

Mission In Motion

Health & Wellness Monthly Newsletter

September 2013—Alcohol & Drug Addiction Recovery



There is Help, There is Hope, There is Healing

The use of alcohol and drugs by a friend or family member can leave us with many unanswered questions, unable to understand what is happening and feeling like you are living on an emotional rollercoaster. You may find yourself struggling with a number of painful and conflicting emotions, including guilt, shame, fear and self-blame. And, because of their continued use of alcohol and drugs, it is easy to become frightened, frustrated, scared and angry. **Do Not Give Up! There is Help!**

Like any other chronic disease, addiction to alcohol and other drugs affects people of all ages regardless of income, educational background, country of origin, ethnicity, sexuality, and/or community where they live. Anyone can become addicted to alcohol and drugs and anyone can be affected by another person's addiction—**especially friends and family members**. In fact, more than 23 million people over the age of 12 are addicted to alcohol or drugs. As a friend or family member, **You Are Not Alone!**

NCADD Affiliates offer a range of services including help for individuals and family members. If you are concerned about your own alcohol or other drug use or that of someone you care about—a child or other relative, a friend or co-worker—**please make the contact**.

FACT: A Gallup Poll found that **1 in 5 families** had been touched by problems related to drinking – **24%**

For family and friends you have seen and felt the negative effects and damage done by alcohol and drugs. In some ways, your awareness and understanding of the damage being done is far greater than the person who is actively drinking or using. By virtue of your relationship, you can see the changes and consequences as they are taking place- physically, emotionally, socially, financially and legally. Addiction, without treatment and recovery, can and will literally tear families apart and destroy strongly bonded friendships. **But, You Can Be Part of the Solution!**

As a start, there is no question that gaining a greater understanding of alcohol, drugs and addiction will help you to better handle the situation. For family and friends it is important to recognize your own feelings and reactions when dealing with a loved one who is abusing alcohol or using drugs. **Do Not Deny or Minimize the Problem!**

FACT: According to a 2006 Gallup Poll, those who confronted their addicted family member were much more successful in getting him or her to admit the addiction (65%) than those who did not confront their relative (29%). **Speak Up!**

Source: National Council on Alcoholism and Drug Dependence, Inc.

this issue

- There is Help, There is Hope, There is Healing P.4
- Seek Help and Support for Yourself P.1
- Questions and Facts About P.2
- Helping a Family Member or Friend P.2
- Grow Your Financial Wellness P.3
- Monthly Smarts P.3
- City of Mission Walking Club P.3
- Cartoon Corner P.4
- Up Coming Events P.4
- Healthy Recipe P.4

Seek Help and Support For Yourself:

The disease of alcoholism and addiction is a family disease and affects everyone close to the person. Not only does the alcohol or drug user need help, so do you, even if you don't realize it at the time. You and other family members need and deserve appropriate education, help and support in finding healthy ways to overcome the negative effects of the disease. Education, counseling and Mutual Aid/Support Groups can help you realize that you are not alone, that you are not responsible for the drinking or drug use and that you need to take care of yourself, regardless of whether the person you are concerned about chooses to get help.

Source: NDADD, Inc.

Questions and Facts About Alcohol and Drugs

Question: How quickly can someone become addicted to alcohol and drugs?

Answer: There is no easy answer. As with any chronic disease, vulnerability to addiction differs from person to person. If and how quickly a person becomes addicted depends on many factors, including biology (genetics - family history), age, gender, environment, traumatic experiences, type of drugs and interactions among these factors. While one person may use alcohol or drugs one or many times and suffer no ill effects, another person may overdose with first use, or become addicted after a few uses. There is no way to know in advance how quickly someone will become addicted. But, the single most important predictor is a family history of alcoholism and/or addiction. Plain and simple, some people's bodies respond to the effects of alcohol and drugs differently than others.

Question: How do I know if someone is addicted to alcohol or drugs?

Answer: The simple answer.....continued use despite negative consequences. If a person's use of alcohol or drugs causes problems at work, financial problems, family problems, social problems, relationship problems or physical problems **and** they continue to use, then he or she probably is addicted. And while a person who becomes addicted may believe they can stop any time they want, most often they cannot stop and stay stopped on their own, and will need professional help—first to determine if they are addicted, and then to obtain treatment. Support from friends and family can be critical in getting people into mutual aid/self help groups and/or treatment.

