Avoidance of Risky Substances

It is well known that tobacco use and drinking too much alcohol increases the risk of many chronic diseases and death. People who are ready can and do quit smoking; there are more former smokers in the world now than there are current smokers. Some treatments work for alcohol abuse. Treatments often take time, different approaches and many attempts. Giving yourself patience as well as getting support from others is an important part of reaching your goals.



Effective Treatment Models

- Counseling
  - Individual, group, telephone
  - Many quick visits
  - Longer more intense visits
- Medications (anti-relapse)
- Counseling plus medication is more effective

Slips and relapses are normal and considered part of the change process. Goal setting, support and persistence is key!

Goals for Avoiding Risky Substances

Setting goals around substance use (tobacco, alcohol, or other drugs) is a great way to start making changes. An example of a goal is, "I will swap my morning cigarette with chewing gum at least 5 days this week for the next four weeks. I will ask my partner to help keep me on track and use the free texting service for more support."

Specific - What are you going to do to decrease your substance use?

Measurable - How much will you reduce it by?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?

Helpful Resources:

National Quit Link: 1-800-Quit-Now

SmokeFree.gov https://smokefree.gov/

nami.org

NIAAA Alcohol Treatment Navigator
alcoholtreatment.niaaa.nih.gov

American Academy of Addiction Psychiatry
www.aaap.org

American Psychological Association
www.apa.org

American Society of Addiction Medicine
www.asam.org

NAADAC Substance Abuse Professionals
www.naadac.org

National Association of Social Workers
www.helpstartshere.org

Substance Abuse Treatment Locator
www.findtreatment.samhsa.gov

Alcoholics Anonymous (AA)
www.aa.org

Moderation Management
www.moderation.org

Secular Organizations for Sobriety
www.sossobriety.org

SMART Recovery
www.smartrecovery.org

Women for Sobriety
www.womenforsobriety.org

Al-Anon Family Groups
www.al-anon.alateen.org

Adult Children of Alcoholics
www.adultchildren.org

www.psychologytoday.com/us

Guidelines:

Standard alcoholic drink in US:
12 oz beer
5 oz table wine
1.5 oz of 80-proof spirits

Typical Containers
750 mL wine = 5 drinks
750 mL spirits = 18 drinks
1 L spirits = 24 drinks

Low Risk Drinking Guides by National Institutes of Health

Men
No more than 4 drinks on any day
No more than 14 drinks in 7 days

Women
No more than 3 drinks in any day
No more than 7 drinks in 7 days

"Binge" Drinking is defined as:
5 drinks in 2 hours for men,
4 drinks in 2 hours for women.

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