

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: Parents and Youth Celebrate Alcohol Awareness Month

In 1987, the National Council on Alcoholism and Drug Dependence (NCADD) designated April as Alcohol Awareness Month. NCADD is an advocacy organization made up of individuals from the medical, scientific, political, and social fields who work together to overcome the stigma of alcoholism by increasing public understanding of the disease. The more the public understands that alcohol is a chronic but treatable disease, the more people feel comfortable reaching out for help. Spreading awareness about the risks of alcohol, the signs and symptoms of an alcohol use problem, and removing barriers to treatment resources saves lives.

About 95,000 Americans die each year from alcohol-related causes, making it the country's third most preventable cause of death, according to the 2019 National Survey on Drug Use and Health. Alcohol use contributes to over 200 different diseases and injuries, increases suicide risk, fuels risky or violent behavior, and tears apart families. Education is the key to reducing the devastation that excessive alcohol use causes to individuals, families, the community, and society at large. Alcohol Awareness Month seeks to diffuse the myths about alcoholism and to increase understanding of the disease.

Students enrolled in SAFE's evidence-based Life Skills Training via the Youth Bureau's After 3 Program and their parents enrolled in SAFE's bi-lingual Life Skills Parent Training learned of the dangers of unhealthy alcohol consumption and how to get help if they or someone they love has a problem. The presentations sought to increase understanding about how the stigma against alcohol dependence prevents people in need from seeking help. Resources from The Substance Abuse and Mental Health Services Administration's (SAMHSA) underage drinking prevention campaign, "Talk. They hear you" was utilized to provide talking points for parents and students and others when addressing the topic of alcohol use and its dangers.

Given the Pandemic, these presentations are coming at an appropriate time. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), the stress of the events and anxiety about the future can increase drinking and exacerbate symptoms of alcohol use disorder. Feeling socially isolated, a possible effect of physical distancing, can worsen symptoms of anxiety or depression, which may

encourage more alcohol intake. Research indicates the COVID-19 crisis appears to have already fueled increases in retail alcohol sales.

To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about the COVID-19 Epidemic and its correlation to increased alcohol use at www.safeglencove.org.