

**Visit 1- Study Overview:  
Activities/Learning Material to  
Be Covered in the Intersession  
Interval**

# Welcome to the Alcohol Educational Program



**Our goal is for you to have  
Zero Heavy Drinking Days by Visit 16 (1 month) –  
and to remain that way through Visit 36 (6 months)**

These materials will help support you on your journey! You can view them at home and during your TMS visits

Read



Watch or Interact



Write & Reflect



# Welcome to the Alcohol Educational Program

In the first 3-5 weeks (Acute Phase; 15 visits) you'll make a Change Plan and learn about topics like:

What is Alcohol Misuse?





What are the harms associated with Alcohol?

How to Deal with Urges
















How to Deal with Triggers

How to Say No

Visit 16 (~1 month) is your target Quit Date (no heavy drinking)

	Visit	Slide Show Title	Slide Show Topic	Rethinking Drinking Booklet Pages	Rethinking Drinking Sections
A C U T E  P H A S E	1	Visit 1	Overview of Curriculum		
	2	Visit 2	Standard Drink		
	3	Visit 3	What's my drinking Level?		
	4			2-5	From "Rethinking Drinking" through "What is Alcohol Misuse?"
	5	Visit 5	Risks of Excessive Drinking		
	6	Visit 6	Defining AUD		
	7	Visit 7	Time to make a change		
	8			6-11	From "What are the Harms?" through "To cut down or to quit?"
	9	Visit 9	How to Change		
	10	Visit 10	Effects of Alcohol on the body		
	11	Visit 11	Urges		
	12			11-13	Planning for Change: Write a Change Plan
	13	Visit 13	Triggers		
	14	Visit 14	Techniques for saying no		
	15	Visit 15	Saying No continued		

# Welcome to the Alcohol Educational Program

	Visit	Slide Show Title	Slide Show Topic	Rethinking Drinking Booklet Pages	Rethinking Drinking Sections	
C O N T I N U A T I O N  P H A S E	16			13-17	From "Support for Quitting" through end of pg. 17	
	17	Visit 17	Tips for quitting			
	18	Visit 18	Treatment resources			
	19	Visit 19	Risks of Continued Drinking			
	20				Supplemental Form	Complete the Urge Tracker Form
	21	Visit 21	Recovery from a Lapse			
	22	Visit 22	Support for Quitting			
	23	Visit 23	Effects on the Brain			
	24				Supplemental Form	Complete the Triggers & Strategies Form
	25	Visit 25	Relapse Misconceptions			
	26	Visit 26	How much is too much			
	27	Visit 27	Review of Curriculum thus Far			
	28				Supplemental Form	Drink refusal skills. Script your "No"
	29	Visit 29	Review - Urges			
	30	Visit 30	Review- Triggers			
	31	Visit 31	Review- Techniques for saying No			
	32				Review 11-13	Review evolution of your progress
	33	Visit 33	Review- Recovering from a Lapse			
	34	Visit 34	Review- Tips for Quitting			
	35	Visit 35	Review - Support for Quitting			
	36				Review 18	Review last revision of change plan

In the Weekly visit phase (Continuation Phase; 20 visits) you'll revisit your **Change Plan** and learn about topics like:

Tips for Quitting

How to Recover from a Lapse

Other Support Resources

and you will complete worksheets on your learned strategies for:

Dealing with Urges

Dealing with Triggers

Drink Refusal Skills

Goal: No Heavy Drinking Days  
You can do it!

