

Drug and Alcohol Prevention

What is Prevention?



- **Drug and Alcohol Prevention-** understand and resolve anxiety, depression, loneliness; education starting when children are young; by example
 - **AVOID-** alcohol and drugs for treatment
- **Teach or Learn-** healthy coping mechanisms- music, reading, exercise

What are the Signs and Symptoms?

- **Physical Signs-** sore throat, chronic red eyes, fatigue, dry cough
- **Sleep & Eating Habits-** major changes, often unable to eat or sleep
- **Mood-** hostility, abusive behavior, moodiness
- **Problems-** at work, school, loss of interest, withdrawal with friends and family; lying, stealing, poor relationships



What can I do?

- **See your Health Care Provider-** ask for help
 - **Prevention-** support, build up self esteem, help person to be successful without alcohol and drugs, family support, health professional as needed; mental relaxation, talk a short walk, write in a journal, draw or paint, find your own stress reliever; pin point when you are more susceptible to take drugs or alcohol and change your habits; get help as needed
 - **Treatment-** attend a AA/Alcoholics Anonymous meeting to get and stay sober; never ignore a problem; Al-Anon for family members and friends; read the 12 step program; admit yourself to a drug treatment center; National Drug and Alcohol Treatment Center 1-800-662-HELP/4357 for literature, speak to a counselor, or local treatment
- **See Registered Dietitian-** for help as needed
- **See FoodFitnessFirst.com Registered Dietitian** - on line for help
- **Diet-** Increase fresh fruits, fresh vegetables, whole grains, dried peas and beans, legumes, choose chicken and fish over steak, bacon, and cured ham
- **AVOID-** fried foods, rich casseroles, whole milk, sauces, gravies, rich desserts as chocolate delight, banana split cake, ice cream, homemade cakes with icing, brownie with icing, lemon meringue pie, rich cookies and puddings

