COUNSELORS ASSOCIATION **BRIDGING INITIATIVE**



**Welcome
MMHCA
Students!**

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"protects counselors like me"

Hello MMHCA Bridging Initiative Member,

In this month's newsletter, we will focus on Alcohol Awareness since April is National Alcohol Awareness month.

Historically, alcohol has been a troubling reality for many households. Unfortunately, this phenomenon continues today. Whether it was during Prohibition from 1920-1933 (when alcohol was made illegal and led the way to bootlegging - the illegal manufacturing and selling of alcohol during Prohibition) to the rise of Alcohol abuse among Americans and non-Americans today; the problematic impact yet prevails.

This is a clarion call for mental health professionals to continue your stand against the elements of our society that promote the misuse and abuse of alcohol. Remember alcohol knows no bounds, from the youth of our nation to our seniors - and all the ages between, far too many are profoundly impacted by the fall out of alcohol abuse.

What stand can you make to bring the kind of awareness that leads to positive change? Suggestion: direct people to information that delineates the effects of alcohol abuse (see the links below as a possible starting place).

To each of you who has taken the time to read this newsletter, thank you. And remember, you are invited to provide topic suggestions for future editions. Comments, questions, or just because, be sure to connect with us at MMHCABI@Gmail.com

APRIL IS
ALCOHOL
AWARENESS
MONTH

NOT SO FUN FACTS OF ALCOHOL ABUSE

- The L.A. Times reported on January 14, 2020, that "Americans are drinking more now than when Prohibition was enacted," According to Dr. Tim Naimi, an alcohol researcher at Boston University,
- The DSM-5 (F10.20)- Alcohol Use Disorder is likely present when the patient's drinking causes harm or distress. Symptoms include:
 - A combination of cravings (cravings refer to the driving need for alcohol intake)
 - physical dependency
 - an increasing tolerance for alcohol
 - loss of control.
- The CDC reports that over 95,000 Americans die from excessive alcohol use in the U.S. each year. <https://www.cdc.gov/alcohol/index.htm>
- As it relates to Covid-19, increased stress can lead to increases in alcohol and substance use, also according to the CDC.

WHAT TO DO WHEN YOU OR SOMEONE YOU LOVE IS STRUGGLING WITH ALCOHOL ABUSE

- Contact your local healthcare provider
- Locate treatment and recovery programs
- Take medicines as prescribed
- Continue therapy, treatment, or support appointments
- Call the national drug and alcohol treatment referring routing service (1-800-622-help)
- See links below for resources addressing alcohol use
- - <https://alcoholawareness.org/aam>
 - <https://www.cdc.gov/drugoverdose/pdf/prescribing/AlcoholToolFactSheet-508.pdf>
 - <https://www.samhsa.gov/find-help/national-helpline>

READING SUGGESTIONS

THIS NAKED MIND CONTROL ALCOHOL
by
ANNIE GRACE

- Student members, be on the lookout for monthly email connections -

COMMENTS/SUGGESTIONS?

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