

The ME WE Family Education & Support Program

Newsletter Volume 5

Making a difference,



now that you know.

Did You Know That April is Alcohol Awareness Month?

Alcohol awareness month takes place in April every year. It offers communities a chance to gain more understanding of how individuals struggle with alcohol abuse, offers advice and help for those affected, and highlights the serious health issues caused by alcohol. Alcohol Awareness Month is a health awareness campaign that was formerly sponsored by the National Council for Alcoholism and Drug Dependence (NCADD).

It took place every April and was established in 1987 with the aim of raising awareness for communities and to help understand the causes and treatment available for one of the nation's biggest health issues.

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Drinking Alcohol Increases Cancer Risk—But Very Few Americans Are Aware of the Link

FAST FACTS

- Few Americans know of the increased risk of cancer associated with alcohol consumption.
- More than 50% of U.S. adults report not knowing how alcohol affects cancer risk, new research shows.
- Drinking alcohol of any kind is a known, but modifiable risk factor for cancer.

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141K

140,557 Americans die from the effects of alcohol in an average year.

10 %

1-in-10 Americans over the age of 12 have Alcohol Use Disorder.

60 %

Over half of Americans increased their alcohol consumption during COVID-19 lockdowns.

The Inconvenient Truth About Alcohol

Drinking is much deadlier than we wish to admit, and the problems start way too early in life

Here's a little reality many of us don't want to hear: Alcohol is really bad for us in pretty much any quantity at any age. There, I said it. And yes, you may argue that a stiff belt or two helps you relax in the evening or that a good meal isn't complete without a glass of wine or that beer is one of the main food groups. I've been right there with you for years, pinning my hopes on these delightful illusions to justify one, or one too many, on a regular basis.

But our rose-colored drinking glasses are blind to the fact that alcohol is one of the deadliest things we humans regularly ingest with wholehearted eagerness.

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What is 'dry drunk syndrome,' and whom does it affect?

Alcohol use disorder (AUD) is a form of brain disorder. A person with AUD is unable to stop drinking alcohol, despite the effects it has on their life.

Giving up alcohol completely can be an important step in a person's recovery from AUD. However, this can be a long, difficult process during which some people may experience dry drunk syndrome.

This article discusses dry drunk syndrome in more detail, including its symptoms and how a person can cope with it.

Dry drunk syndrome is a term that AA developed to describe a person who no longer drinks alcohol but experiences the same issues or acts in the same way as when they were drinking.

As the term referred to people who were sober but not receiving treatment for their AUD, it implied that a person was not fully committed to sobriety. Due to the implication that someone is not trying hard enough to recover, the term has negative connotations, and AA now discourages its use.

There is little scientific evidence for the existence of dry drunk syndrome. However, some people consider it to be part of post-acute withdrawal syndrome (PAWS). PAWS is a series of psychological and mood-related symptoms that can occur after a person stops taking a substance.

The Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5) does not recognize the terms dry drunk syndrome and PAWS.

A person experiencing symptoms of PAWS should not feel shame or discouragement. These symptoms can be a normal part of the recovery process from AUD. To read more about these symptoms, and about PAWS, click [HERE](#).

What is Narcan

Naloxone (commonly known as NARCAN®) is a medication that can reverse an overdose caused by an opioid drug (heroin, illicit fentanyl, or prescription pain medications). When administered during an overdose, naloxone blocks the effects of opioids on the brain and quickly restores breathing. . To learn more please click [HERE](#). Naloxone is available via online mail-order from a variety of resources. Please click [HERE](#) to find out how to obtain FREE Naloxone.

Locations of vending machines in Cleveland OH are below:

- The Centers/Circle Health, 12201 Euclid Avenue.
- The Centers Gordon Square, 5209 Detroit Avenue.
- The Centers East, 4400 Euclid Avenue.
- Murtis Taylor, 13422 Kinsman Road.
- MetroHealth Main Campus, 2500 Metrohealth Drive

