

TIPS & TOOLS: ALCOHOL

CAGE QUESTIONNAIRE

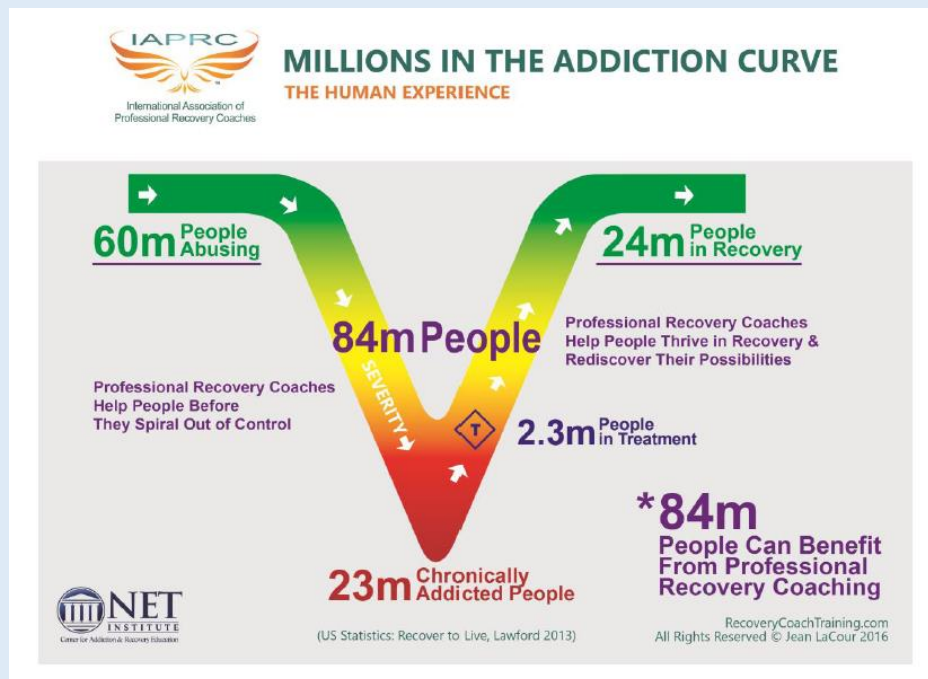
The following questions are helpful in determining whether a client may have a problem with alcohol. By asking these few questions in the context of either an initial meeting or whenever the subject arises, you can identify whether there may be a problem in a way that is thought provoking for your client.

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

With each “yes” answer scoring 1 point, a score of 2 points or more is considered clinically significant.

THE ADDICTION CURVE & SOBRIETY ZONE CHART

Being able to determine where your client falls on the addiction curve without a clinical assessment will help set the course for long term client-centered sobriety in a nonjudgmental conversation. Explain the following chart to your client and let them tell you where they are and where they would like to be. This is a great visual to help clients weigh the discrepancy between where they are and where they want to be.



- In the U.S., there are **60 million** men, women and youth who **abuse** alcohol and other drugs.
- Loss of control leads to addiction: **23 million** identified as **addicted** to alcohol & drugs.
- When people receive help and are no longer controlled by alcohol and other drugs, they are referred to as “recovered or in recovery”
- **24 million** people self-identify as being “in recovery” (due to stigma, all stats could be low)

(US Statistics: Recover to Live, Lawford 2013)

ALCOHOL FACT SHEET

Alcohol has been used throughout history in almost every country as:

- A medicine
- An antiseptic
- A sacrament
- A beverage with meals
- Many other uses

The psychoactive ingredient in alcohol is **Ethanol** and is made when yeast is added to fruit, vegetables or grains and allowed to ferment.

When consumed, alcohol is pumped to and through **every organ in the body**. Alcohol exits the body through kidneys/urinary track, through the lungs and breath, and sweated out through the skin.

1 drink = a 12 ounce beer, a 5 ounce glass of wine or a 1.5 ounce shot of distilled spirits.

BAC (Blood Alcohol Concentration)

***A 140 pound woman** who has 1-2 drinks will have impaired driving skills, and with 3 drinks becomes legally intoxicated.

***A 180 man** with 2-3 drinks will have impaired driving skills and at 4 drinks becomes legally intoxicated. **National Hwy Traffic Safety Administration*

Levels of Use of Alcohol progress as:

Experimentation - Social/Recreational Use - Habitual Use – Abuse – Addiction

Desired Effects of Alcohol:

- A depressant/relaxant
- Lowers muscle tension and stress
- Reduces social awkwardness
- Lowers behavioral inhibitions

Unwanted Effects:

- Increases the lows of depression
- Decreased nutrition & weight gain
- Legal problems & accidents
- Unwanted pregnancies, high risk sexual activities, abuse of minors

High Dose Episodes/Binge Drinking (5 or more drinks in one sitting)

As the blood alcohol concentration rises, effects can go from *lowered inhibitions* and *relaxation*, to *decreased alertness* and *clumsiness*, to *slurred speech* and *inability to walk*, to *unconsciousness* and *death*. **About 28% of high school students and 45% of college students binge drink at least 2 times a month.**

About **10% to 12%** of drinkers progress to **frequent, high-dose use**.

This rises to about **20% for the 18 to 25-year-old age group**.

Tolerance: When the body attempts to adapt to ever increasing amounts of alcohol. It adapts by:

- creating more metabolizing enzymes
- desensitizing delicate tissues
- modifying behavior (so that one does not “appear” drunk)

Withdrawal: When a drinker stops drinking after high-dose use, the altered body chemistry tries to readjust to the sudden lack of alcohol. Symptoms include:

- hangovers and vomiting
- shaking and tremors
- delirium, convulsions, seizures
- **warning: withdrawal from alcohol can be life threatening and require medical supervision.**

Find out more about Professional Recovery Coaching Programs. We Certify:

- **Professional Recovery Coach (PRC)**
- **Professional Recovery Coach with Life Coach Credentials (PRC +)**
- **Professional Recovery Coach w/ path to ICF Accreditation* (CPRC)**

**We provide International Coach Federation Continuing Coach Education Hours
We provide Addiction CEUs as a Premier Organizational Member of
NAADAC, the Association of Addiction Professionals*

Dr. Jean LaCour explains how to assist clients out of the *Addiction Curve* and into the *Sobriety Zone*: (insert video link) Or review our training programs here:

<http://www.recoverycoachtraining.com/professional-recovery-coaching-programs/>



NET Training Institute
P O Box 2508
Daytona Beach, FL 32115 USA
T: 1.800.485.5802
F: +1.407.217.1705
www.recoverycoachtraining.com
info@recoverycoachtraining.com