

Save Me a Dream



*God grant me the serenity
to accept the things I cannot
change,
courage to change the things I
can,
and wisdom to know the difference.*

*Living one day at a time,
Enjoying one moment at a time,
Accepting hardships as the
pathway to peace,
Taking, as He did, this sinful
world
as it is, not as I would have it,
Trusting that He will make all
things right
if I surrender to His Will,
That I may be reasonably
happy in this life
and supremely happy with Him
Forever in the next.*

Symptoms

Alcoholism, also known as “alcohol dependence,” is a disease that includes four symptoms:

- **Craving:** A strong need, or compulsion, to drink.
- **Loss of control:** The inability to limit one's drinking on any given occasion.
- **Physical dependence:** Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.
- **Tolerance:** The need to drink greater amounts of alcohol in order

What are the signs of a problem

How can you tell whether you may have a drinking problem? Answering the following four questions can help you find out:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning (as an “eye opener”) to steady your nerves or get rid of a hangover?

One “yes” answer suggests a possible alcohol problem. If you answered “yes” to more than one question, it is highly likely that a problem exists.

While alcoholism is a treatable disease, a cure is not yet available.





Alcoholism is a disease that is no more a sign of weakness than is asthma or diabetes.

Help and Support

DARE

Drugs and kids. It's a reality every parent and caregiver must face – head-on. You can't deny it. You can't ignore it. But you can raise drug-free children.
<http://www.dare.org>

Growing Up Drug Free

Growing Up Drug Free is based on the best available information about how children learn and what works to prevent drug abuse. There is nothing difficult about this information, and the only qualification needed to use it is a loving concern for the welfare of our children and families.
<http://www.kidsource.com/kidsource/content/drgfreept1.html>

Community Anti-Drug Coalitions of America

CADCA's mission is to build and

strengthen the capacity of community coalitions to create safe, healthy and drug-free communities. The organization supports its members with technical assistance and training, public policy, media strategies and marketing programs, conferences and special events.
<http://cadca.org/>

Mothers Against Drunk Driving

MADD's mission is to stop drunk driving, support the victims of this violent crime and prevent underage drinking.
<http://www.madd.org/>

Addiction Resource Guide

A comprehensive directory of addiction treatment facilities.
<http://www.addictionresourceguide.com/>

National Youth Anti-Drug Media Campaign

With overwhelming bipartisan Congressional support, in 1998, the White House Office of National Drug Control Policy (ONDCP) launched an historic initiative to encourage kids to stay drug-free. Contact us. <http://www.mediacampaign.com/>

Working Partners for an Alcohol and Drug Free Workplace

Working Partners for an Alcohol- and Drug-Free Workplace is a U.S. Department of Labor initiative that raises awareness about the impact drugs and alcohol have on the workplace and provides information on how to establish a drug-free workplace. with various programs.
<http://www.dol.gov/workingpartners/welcome.html>

Hazelden

Mission: Hazelden will help more people sustain lifelong recovery from addiction to alcohol and other drugs. We will accomplish this through a commitment to treatment, publishing, education, research, public advocacy and shared learning with other organizations. <http://www.hazelden.org/>



Alcoholism carries many serious dangers. Heavy drinking can increase the risk of certain cancers. It can cause damage to the liver, brain and other organs. It can cause birth defects. It increases the risk of death from car crashes and other injuries as well as the risk of homicide and suicide.

Hotlines

Alcohol Treatment and Referral Hotline. Provides referrals for those addicted drugs and/or alcohol.
1-800-ALCOHOL

Cocaine Hotline. Treatment Referrals. 1-800-COCAINE

AA World Services. Provides information for worldwide meetings/services.
1-212-870-3400

Narcotics Anonymous. Information and worldwide referrals to meetings.
1-818-773-9999

Alanon/Alateen. Information for worldwide meetings.
1-800-344-2666

Alcoholics Anonymous

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 membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.
<http://www.alcoholics-anonymous.org/>

Ala-Non/Ala-Teen

For over 50 years, Al-Anon (which includes Alateen for younger members) has been offering hope and help to families and friends of alcoholics. It is estimated that each alcoholic affects the lives of at least four other people... alcoholism is truly a family disease. No matter what relationship you have with an alcoholic, whether they are still drinking or not, all who have been affected by someone else's drinking can find solutions that lead to serenity in the Al-Anon/Alateen fellowship.
<http://www.al-anon.alateen.org/>

Studies show that older problem drinkers are as able to benefit from treatment as are younger alcohol abusers.

Sober.com

We have changed our look, our motto and our name, all to better serve the needs of the addiction recovery industry and people seeking products or treatment services related to alcohol and drug rehab programs, detoxification, eating disorders treatment, mental health care services and dual diagnosis rehabilitation and recovery.
<http://www.sober.com/>

American Council on Alcoholism

ACA is dedicated to educating the public about the effects of alcohol, alcoholism, alcohol abuse, & the need for prompt, effective, readily-available, & affordable alcoholism treatment.
<http://www.aca-usa.org/>

