

Questions for a Loved One

A loved one may ask themselves these questions of concern:

- Do I have money problems because of someone's drinking or drug use?
- Do I tell lies to cover up someone's drinking or using?
- Have I been hurt or embarrassed by the abuser's behavior?
- Are holidays and gatherings spoiled because of drinking or using?
- Have I declined social invitations out of fear or anxiety about drinking or using?
- Do I feel angry, confused, or depressed much of the time?

Family Resources

Families Anonymous

<http://famanon.home.att.net/wsb/html/view.cgi-home.html-.html>

Adult Children of Alcoholics World Service Organization

www.adultchildren.org

Al-Anon/Alateen

www.al-anon.org



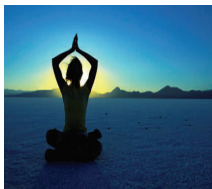
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Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health, blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research.



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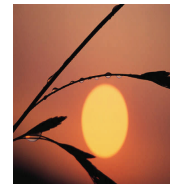


October

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www.inova.org/chp

October is substance abuse and mental health awareness month.



Congregational Health Partnership is a program of Inova HealthSource, Community Health Division



For Your Health

Substance Abuse Awareness

Most people at times seek a cushion from the stress and grief of life. But when alcohol and other addictive substances are used at the level of abuse, it becomes a health issue of huge proportions.

About three in ten U.S. adults drink at levels that increase their risk for physical, mental health, and social problems. Of these, about one in four has alcohol abuse or dependence. Heavy drinkers have a greater risk of high blood pressure, bleeding in the stomach and intestines, sleep disorders, major depression, stroke, liver failure, and several cancers. (U.S. Department of Health and Human Services, National Institute on Alcohol Abuse and Alcoholism).

Awareness of alcohol and other addictive substances abuse is also a spiritual opportunity.

Connection is the anti-drug!

Connection with our deepest core selves where our spirit dwells, connection with the Holy, connection with others in community fill the hole where alcohol or other substances may have been poured.

Other anti-drugs:

- * Self-love/self-care
- * Prayer/meditation
- * Exercise
- * Laughter/fun/play
- * Tears/good grief
- * Honesty/truthfulness
- * Awareness/mindfulness
- * Forgiveness
- * A nature walk
- * Compassionate service for others
- * Good nutrition
- * Adequate sleep
- * Music/art

Ask Yourself

Yes to one or more is likely **Substance Abuse**:

- **Risk** of bodily harm: (drinking or using drugs while driving, operating machinery, or swimming)
- **Relationship** trouble with family and friends
- **Role** failure: (problems with home, work, or school obligations)
- **Run-ins** with the law: (arrests or other legal problems)



Check it out:

Am I an Alcoholic?

[http://
www.psybersquare.com/
recovery/
rec98_am_i_alcoholic.html](http://www.psybersquare.com/recovery/rec98_am_i_alcoholic.html)

Yes to three or more is likely **Substance Dependence**:

- You set limits on drinking or drug use but repeatedly go over them.
- You repeatedly are not able to cut down or stop.
- You build up tolerance (need to drink or use more to get the same effect).
- When you try to stop or cut back, you have signs of withdrawal (tremors, sweating, nausea, or insomnia).
- You keep drinking or using drugs even though you have repeated physical, psychological, or relationship problems and may even feel guilt or remorse.
- You spend a lot of time drinking or using drugs (or anticipating or recovering from use).
- You need a drink or fix in the morning to get going.
- You have loss of memory because of drinking or drug use.

You are Not Alone: Resources Abound

There are many places to go to learn more and gain support.

- Your county's Alcohol and Drug Services
- Inova CATS (Comprehensive Addiction Treatment Services)
www.inova.org/mental_health/cats/index.jsp or 703-776-7777

Web Sites Related To Spirituality

Alcoholics Victorious

www.alcoholicsvictorious.org

Calix Society for Catholics in Recovery

www.calixsociety.org

Secular Organizations for Sobriety (SOS - known as Save Our Selves)

www.cfiwest.org/sos/index.htm

Local Groups

Online Resource for Alcoholics Anonymous in the Nation's Capital.

www.aa-dc.org

Al-Anon and Alateen website of Northern Virginia

www.alanonva.com

Unity Club

www.unityclub.com

Narcotics Anonymous World Services

www.na.org

Government Resources

National Institute on Drug Abuse

www.nida.nih.gov

Substance Abuse and Mental Health
Services Administration

www.samhsa.gov/ENETWORK

National Institute on Mental Health

www.niaaa.nih.gov



Even More on the CHP Web Site!!