# Lets get started!

The next few slides will give you an overview of the topic we will cover in the future

Read  
through the  
slides



Watch the brief video at  
the end which describes  
Alcohol Use Disorder



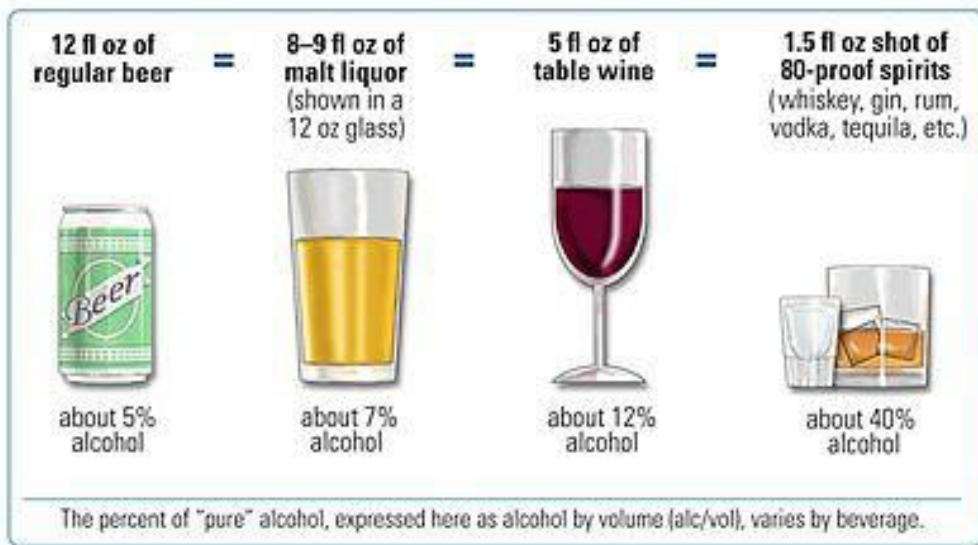
Then Write a few  
sentences describing  
what you hope to  
learn in this study





# Standard Drinks and Risks of Excessive Drinking

- What are your goals for your alcohol use?
  - Cutting down
  - Quitting

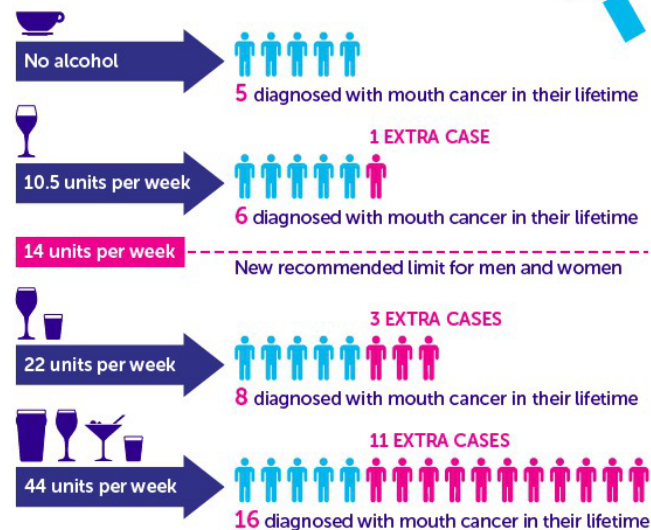


## ALCOHOL AND MOUTH CANCER RISK

Of 1,000 people in the UK



who each drink...



CRUK estimates, Jan 2016, based on Turati et al 2013 (cancer risk), CRUK 2010 lifetime risk estimates, and ONS 2012 General Lifestyle Survey 2010 (alcohol consumption)

# What's My Drinking Level?

- **Moderate Drinking:** The US Dietary Guidelines defines moderate drinking as no more than 1 drink per day for women and no more than 2 drinks per day for men
- **Binge drinking:** Drinking that brings blood alcohol concentration (BAC) to 0.08 percent or higher. *This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.*
- **Heavy alcohol use:** More than 4 drinks on any day for men or more than 3 drinks for women.
- **High intensity drinking:** Consumption of 2 or more times the gender-specific thresholds for binge drinking (ex: 10 or more standard drinks for men; 8 or more standard drinks for women)

## Pros & cons

It's up to you as to whether and when to change your drinking. Other people may be able to help, but in the end, it's your decision. Weighing your pros and cons can help.

