

## *April is Alcohol Awareness Month*

**Did You Know:** *Alcohol is the most commonly used addictive substance in the United States.*

**Did You Know:** *More than half of all adults have a family history of alcoholism or problem drinking.*

**Did You Know:** *More than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.*

**Did You Know:** *Alcohol is responsible for about 88,000 deaths in the U.S. each year.*

**Did You Know:** *Teens who start drinking before age 15 are more than five times as likely to develop alcohol problems than those who start at age 21.*

**Did You Know:** *The typical American will see 100,000 beer commercials before he or she turns 18.*

**Wear PURPLE on Friday, April 15<sup>th</sup> in recognition of Alcohol Awareness Month.**



The **CAGE questionnaire** is a widely used method of screening for alcoholism. Two (2) "YES" responses indicate that the possibility of alcoholism and should be investigated further.

The questionnaire asks the following questions:

1. Have you ever felt you needed to **C**ut down on your drinking?
2. Have people **A**nnoyed you by criticizing your drinking?
3. Have you ever felt **G**uilty about drinking?
4. Have you ever felt you needed a drink first thing in the morning (**E**ye-opener) to steady your nerves or to get rid of a hangover?

It has been demonstrated that completing the questionnaire when used as part of a general health history is most effective. Responses on the CAGE are scored 0 or 1, with a higher score an indication of alcohol problems. A total score of 2 or greater is considered clinically significant.

*Alcoholism is treatable and people who are addicted to alcohol can and do recover.*

**If You Need Help: CALL: 1-844-276-2777 NJ Addiction Services Hotline  
24 hours a day - 7 days a week**

### **Local Treatment Agencies**

- Cape Counseling: (609) 465-4100
- Cape Assist: (609) 522-5960
- Cooperative Care, Inc.: (609) 741-6363
- Addiction Recovery Systems: (609) 463-0500
- Families Matter, LLC: (609) 886-8666
- Nancy Crafts Counseling: (609) 465-7788

### **Other Resources**

- Parent to Parent Support: (856) 983-3328
- Alcoholics Anonymous: (609) 641-8855
- Al-Anon: (800) 344-2666

**Support & assistance may be available through your physician and through a faith based community.**

*\*Alcohol Awareness Month* is founded and sponsored by  
National Council on Alcoholism and Drug Dependence (NCADD)

Message brought to you by the Cape May County Municipal Alliances  
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Additional Substance Abuse information can be accessed at **knowaddiction.nj.gov**

# Alcohol Awareness Month - Wear Purple Day – April 15, 2016

