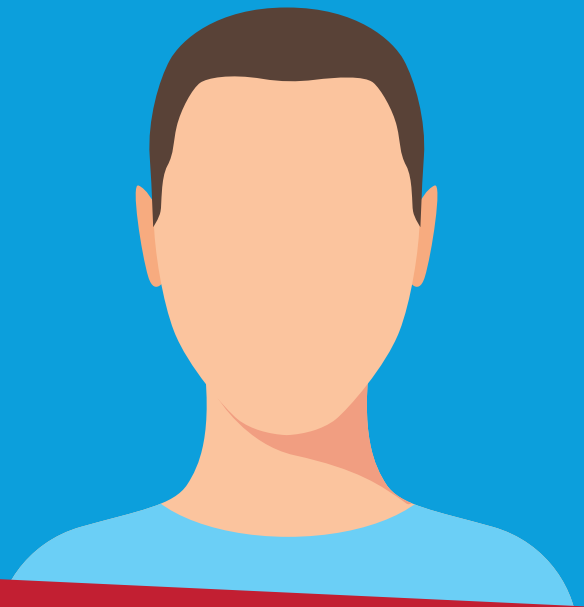


KNOW **MORE**

ABOUT ADDICTION

Genesee County Substance Use Prevention Project



Community Resource Guide

for Alcohol Abuse



GREATER FLINT HEALTH COALITION

**MICHIGAN HEALTH
ENDOWMENT FUND**

KnowMoreGenesee.org

ALCOHOL: WHAT YOU NEED TO KNOW

If you are concerned about or struggling with alcohol addiction or know somebody that is, this resource will help you better understand alcohol. Know more about alcohol and get help if needed.

What is Alcohol Addiction?

Alcohol addiction is a chronic disease that creates a reflexive dependency on alcoholic drinks. A combination of physical, emotional, and mental symptoms may trigger the compulsive need to drink alcohol. If unmanaged, addiction will continue despite harm to social and personal health.¹

Know the Signs of Alcohol Abuse

- Being unable to control alcohol consumption
- Craving alcohol when you're not drinking
- Putting alcohol above personal responsibilities
- Spending a substantial amount of money on alcohol
- Feeling the need to keep drinking more
- Changes in your social life, such as conflict, or a decrease in contact
- Financial troubles increase
- Trying to hide drinking from your friends and family

Know the Short-Term Health Risks of Alcohol Abuse

- Injuries, such as motor vehicle accidents, falls, burns
- Violence, including homicide, suicide, and partner violence
- Alcohol poisoning
- Poor reaction time, reduced brain activity, difficulty breathing, and blurred vision



Know the Long-Term Health Risks of Alcohol Abuse

- High blood pressure, heart disease, stroke
- Cancer of the breast, throat, liver
- Weakening of the immune system, increased chances of getting sick
- Learning and memory problems including dementia and poor school performance
- Mental health problems including depression and anxiety
- Social problems including lost productivity, family problems and unemployment²

Know That Support is Available

Remember that addiction is a disease and those suffering should be treated with care and compassion as with any other disease. It is a chronic brain disease that can be managed with medical treatment. Talk to your doctor and consider finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experience of others and receive emotional and social support.

Visit geneseecountyaa.org/meetings/ to find a support group today!



SAFETY GUIDELINES FOR ADULT ALCOHOL USE

Know the Health Risks of Alcohol Consumption

- Short- and long-term alcohol-related health harms increase as alcohol consumption increase
- For some conditions, like some cancers, the risk increases even at very low levels of alcohol consumption (less than 1 drink)

Know the Risks of Binge Drinking

Binge drinking is when a person drinks an excessive amount of alcohol in a very short amount of time. Binge drinking for men is consuming five or more drinks in about two hours, and for women, it's four drinks.

The CDC says that binge drinking is the most common, costly, and deadly pattern of excessive alcohol use in the United States. According to the National Institute on Alcohol Abuse and Alcoholism, 26.9 percent of people aged 18 and older participate in binge drinking. However, most people who binge drink are not alcohol dependent, meaning that they don't typically need to consume alcohol in order to function on a day-to-day basis.³

Know Who Shouldn't Drink Alcohol at All

- Women who are or may be pregnant
- People younger than age 21
- People who have certain medical conditions or are taking certain medications that can interact with alcohol
- Recovering alcoholics or people unable to control the amount they drink
- People who are doing things that require skill, coordination, and alertness, such as driving a car
- The guidelines also state that women who are breastfeeding should talk with their health care provider about alcohol consumption



WHAT IS CONSIDERED A DRINK?

