

## ALCOHOLISM AND THE FAMILY

Living with a non-recovering alcoholic in the family can contribute to stress for all members of the family. Each member may be affected differently. Not all alcoholic families experience or react to this stress in the same way. During the Holidays, the stress and reactions become more defined and often exaggerated. Here to discuss these issues and tips to deal with them for all involved is Natalie Thornley from Valley Mental Health.

Children where there is alcoholism in the family...

- exhibit depression
- anxiety
- lower verbal ability
- difficulty in school
- difficulty with abstraction and conceptual reasoning

Need Help with...

- autonomy and independence
- strong social orientation and social skills
- engage in acts of required helpfulness
- develop close bonds with caregivers
- experience positive attention
- positive vision of life
- positive coping strategies
- healthy family rituals and traditions
- Consistent significant others in their lives
- Moderate to high religions observance

Adults with alcoholism in the family...

- marital therapy
- domestic assault avoidance
- avoidance of child abuse/work on anger management therapy
- parenting classes
- Inpatient admission if necessary

Recovery Includes...

- Plan your day
- Have a sponsor or friend know what your are doing

- Keep their number with you at all times
- If attending a party, have an escape route planned
- Plan your drink, such as a coke or a water with lemon
- Alternative place to go when leaving party
- Stay away from Christmas drinks like rum and eggnog
- Go to AA meetings during holidays and know where they are
- Alcoholism and addiction is a physical, spiritual, emotional and mental disease-  
take care of all of those components.