



For the Health of It: Early Education on Alcoholism and Addiction



Alcohol Awareness Is:

The Key to Community Change & Personal and Family Recovery
*Improving and Saving Lives Through:
Prevention, Treatment and Recovery*

Join Us in a Alcohol Free Weekend: April 3-5, 2015

An integral part of April's Alcohol Awareness Month is an **Alcohol-Free Weekend (April 3-5, 2015)**, which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During this 72 hour period, we extend **an open invitation to all Americans**, young and old, to participate in three alcohol-free days and to use this time to contact local alcoholism agencies to learn more about alcoholism and its early symptoms.

FAST FACTS: Alcohol is a Drug

- ◆ 22.6 million people (9.2% of the U.S. population ages 12 and older) have an alcohol or drug problem.
- ◆ 2.4 million adolescents have an alcohol or drug problem.
- ◆ 50% of adults have a family member with alcoholism.
- ◆ Approximately 1 in 4 children under 18 live in a family with alcoholism and many more live in a family with drug addiction.
- ◆ Alcoholism is the 3rd leading lifestyle-related cause of death in the nation.
- ◆ Alcoholism, and drug dependence, cost the nation over \$276 billion a year, resulting principally from lost productivity and increased health care spending.

Onondaga County Department of Adult and Long Term Care Services 435-3355
Prevention Network 315-471-1359
<http://www.preventionnetworkcny.org/>
2-1-1 CNY (Formerly Helpline) <http://www.211cny.com/>
Suicide & Crisis Counseling 315-251-0600

