Treatment of Alcoholism
Why is it important

- Prevents further ________ to body by getting people off alcohol.
- Can prevent death.
- Helps keep health insurance _______ down.
- Provides assistance so alcoholics don’t have to quit alone.
- Increases overall _________ of life.
- Helps stabilize family life.
Who Provides Treatment

- Most communities have ________ in place to help problem drinkers and their families.
- Municipal services such as police and firefighters offer specialized services for people who are willing to admit to a problem.
- Alcoholics Anonymous (AA) is a ________ program for people who have alcoholism.
- Al-Anon is a recovery program for people who have friends of ______ members with alcoholism.
- Adult Children of Alcoholics (ACOA) is a recovery program for children who have one or more parents with alcoholism.
- Alateen – A support group for ________ of alcoholics
Types of Treatment

- The diagnosis of alcoholism is generally made by reviewing the person's __________ except when the person has symptoms of withdrawal or damage to organs as a result of alcohol consumption.
- Several screening tests are routinely employed by many health care professionals to ________ people at risk for alcoholism.
- The doctor may draw blood to evaluate it for liver functions, anemia, and ________ levels.

Inpatient
- Detoxification – Process of withdrawing from the _____ effect of drugs
- A physical and psychiatric work-up for any physical or mental disorders occurs.
- On going ________ with medications in some cases.
Types of Treatment Continued

- Psychotherapy, usually cognitive-behavioral therapy used to help loosen the addiction.
- An introduction to __________ Anonymous (AA).

Outpatient
- Psychotherapy or counseling helps people stay off alcohol.
- Medications that _______ brain chemicals involved in addiction.
- Social support groups such as Alcoholics Anonymous.
- Studies are suggesting that __________ therapies may be very effective for selected people.
- Even brief intervention by a family _______ can be helpful for reducing alcohol intake in many heavy drinkers.
- Because people with alcoholism are also very likely to be smokers, one _____ suggested that quitting smoking at the same time might even promote alcohol abstinence.
Aftercare refers to the continued ________ of therapeutic activities to maintain the gains in functioning achieved through treatment. The provision of aftercare is dependent on the type of substance abuse ________ that was initially offered to the patient. The majority of aftercare services are offered in the community although some maintenance sessions are ________ to patients at institution sites. The goals and functions of aftercare will vary according to the approach and intervention techniques used during the original treatment. Aftercare following cognitive-behavioral treatment focus on the continual development of problem solving, high risk ________, and related skills. Aftercare ranges from informal discussion groups examining issues surrounding ________ to more formal interventions that concentrate on specific skill development exercises. Antabuse is a drug that is often administered to patients during aftercare. When mixed with ________, it will cause headache, nauseam vomiting and breathing difficulties.
Studies show that a ________ of alcoholics remain sober one year after treatment, while others have periods of sobriety alternating with relapses. Still others are unable to stop drinking for any length of time.

Treatment outcomes for alcoholism compare favorably with outcomes for many other chronic medical conditions. The longer one __________ from alcohol, the more likely one is to remain sober.

Many people relapse once or several times before achieving long-term sobriety.

Relapses are common and do not mean that a person has failed or cannot eventually recover from _____________. If a relapse occurs, it is important to try to stop drinking again and to get whatever help is needed to abstain from alcohol.

The longer a person abstains from alcohol, the more likely he or she will be able to stay ______.

Not all types of treatment are equally effective. Currently, most centers use the ___ step philosophy in treating alcoholism and addiction. Unfortunately, this is not a program that works for everyone.