

Alcoholism

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What is alcoholism?

Alcoholism, also known as alcohol use disorder (AUD), is a chronic, relapsing medical condition characterized by an impaired ability to control or stop drinking despite the negative consequences it causes. It's considered a spectrum disorder, meaning it can range from mild to severe and can manifest in various ways depending on the individual.



MORE THAN **10% OF U.S. CHILDREN** LIVE WITH A PARENT WITH ALCOHOL PROBLEMS.

-NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM

Warning Signs Of Alcoholism

1. Being unable to control alcohol consumption
2. Craving alcohol when you're not drinking
3. Putting alcohol above personal responsibilities
4. Feeling the need to keep drinking more
5. Spending a substantial amount of money on alcohol
6. Behaving differently after drinking



Health Consequences of Alcohol Use in New York City

- In New York City, alcohol is readily available at service outlets, such as restaurants and bars, and at retail outlets, such as liquor stores and delis.
- Alcohol use is also associated with depression, suicide, homicide, domestic violence, sexually transmitted diseases and injuries.
- Each year in the United States, there are approximately 79,000 deaths attributable to excessive alcohol use, making alcohol the third leading behavior- related cause of death nationwide.



Reasons why people drink

People may turn to alcohol for one reason and gradually develop a dependency on drinking. For example, drinking during difficult times – a death in the family or job loss – can potentially trigger long-term alcohol abuse.

While there are various reasons as to why people start drinking, some of the most common are to:

- Relieve stress
- Cope
- Feel good
- Anxiety
- Trauma



Samuel's Background

Since high school, Samuel has been drinking alcohol most nights. He is now 29-years-old and has had trouble keeping a job because sometimes the hangovers are too intense. He also was charged with a DWI when he was 20. Sam comes from a relatively stable family, although his father is a heavy weekend drinker. Understandably, Sam is concerned about the toll that alcohol is taking on his life.



Treatments

Types of Alcohol Treatment Programs

- Medical Detox
- Inpatient Treatment
- Partial Hospitalization Program
- Intensive Outpatient Treatment
- Outpatient Treatment



1. 988 Suicide & Crisis Lifeline: For emotional and substance use support 24/7
2. Detoxification: Involves clearing alcohol from the body, usually under medical supervision to manage withdrawal symptoms safely.
3. Therapy and Counseling: Cognitive-behavioral therapy (CBT), individual counseling, group therapy, or family therapy can help individuals understand the underlying causes of their alcohol use disorder and develop coping strategies to avoid relapse.
4. Dual Diagnosis Treatment: For individuals with co-occurring mental health disorders, such as depression or anxiety, integrated treatment that addresses both conditions simultaneously may be necessary.

Recommended health programs in NYC.



It's important for people dealing with alcoholism to seek support and explore the resources available to find a program that suits their needs and preferences. In addition, seeking guidance and support from a healthcare professional or addiction specialist can be beneficial in your recovery process.

1. **Alcoholics Anonymous (AA)**
 - a. AA is a widely recognized support group for people who are working towards overcoming alcohol addiction. They have meet-ups all over NYC where individuals can connect with like-minded people who can relate to their challenges and exchange stories.
2. **NYC Health + Hospitals**
 - a. NYC Health + Hospitals offers a wide range of healthcare services, including programs for addiction treatment. They provide outpatient programs, counseling services, and can connect you with specialized treatment centers.
3. **Center for Motivation and Change**
 - a. This center provides evidence-based treatment for alcohol addiction, which includes individual counseling, group therapy, and family support programs. They've got spots in Manhattan and Brooklyn.
4. The **Hazelden Betty Ford Foundation**, although not located in NYC, provides virtual care options for individuals dealing with alcoholism. They offer telehealth counseling, online support groups, and self-paced recovery programs.
5. **SMART Recovery**
 - a. SMART Recovery is an addiction recovery support group that provides meetings in NYC and online, with a focus on scientific principles. Their main goal is to help people overcome addiction by teaching them self-management and cognitive-behavioral techniques.
6. The **Mount Sinai Addiction Institute** offers a wide range of addiction treatment services, such as outpatient programs, medication-assisted treatment, and support for co-occurring mental health disorders.
7. **NYC's 311 service** is a great resource for people in need of information and referrals for alcoholism support in the local area. They have access to a wide range of resources, including treatment programs, support groups, and other services in your area.

Risk factors

Biological makeup can lead to an increased risk of alcoholism is associated with a personal or family history of alcoholism or drug misuse. Predisposition to alcoholism is strongly influenced by one's genes.

