



American Drug Testing

Drug-Free Workplace Programs

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DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORK-

April is Alcohol Awareness Month

April is Alcohol Awareness Month which is intended to educate people and communities about the consequences of alcohol-related problems. There are over 18 million individuals or 8.5% of Americans who suffer from alcohol-use disorders. In addition, there are millions of individuals who experience the devastating effects of the alcohol problem of someone in their life. In fact, 25% of U.S. children are exposed to alcohol-use disorders in their family.

Find a Therapist

According to the National Epidemiological Survey on Alcohol and Related Conditions, only 25% of alcoholics ever receive treatment. High-functioning alcoholics (HFAs) and potential HFAs are the type of drinkers that need to take alcohol screening tests but are not always the ones that do. These individuals could benefit from using Alcohol Screening Day as an opportunity to take a brief amount of time to honestly assess their drinking habits. So often, drinking is something

that is done mindlessly and individuals are not paying attention to how much nor how often they are drinking. Therefore, this can be an opportunity for individuals to be mindful about their drinking

“Does drinking interfere with your job?”

habits and assess if they need to make cut back on their drinking or ask for help.

Online Alcohol Screening Resources: **Mental Health Screening, Inc.**

online alcohol screening tests for the general public, military and college students (colleges participating in Alcohol Screening Day are listed with links):

<http://www.mentalhealthscreening.org/>

National Institute on Alcohol Abuse and Alcoholism

"Rethinking Drinking" online assessment of drinking habits as well as a brief program to help individuals to set goals and cut back on their drinking:

<http://rethinkingdrinking.niaaa.nih.gov/>

Counseling Resource.com

4 question CAGE self-test screening:

<http://counselingresource.com/quizzes/alcohol-cage/>

[index.html](#)

Thinking About Your Drinking...

Mindfulness can involve simply taking a few moments to check in with yourself about your drinking habits. You or a loved one may want to consider answering the following questions in order to be honest about the role alcohol plays in your lives.

Examining Your "Relationship" with Alcohol:

- Why do you drink?
- How often do you drink?
- Can you go more than a week without drinking?
- Have you tried to control your drinking and if so, how much time do you spend thinking about drinking or about how not to drink too much?
- Can you imagine your life without alcohol?

Friendships:

- What activities do you and your friends like to do together?
- Do you have friends who do not drink?
- Can you socialize or go to parties without drinking?

Interests:

- What is your favorite thing to do?
- Do you have interests, activities and hobbies that do not involve drinking?
- Does drinking alcohol distract you from taking

part in these things?

Career/Academics:

- Does drinking interfere with your job, your grades and/or the effort you put in (even slightly)?
- Do you excel professionally/academically and use your success as an excuse to drink?
- Is alcohol your reward for working hard or doing your academics?

Family:

- What is the drinking culture of your family?
- Do you hide your drinking from your family?
 - Do you have a family history of alcohol problems? More information about high-functioning alcoholics, alcoholism and treatment resources is avail-



able at:

www.highfunctioningalcoholics.com

For additional tips, see the "client area" at

www.AmericanDrugTesting.net or call 843-747-4111.



The Drug-Free Workplace Advisor is published by American Drug Testing, a leading drug-free

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