U.S. STANDARD DRINK SIZES



Know the Recommended Guidelines for Moderation of Alcohol Use

- 2015-2020 U.S. Dietary Guidelines for Americans recommends that if alcohol is consumed, it should be consumed in moderation.
- The guidelines define moderation as up to one drink per day for women and two drinks per day for men and only by adults of legal drinking age
 - This is not intended as an average over several days, but rather the amount consumed on any single day
 - The guidelines also do not recommend that individuals who do not drink alcohol start drinking for any reason⁴

¹ "Alcoholism: Everything You Need to Know About Alcohol Addiction Treatment." Next Step Recovery, www.nextsteprecovery.com/alcohol-addiction

² CDC. "Alcohol Use and Your Health." Centers for Disease Control and Prevention, 23 Feb. 2021, www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm.

³ "What Is Binge Drinking?" The Discovery House, www.thediscoveryhouse.com/addictions/alcohol-addiction-treatment.

⁴ CDC. "Dietary Guidelines for Alcohol." Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, 29 Dec. 2020, www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm#:~:text=To%20reduce%20the%20risk%20of,adults%20of%20legal%20drinking%20age.

ALCOHOL ABUSE RESOURCES IN GENESEE COUNTY AND SURROUNDING AREAS

If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) the

Genesee Health System Access Center at

- (810) 257-3740 (Crisis Line and Virtual Behavioral Health Urgent Care available 24/7)
- TTY (810) 232-6310
- Toll-Free (877) 346-3648
- Text FLINT to 741741 (Crisis Text Line available 24/7)
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday 8 a.m. to 5 p.m.

Please have the follow information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)

- Names of current medicines and doctors
- Guardianship of court papers (if applicable)
- Special education or other school records (if applicable)
- Drugs (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay, therefore, staff will need to know the household income and number of dependents of the person seeking help, a coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

Genesee County Prevention and Treatment Directory

Above the Water House

4105 Keyes St, Flint, MI 48504
(810) 877-2907

Women's recovery housing for females with addiction with mild to moderate psychological impairments.

Alcoholic Anonymous – Flint Area Unity Council

(810) 234-0815

Al-Anon and Alateen

(888) 4AL-ANON

Catholic Charities of Shiawassee and Genesee Counties

901 Chippewa St, Flint, MI 48503
(810) 232-9950

Flint Odyssey House

529 M.L. King Ave, Flint, MI 48502
(810) 238-5888

Residential detox, long-term residential, outpatient, and adolescent substance use disorder services.

Genesee Health System Access Center

420 W. Fifth Ave, Flint, MI 48503
(810) 257-3740

TTY (810) 232-6310

Toll-Free (877) 346-3648

Professional, compassionate and confidential help with questions, referrals for community resources, and routine screenings for adults with mental illness and individuals with substance abuse treatment needs. Screenings available Monday-Friday, 8 a.m. to 5 p.m.

Great Lakes Recovery Mission

504 N. Grand Traverse St, Flint, MI 48503
(586) 491-1057

Substance abuse residential rehab facility and provides treatment to people with drug addiction and other substance abuse problems.

Life Challenge Ministries

Life Challenge of Southeastern Michigan

17667 Pierson St, Detroit, MI 48219

1230 Dupont St, Flint, MI 48504

(844) 355-LIFE

info@lcministries.org

One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, their goal is more than rehabilitation. A faith-based program.

Meridian Health Services

1255 N. Oakland Blvd,
Waterford Twp, MI 48327

(248) 599-8999

Detox/withdrawal management, residential treatment, medication-assisted treatment, and outpatient program.

New Paths, Inc.

765 E. Hamilton Ave, Flint, MI 48505

(810) 233-5340

newpaths.org

Remedy Exchange, Inc.

8308 Office Park Dr, Suite One,
Grand Blanc, MI 48439

(810) 449-0159

PRIME for Life Program that helps youth and adults learn how to reduce their risk of alcohol and other drug related problems throughout life.

Sacred Heart Rehabilitation Center Flint Outpatient Recovery & Wellness Services

2091 Professional Dr, Flint, MI 48532

(810) 732-1652

Outpatient Recovery and Wellness Center

Sacred Heart Rehabilitation Center Adult Residential & Clearview Campus

400 Stoddard Rd, Richmond, MI 48062

(810) 392-2167

Outpatient Recovery and Wellness Center

Salvation Army Adult Rehabilitation (Men Only)

2200 N. Dort Hwy, Flint, MI 48506

(810) 234-2678

Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.