

April is Alcohol Awareness Month

Alcohol has long been a part of American culture, and most adults who drink do so responsibly. At the same time, alcohol-related problems—which result from drinking too much, too fast, or too often—are among the most significant public health issues in the United States.

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

Did You Know: *An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States.*

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.*



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 Cut down on your drinking?
2. Have people Annoyed you by criticizing your drinking?
3. Have you ever felt Guilty about drinking?
4. Have you ever felt you needed a drink first thing in the morning (Eye-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 living with an addiction 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

- *Acenda Integrated Health:* 844-422-3632
- *Cooperative Care, Inc.:* (609) 741-6363
- *Families Matter, LLC:* (609) 886-8666
- *Cape Assist:* (609) 522-5960
- *Addiction Recovery Systems:* (609) 463-0500
- *Nancy Crafts Counseling:* (609) 465-7788

Other Resources

- *Parent to Parent Support:* (856) 983-3328
- *Al-Anon:* 888-944-5678
- *Alcoholics Anonymous:* (609) 641-8855

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

****Alcohol Awareness Month*** was founded by National Council on Alcoholism and Drug Dependence

Message brought to you by the Cape May County Municipal Alliances
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Additional Substance Abuse information can be accessed at

Know Addiction <https://knowaddiction.nj.gov/>

Reach NJ <https://reachnj.gov/>