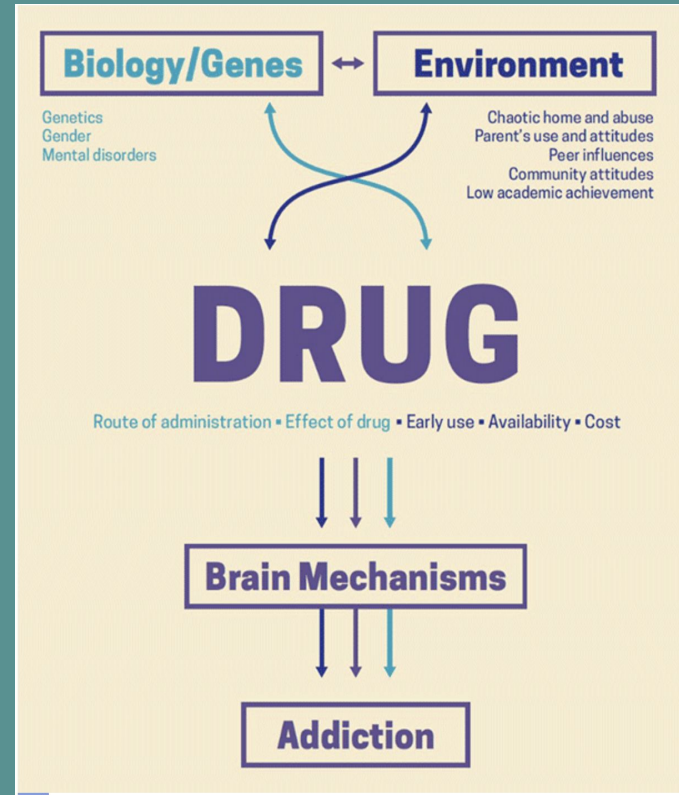
Environmental Factors like having parents or friends who abuse alcohol or being around drunk people increases the likelihood of developing alcoholism.

Depression, anxiety, bipolar illness, and post-traumatic stress disorder (PTSD) are mental health issues that can increase a person's risk of becoming an alcoholic. To alleviate the emotional and mental distress, some may turn to alcohol.

Peer pressure, cultural standards, and alcohol's social acceptability are all examples of social factors that can affect how much people drink and, in turn, increase the likelihood that someone would develop an alcoholic.

Getting a head start to the calamity, the risk of alcoholism increases if drinking starts early in life, especially before the age of fifteen.

Some people may seek solace in alcohol as a means of coping with traumatic events or persistent stress, which can ultimately lead to the development of alcoholism.



Alcohol is a form of a drug,
considered to be a depressant drug.
Be kind to your bodies!

Thank you for listening.

WAYS QUITTING ALCOHOL CAN HELP YOU LOOK & FEEL YOUR BEST

WHILE DRINKING



DRY, BRITTLE HAIR
alcohol dehydrates hair
causing thinning and
breakage while lack of
nutrients slows down
keratin production



DULL, BLOTCHY SKIN
alcohol causes skin
flare-ups like acne
and rosacea along
with dry patches



WEIGHT GAIN
drinking is full of calories
and when combined with
binge-eating, your liver is
overworked and you are
likely to put on pounds

AFTER QUITTING



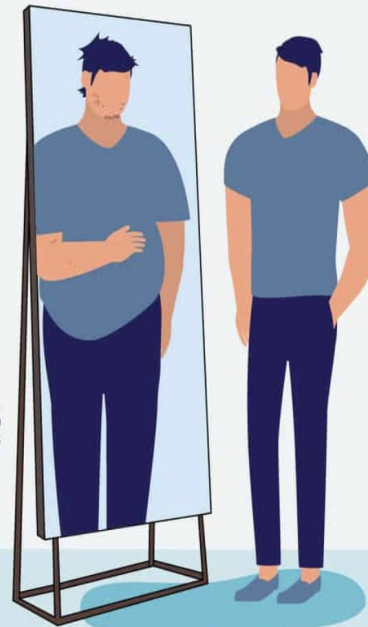
FULL, SHINY HAIR
your body more easily
absorbs essential nutrients
like zinc and folic acid
which promotes thicker,
stronger hair



GLOWING, CLEAR SKIN
your skin regains its
natural shine and breakouts
disappear as cortisol levels
return to normal



HEALTHY BODY
your body can metabolize
nutrients more efficiently
when you replace alcohol
with healthier eating and
regular water intake



Excessive drinking can negatively impact all areas of your life. Quitting alcohol can help you feel much better mentally and physically as well as look better too.

Q & A

Questions are welcomed!

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