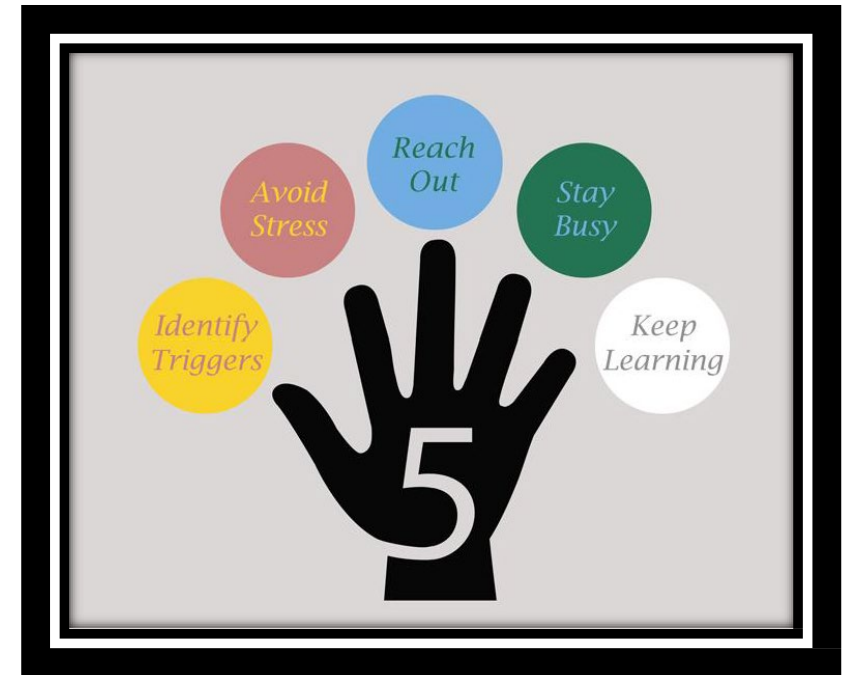
**Pros:** What are some reasons you might want to change your drinking?

- |  |   |
|--|---|
| <input type="checkbox"/> To improve my health              | <input type="checkbox"/> To save money                  |
| <input type="checkbox"/> To improve my relationships       | <input type="checkbox"/> To lose weight or get fit      |
| <input type="checkbox"/> To avoid hangovers                | <input type="checkbox"/> To avoid more serious problems |
| <input type="checkbox"/> To do better at work or in school | <input type="checkbox"/> To meet my personal standards  |
| <input type="checkbox"/> <input type="text"/>              | <input type="checkbox"/> <input type="text"/>           |
| <input type="checkbox"/> <input type="text"/>              | <input type="checkbox"/> <input type="text"/>           |

# Urges and Triggers

## Urge tracker cards

Date/Time	Situation (people, place) or trigger (incident, feelings, time of day)	What was the urge like? Was it a thought? Emotion? Physical sensation?	Rate the urge from 1 (mild) to 10 (strong)	How I responded	What I'll do in the future



Do your best to avoid high risk situations but be prepared with coping tools when high risk situations can't be avoided.

# How to Cope With Telling Others No

Using the Recognize, Avoid, Cope and Evaluate method (RACE) to maintain your goal, handle your triggers and urges, and recover from relapse

**Direct social pressure:** Is when someone offers you a drink or an opportunity to drink.

**Indirect social pressure:** when you feel tempted to drink just by being around others who are drinking—even if no one offers you a drink

When you can't avoid social pressure: **KNOW YOUR NO!**

Have a plan in place for how you will politely and respectfully say no to others while being firm and clear about your wishes.

Practice using your short and clear "No thanks" so that when the situation arises you are ready

When in doubt, you can always leave!