Question: Since treatment didn't work the first time, there's no point in trying again, right?

Answer: For some, long-term recovery from addiction to alcohol or drugs may start after their first mutual aid/self help meeting or with the first time they go to treatment. But, like other chronic illnesses, recovery from addiction requires a life long commitment to a program of change. For some, relapse back to active use of alcohol or drugs may play a critical role in their rededication to their recovery. So, relapse can be a signal to get back on track, either by going back to meetings, treatment or adjusting the treatment approach.

Question: I heard that the person has to hit "rock bottom" before you can help them. Is that true?

Answer: Recovery can begin at any point in the addiction process. Like other chronic illnesses, the earlier a person gets help the better. The longer their use of alcohol or drugs continues, the harder it is to treat. You don't have to wait until they have lost everything to help.

Question: My daughter only drinks beer, doesn't drink every day and says she's not alcoholic. Is she right?

Answer: Alcoholism is NOT defined by what you drink, when you drink it, or even how much you drink. Whether a person drinks every day or only on weekends, drinks shots of liquor or just drinks beer or wine, what matters most is what happens when they drink. If her drinking is causing problems in her home, at work, physically, financially, emotionally or legally, it is time to get help.

Question: Is it true that if our family member is forced into treatment, that treatment won't work?

Answer: Treatment does not have to be voluntary for it to be successful. Because of the effect of alcohol and drugs on the person, there are times when they may be incapable of making a decision to seek help on their own. People who are pressured into treatment by their family or friends, employer or a judge are just as likely to benefit from treatment as those who enter "on their own".

Helping a Family Member or Friend

Helping a loved one struggling with alcoholism or drug dependence can be heartbreakingly painful, but with help, it can be remarkably rewarding. At times, it can seem so overwhelming that it would be easier to ignore it, pretend that nothing is wrong and hope it just goes away. But in the long run, denying it or minimizing it, will be more damaging to you, other family members, and the person you are concerned about. **Don't Wait, Now Is The Time.**

Alcoholism and drug dependence are complex problems, with many related issues. And, although there is no magic formula to help someone stop his or her drinking or drug use, **you are not alone. We are here to help.**

NCADD Affiliates offer a range of services including help for individuals and family members. If you are concerned about your own alcohol or other drug use or that of someone you care about—a child or other relative, a friend or co-worker—**please make the contact.** You will be able to speak to someone who will listen, assess your needs and provide information about available services, costs and how to deal with another person's alcohol and/or drug use. **Help is just a call or visit away—Make the contact now!**

To get you started, here are some important suggestions:

- **Learn All You Can About Alcoholism and Drug Dependence**
Utilize the resources we have provided including, Learn About Alcohol, Learn About Drugs and Family Education.
- **Speak Up and Offer Your Support**
Talk to the person about your concerns, and offer your help and support, including your willingness to go with them and get help. Like other chronic diseases, the earlier addiction is treated, the better.
- **Express Love and Concern**
Don't wait for your loved one to "hit bottom". You may be met with excuses, denial or anger, but be prepared to respond with specific examples of behavior that has you worried.
- **Don't Expect the Person to Stop Without Help**
You have heard it before - promises to cut down, stop but, it doesn't work. Treatment, support, and new coping skills are needed to overcome addiction to alcohol and drugs.
- **Support Recovery as an Ongoing Process**
Once your friend or family member is receiving treatment, or going to meetings, remain involved. While maintaining your own commitment to getting help, continue to support their participation in continuing care, meetings and recovery support groups. Continue to show that you are concerned about their successful long-term recovery.

Some Things You Don't Want To Do:

- **Don't Preach:** Don't lecture, threaten, bribe, preach or moralize.
- **Don't Be A Martyr:** Avoid emotional appeals that may only increase feelings of guilt and the compulsion to drink or use other drugs.
- **Don't Cover Up,** lie or make excuses for them and their behavior.
- **Don't Assume Their Responsibilities:** Taking over their responsibilities protects them from the consequences of their behavior.
- **Don't Argue When Using:** Arguing with the person when they are using alcohol or drugs, at that point they can't have a rational conversation.
- **Don't Feel Guilty** or responsible for their behavior, it's not your fault.
- **Don't Join Them:** Don't try to keep up with them by drinking or using.