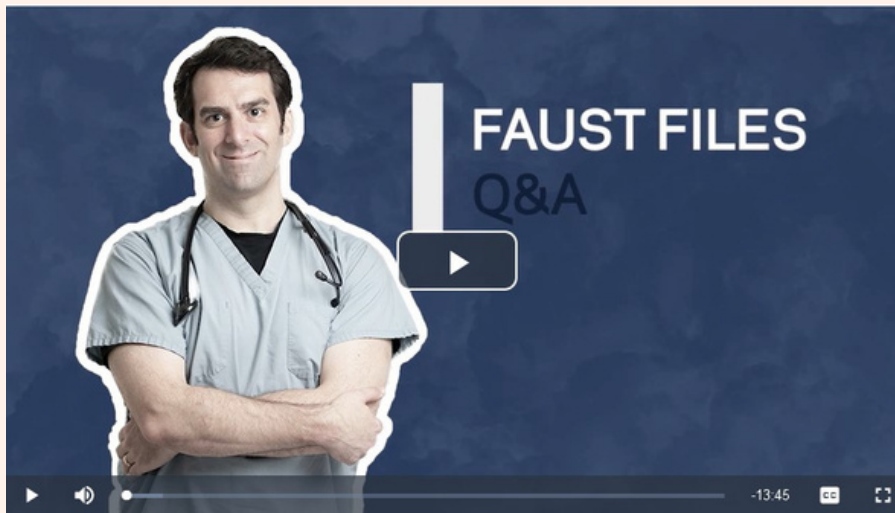
Did You Know.....




Did you know, that alcohol is a toxic, poisonous, flammable liquid. Take 3 minutes and 29 seconds to watch the above video....then share it with your friends

The Faust Files - New Guidance on Treating Alcohol Use Disorder in the Emergency Department

In the video below, Jeremy Faust, editor in chief of MedPage Today is joined by Dr. Reuben Strayer. Dr. Strayer is an emergency physician at Maimonides Medical Center in Brooklyn and he is the author of emupdates.com. Dr. Strayer is the first author on a new document in the Journal of Emergency Medicine, and it's entitled: "Emergency Department Management of Patients With Alcohol Intoxication, Alcohol Withdrawal and Alcohol Use Disorder: A White Paper Prepared for the American Academy of Emergency Medicine" <https://adf.org.au/insights/explaining-addiction-child/>.



Addiction Awareness for the Family
March 30th
For more info click [here](#) and to **Register** scan the QR code



How to Support Someone Who Is Grieving?

When you have a friend or family member who has lost a loved one, it is hard to know the right thing to say, or how to be helpful.

As a person supporting a griever, remember that there is no timeline for grief, and no official end to grief. Individuals who have lost a loved one “move forward with their grief” and do not “get over” it. The most important thing is to be sincere in your offers to help, and recognize that sometimes the best help can be just to listen. Here are some tips on how to be supportive:

Do not be afraid to talk to a grieving individual. Many individuals experiencing grief feel as though people avoid talking to them.

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Explaining Addiction to a Child

Living with a loved one who has an alcohol or drug dependence can have a huge impact on the whole family – adults and children alike. But for young children, who don't understand addiction and its associated behaviours, life can be confusing.

Here we consider the child's perspective, share some tips to help you talk openly with them and look at some age-appropriate resources that could help them better understand what's going on.

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God Grant Me The Serenity.....

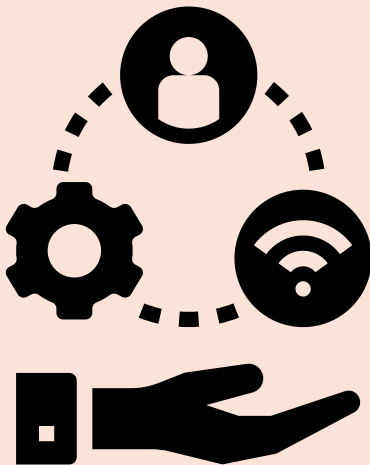
Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety. To learn more about AA, please click [HERE](#). Understand what the 12 Steps are and what they mean to your loved one.

The 12 Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

Questions about a Sponsor, their role, responsibility and relationship? Click [HERE](#).

Resources



ME WE
Family Groups

[MORE INFO](#)

Nar-Anon
Family Groups

[MORE INFO](#)

Al-Anon
Family Groups

[MORE INFO](#)

United Way
First Call for Help

[MORE INFO](#)

My Recovery Day

3RTEC, Inc. dba My Recovery Day, directly supports individuals recovering from alcoholism and other addictions by providing online tools, resources, employment, and mentoring. We help support other nonprofit treatment and prevention programs that change lives and impact communities. We are currently developing Mobile Recovery Apps to help support and encourage those who have chosen the path of recovery.

To learn more about the programs that My Recovery Day Offers (including job training, and a Recovery Bank with gently used household items, please click [HERE](#).

"Making a difference, now that you know"