# How Do I Recover After a Relapse?

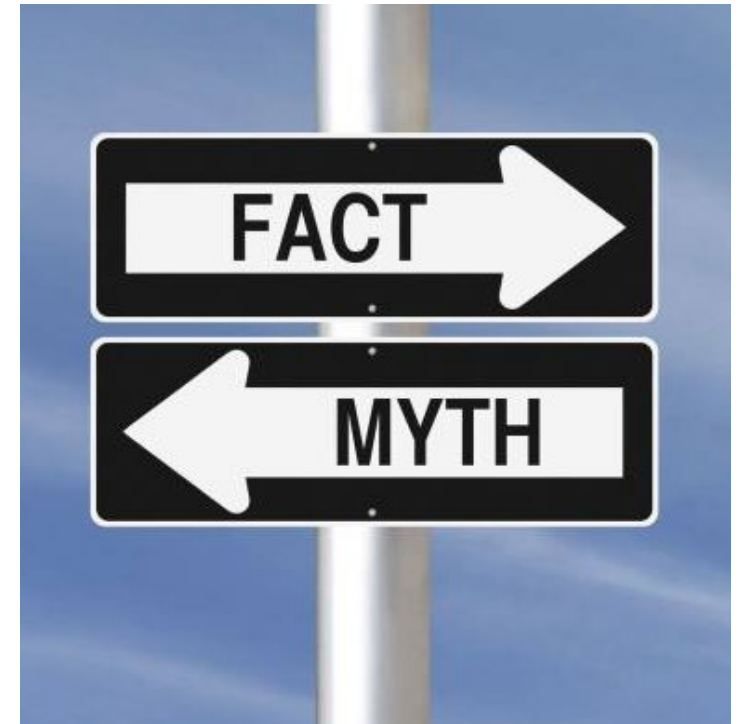
**Lapse:** A temporary slip or return to a previous behavior that one is trying to control. It is usually a onetime occurrence.

**Relapse:** A full-blown return to a pattern of behavior that one has been trying to moderate or quit altogether.

## 5 Myths of relapse:

1. All people with substance use disorders r elapse
2. You can only relapse by using your drug of choice
3. Those who relapse lack motivation
4. Relapse means treatment has failed
5. When relapse occurs, all progress is lost

Alcohol & Genetics- Between 50% and 60% of the vulnerability to alcohol use disorder is inherited and likely due to variants in many genes which affect various biological processes, mental states, and traits. Despite the genetic risk factors associated with increased or decreased alcohol use, one with specific genetic risk factors does not inevitably develop an AUD, and in many cases people do not



# What Risks Do I Continue to Face if I Continue Drinking Excessively?

- Short term

Injuries, such as [motor vehicle crashes](#), falls, drownings, and burns.

Violence, including homicide, suicide, sexual assault, and intimate partner violence.

Alcohol poisoning, a medical emergency that results from high blood alcohol levels.

Miscarriage and stillbirth or [fetal alcohol spectrum disorders \(FASDs\)](#) among pregnant women.

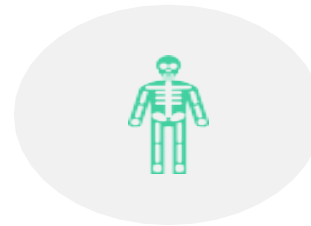
Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.

# What Risks Do I Continue to Face if I Continue Drinking Excessively?

- Long term



High blood pressure, heart disease, stroke, liver disease, and digestive problems.



Cancer of the breast, mouth, throat, esophagus, liver, and colon.



Learning and memory problems, including dementia and poor school performance.



Mental health problems, including depression and anxiety.



Social problems, including lost productivity, family problems, and unemployment.



Alcohol dependence, or alcoholism.

# Do I Have an AUD?

**ALCOHOL.ORG**

## 11 Criteria for Defining an Alcohol Use Disorder (AUD)

<b>1</b>	Drinking more alcohol, or for longer, than intended	<b>7</b>	Cutting back on, or giving up, hobbies to consume more alcohol
<b>2</b>	Trying to cut down or stop drinking but being unsuccessful	<b>8</b>	Repeatedly being in situations where alcohol put one at risk of harm
<b>3</b>	Spending a lot of time drinking or feeling sick from a hangover or other aftereffects	<b>9</b>	Having to consume more alcohol to experience the desired effects
<b>4</b>	Experiencing interference in daily life and relationships because of drinking	<b>10</b>	Consuming alcohol even though it worsens a health condition, including anxiety or depression
<b>5</b>	Having cravings for alcohol	<b>11</b>	Experiencing withdrawal symptoms when alcohol's effects began to wear off
<b>6</b>	Continuing to drink even though it hurt relationships with friends and family		