Source: National Council on Alcoholism and Drug Dependence, Inc.

A healthy mind is a big part of your overall health and wellness. Here are some tips to help keep your mind and body in good shape:

- Take care of yourself: Stay active, eat right, get plenty of rest, be positive and take care of your own needs.
- Seek the support of family and friends during stressful situations.
- Know when to get help and don't be embarrassed.

Even if you are taking clear steps to take charge of your emotional health, call your doctor if you feel overwhelmed.

Source: American Psychiatric Association
53497.0810

bcbstx.com

Grow your Financial Wellness

A win-win for savings and better health: Habits such as smoking and drinking alcohol are expensive. You'll feel better and boost your savings by quitting.

Health habits aren't reserved for just body and mind. Take time for a financial planning, savings and spending checkup. Track your expenses alongside your income...create a budget you can live with...making adjustments as your needs change.

Source: Personal Best

City of Mission Walking Club

Did you know that City of Mission has a Walking Club? You are encouraged to join us!

When: Tuesdays and Thursdays

Where: City Hall

Time: Stretches begin at 5:20 p.m. and Walking begins at 5:30 p.m.

Distance: 1 mile

Contact Human Resources to register for the Walking Club and receive a free t-shirt and pedometer!

MONTHLY SMARTS

FOOD SMARTS

Certain foods—such as garlic, yogurt, green tea, oyster, and wheat germ—provide an extra boost to your immune system. Consider adding them to your diet if not already included.

HEALTHCARE CONSUMER SMARTS

If your doctor's office or health insurance provider offers a free "ask-a-nurse" service, use it if you have a health question or want help managing a chronic condition. It may keep you from paying for a doctor's visit.

SAFETY SMARTS

When you've got the flu or a severe cold, see your doctor if you develop difficulty breathing; pain or pressure in the chest or abdomen; severe or persistent vomiting; or symptoms that improve but return with fever and a worse cough.

Source: Positive Promotions





September Health and Wellness Seminar

Topic: No Seminar this month

Date:

Time:

Speaker:

Location:

Grilled Panzanella

- 4 garlic cloves, minced
- 1/2 tsp. Dijon mustard
- 2 Tbsp. white wine vinegar
- 1/4 cup extra virgin olive oil
- Salt and freshly ground pepper to taste
- 15 fresh basil leaves, chopped coarsely
- 1 medium cucumber, seeded (or English cucumber) washed, sliced into 1/2-inch pieces
- 3 large ripe tomatoes, cut into 1-inch cubes
- 2 Tbsp. green olives, pitted and chopped (capers may be substituted)
- 1 medium red bell pepper, seeded and quartered
- 1/2 large red onion, cut in half and then 1/4 inch slices
- 1/2 small loaf crusty whole-grain French or Italian bread, cut into 1-inch slices, halved

In mixing bowl whisk garlic, mustard, vinegar, oil, salt and pepper and set aside.

In large bowl gently combine basil, cucumber, tomatoes and olives.

Brush bell peppers and onion slices on one side with oil mixture. Place oil side down on hot grill and cook for 3-4 minutes. Brush other side with oil mixture, turn over and cook an additional 3-4 minutes.

Remove from grill. On cutting board, slice peppers into 1/2-inch slices and separate onion rings. Add to vegetables. Add oil mixture and toss to coat.

Toast both sides of bread until nicely browned.

On a serving platter layer bread and top with vegetables and basil mixture.

Toss bread with vegetables if desired. Serve.

Makes 6 servings.

Per serving: 193 calories, 11 g total fat (2 g saturated fat), 22 g carbohydrate, 4 g protein, 4 g dietary fiber, 187 mg sodium.



Health & Wellness Seminars

October 2013-Cancer Awareness

November 2013-Diabetes

(Topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

Simple Swap: Lemon vs. Salt

Squeeze some lemon juice instead of adding salt to your dish. The lemon's tartness adds flavor to lean meats, fish, poultry, salads and vegetables without adding sodium

Mission In Motion

Our mission is to promote health awareness and to encourage healthy lifestyles.

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