



# OUTREACH NEWSLETTER

7750 N. Union Blvd., Suite 102 Quarter 2 2015  
Colorado Springs, CO 80920

WWW.HENDERSONCONSULTING.ORG PH: 719-380-1644 FAX: 719-380-1694

## April is Alcohol Awareness Month

Each April, the National Council on Alcoholism and Drug Dependence, Inc. (NCACDD) sponsors Alcohol Awareness month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues. This April NCADD highlights the important public health issue of underage drinking, a problem with devastating individual, family and community consequences.

As a young person, what can you do to protect yourself and reduce the risk of alcohol and drug problems? **Here are Ten Tips for Prevention for Youth.**

1. **Don't Be Afraid to Say No:** Sometimes our fear or negative reaction from our friends, or others we don't even know, keeps us from doing what we know is right.
2. **Connect With Your Friends and Avoid Negative Peer Pressure:** Pay attention to who you are hanging out with. You don't have to go to get along.
3. **Make Connections With Your Parents or Other Adults:** As you grow up, having people you can rely on, people you can talk to about life, life's challenges and your decisions about alcohol and drugs is very important.
4. **Enjoy Life and Do What You Love—Don't Add Alcohol and Drugs:** Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life.
5. **Follow the Family Rules About Alcohol and Drugs:** As you grow up and want to assume more control over your life, having the trust and respect of your parents is very important.
6. **Get Educated About Alcohol and Drugs:** You cannot rely on the myths and misconceptions that are out there floating around among your friends and on the Internet.
7. **Be a Role Model and Set a Positive Example:** Don't forget, what you do is more important than what you say! You are setting the foundation and direction for your life; where are you headed?
8. **Plan Ahead:** As you make plans for the party or going out with friends you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use.
9. **Speak Out/Speak Up/Take Control:** Take responsibility for your life, your health and your safety. Speak up about what alcohol and drugs are doing to your friends, your community and encourage others to do the same.
10. **GET HELP:** If you or someone you know is in trouble with alcohol or drugs, get help. Don't wait.





# OUTREACH NEWSLETTER

7750 N. Union Blvd., Suite 102 Quarter 2 2015  
Colorado Springs, CO 80920

WWW.HENDERSONCONSULTING.ORG PH: 719-380-1644 FAX: 719-380-1694

## Alcohol Awareness

### Why do some people become addicted to alcohol and drugs and others do not?

Whether a person decides to use alcohol or drugs is a choice, influenced by their environment--peers, family, and availability. But, once a person uses alcohol or drugs, the risk of developing alcoholism or drug dependence is largely influenced by genetics. Alcoholism and drug dependence are not moral issues, are not a matter of choice or a lack of willpower. Plain and simple, some people's bodies respond to the effects of alcohol and drugs differently. If you have a family history of alcoholism or addiction, you are four times more likely to develop the problem.

Research has shown conclusively that family history of alcoholism or drug addiction is in part genetic and not just the result of the family environment. And, millions of Americans are living proof, based on personal, firsthand experience, that alcoholism and drug addiction run in families.

**Plain and simple, alcoholism and drug dependence run in families.**



Reference:

NCADD Announces 2015 NCADD Alcohol Awareness Month Theme – “For the Health of It: Early Education on Alcoholism and Addiction” Retrieved from <http://ncadd.org/index.php/programs-a-services/alcohol-awareness-month>

## How Your EAP Benefits Can Help with Health Issues

Our counselors at **Henderson Consulting and EAP Services** can help you and/or family members build healthy working relationships. Don't let your relationships in the workplace suffer. Find out how you can take advantage of your EAP benefits by calling today to schedule an appointment. If you are not in our area, our front office staff can refer you to a counselor in your area.

Be well!