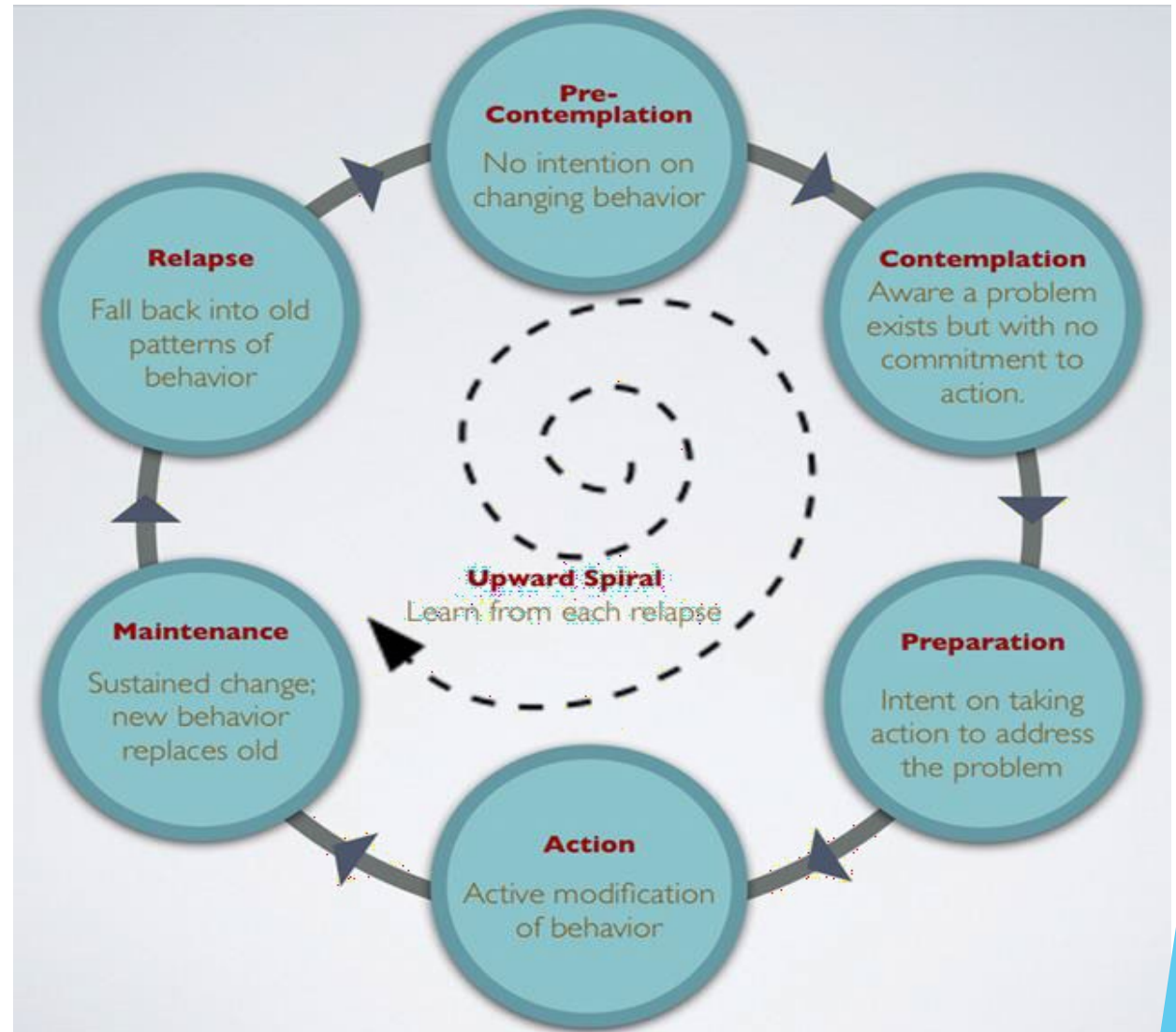
Alcohol dependence and AUD are not the same condition, but people who struggle with AUD typically are dependent on alcohol. This leads to compulsively drinking, which escalates rapidly.



