

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: 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 90,000 Americans die each year from alcohol-related causes, making it the country's third most preventable cause of death. While national figures show a downward trend in the number of young people who use alcohol, alcohol remains the number one drug of choice for America's youth, and is more likely to kill young people than all illegal drugs combined. That's why it's important to get involved in Alcohol Awareness Month.

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. This year's theme is entitled "For the Health of It: Early Education on Alcoholism and Addiction,"

Given the Pandemic, the presentations provide support to those still suffering and continue to reinforce prevention messages that bolster peer resistance skills. 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.

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 Alcohol and its negative consequences please visit www.safeglencove.org.