

Psycho-Education for Patients and Family Members

# **Session 4: Alcohol and Recovery (2)**

# Alcohol and Women



- Compared with men, women develop alcohol-related disease more quickly and with less alcohol.

# Alcohol and Pregnancy

- Babies born to mothers who drank during pregnancy may have mental retardation or other learning and behavioral problems.



# Fetal Alcohol Spectrum Disorders

- The most serious risk during pregnancy is fetal alcohol spectrum disorders (FASD).
- FASD is the leading known cause of mental retardation.

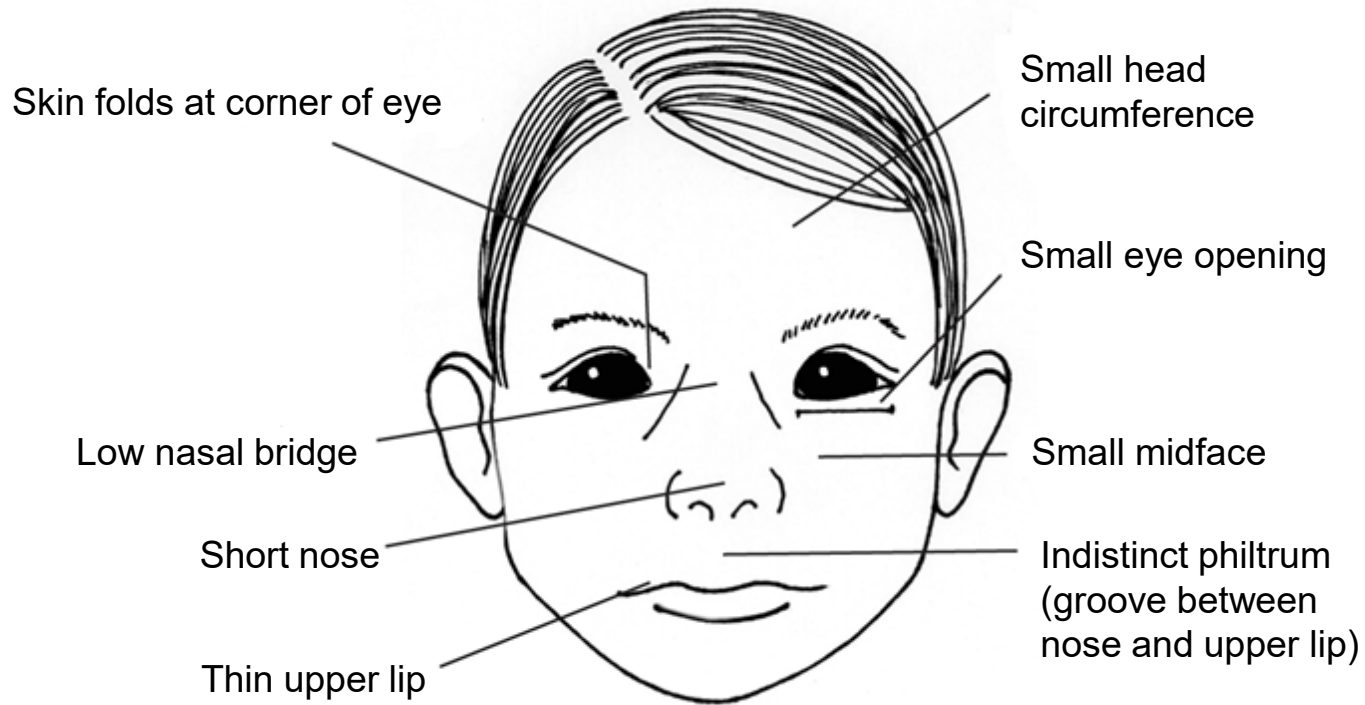
# Fetal Alcohol Spectrum Disorders

## Cognitive and Behavioral Impairments

- Behavioral and neurological problems associated with FASD may lead to poor academic performance and legal and employment difficulties in adolescence and adulthood.

# Fetal Alcohol Spectrum Disorders

## Craniofacial Features

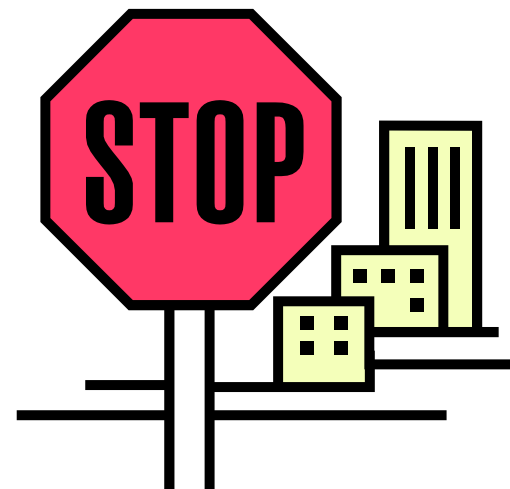


## Questions:

- *Do you think it is a good idea to drink alcohol in recovery from drug dependence?*
- *Why do you think so?*

# Total Abstinence

- Patients in treatment of drug dependence are asked to stop using all illicit drugs *and* alcohol.
- People in recovery who drink alcohol are **8 times** more likely to relapse to stimulant use than those who don't drink.





# Other Reasons for Abstaining

- Drinking prevents people in recovery from directly confronting their stimulant use disorder.
- Drinking puts people in recovery at risk of becoming dependent on alcohol.

## Question:

- *What are some triggers for alcohol in each category?*
  - *People*
  - *Places and situations*
  - *Materials*
  - *Feelings*

# Alcohol Triggers Are Everywhere

- Advertisements
- Movies
- TV shows
- Friends and family who drink
- Celebrations and holidays



# Internal Triggers

- Depression
- Anxiety
- Loneliness
- Stress
- Anger
- Guilt



# Relapse Risk Posed by Alcohol

Alcohol → Lowered inhibitions

Add a trigger, and the result may be

**impulsive use of stimulants**

## Question:

- *What are possible ways that you can prepare to avoid drinking alcohol?*

# Plan Not To Drink

- Think about other ways of celebrating.
- Avoid being around others who are drinking.
- Think about other ways of spending time with friends.
- Make friends with others in recovery.
- Practice saying “no thank you.”
- Avoid going to bars and parties.
- Talk to your family.



# Plan To Cope

- Attend 12-Step or self-help group meetings.
- Discuss your feelings in group.
- Practice relaxation techniques.
- Practice HALT (not becoming too Hungry, Angry, Lonely, or Tired).
- Remind yourself that uncomfortable feelings are normal and will pass.
- Obtain help from a therapist.