- Treatment options: 3 FDA approved medications, several therapy options, social support groups
- Seek help if you have symptoms that persist or get worse, or if you are experiencing suicidal thoughts.

# Is It Time For Me to Make a Change?

Don't wait for a crisis or to hit rock bottom before making a change.

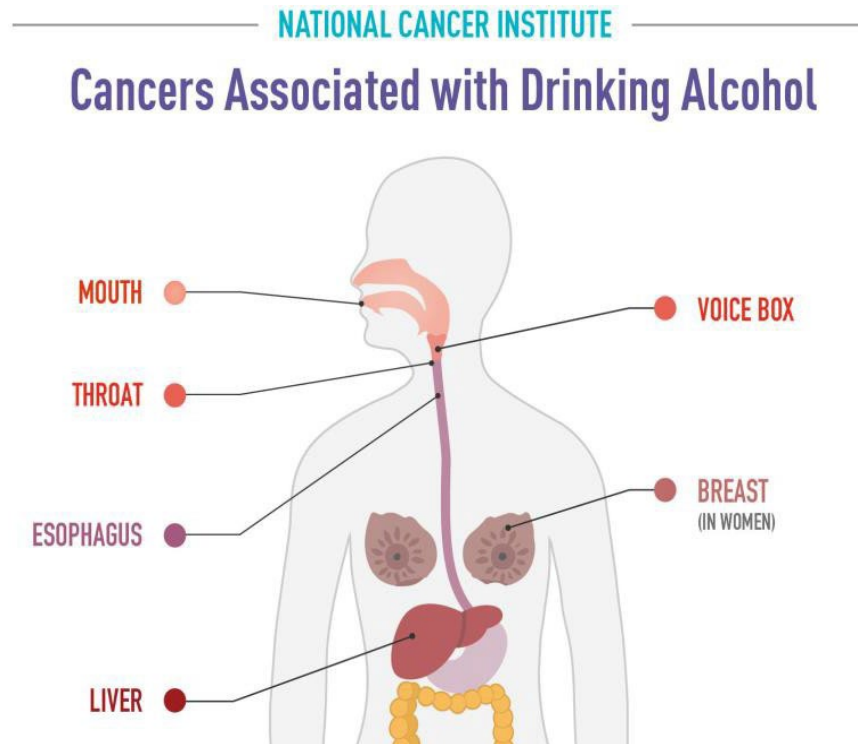
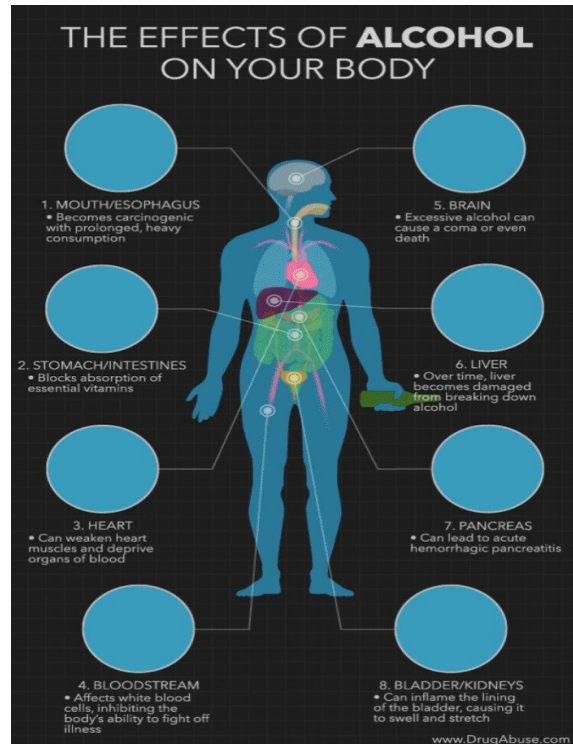


