

Alcohol—the Legal Substance

The opiate epidemic continues to make national headlines. Changing state laws regarding marijuana use continue to challenge workplaces in terms of their policy and procedure initiatives. New and different types of synthetic drugs cast their allure on young people. But what about that mind-altering, psychoactive substance that is perfectly legal to use and may even be sold in your local grocery store?



Except for a brief period in the early twentieth century known as the Prohibition Era (1920-1933), alcohol has been and remains a legal substance in the United States. It is a legal substance in most other countries as well. Used to enhance joyous social occasions, as well as a fundamental part of certain religious rituals (for example, the wine used for communion during Christian worship), alcohol has been a part of human culture for thousands of years.

Individuals who develop a dependence on alcohol have been with us just as long.

Concerned about your drinking?

If you have concerns about your own drinking habits, consider the following questions:

1. Have you ever felt like you should cut down on your drinking?
2. Have you ever been annoyed when someone criticizes your drinking?
3. Have you ever felt guilty about how much you drink?
4. Have you ever had a drink in the morning (also known as an "eye-opener") to steady your nerves?

(Source: "CAGE" Questionnaire)

If you answered "yes" to any of these questions, you might consider reaching out to your Life Advisor EAP for free and confidential assistance, including further assessment, appropriate referrals, and counseling services if needed.

What is Alcoholics Anonymous?

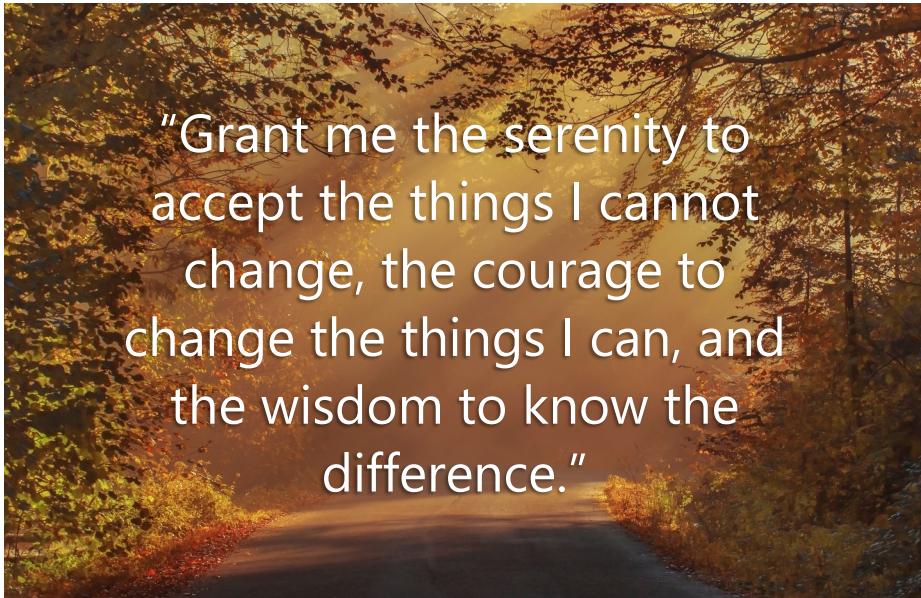
Some individuals who struggle with alcoholism have found that speaking to others with similar struggles helps to support their own recovery. For this reason, peer support groups like Alcoholics Anonymous (A.A.) remain extremely popular. There are no dues or fees for Alcoholics Anonymous either, so attending meetings is completely free.

The preamble of Alcoholics Anonymous states: "Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for A.A. membership is a desire to stop drinking."

Alcoholics Anonymous was founded in 1935 by Bill W., a New York stock analyst, and Dr. Bob, a physician from Ohio. Bill W. and Dr. Bob, along with the other early founders of A.A., developed the 12-step program of recovery and eventually co-authored the Big Book of Alcoholics Anonymous, the text used by A.A. members as an integral part of the recovery process.

It is estimated that as of 2016 there are approximately 2 million members of A.A. worldwide.

For a list of A.A. meetings in your area, visit aa.org or contact your Life Advisor EAP. Our consultants would be happy to help you find a list of meetings in your area.



"Grant me the serenity to
accept the things I cannot
change, the courage to
change the things I can, and
the wisdom to know the
difference."

What about friends & family?

"Each year, one in five U.S. adults - an estimated 53 million people - experience harm because of someone else's drinking, according to new research in the *Journal of Studies on Alcohol and Drugs*.

Al-Anon is a mutual support program designed for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles,

families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help."

Visit al-anon.org for more info.

Ulliance Can Help

The Ulliance Life Advisor EAP benefit is available for employees, spouses, and dependents. If you think you have a problem with alcohol, or if someone's alcohol use is impacting your life, please call 800.448.8326 and speak with a Life Advisor Consultant today.