# Tips to Try to Help Me Quit

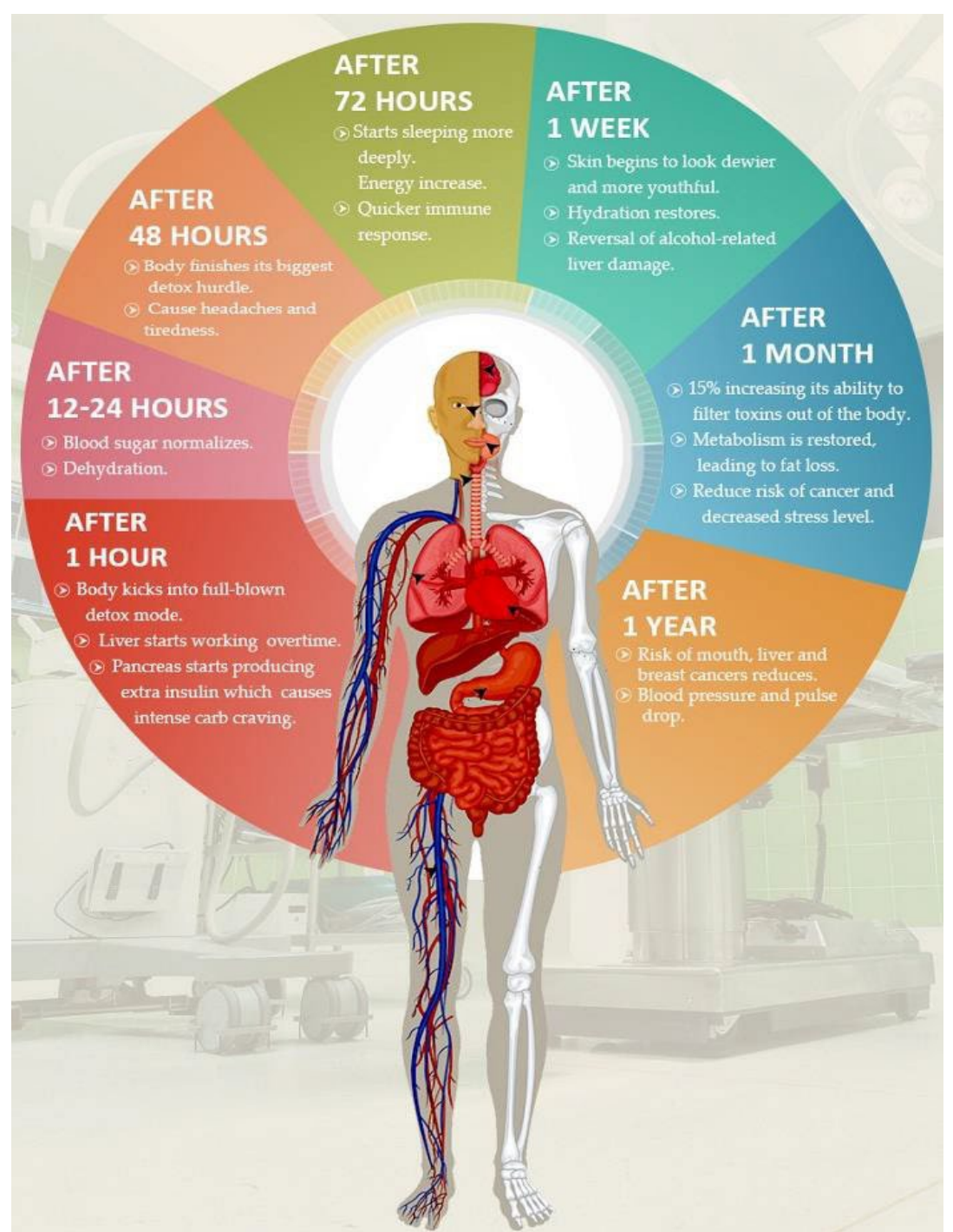
- One size doesn't fit all.
- Tips for social support/support groups:
  - Educate friends and family.
  - Find alternative activities to drinking.
  - Seek social support through support groups.
- Non-alcoholic drinks:



# How does Alcohol Affect My Body?

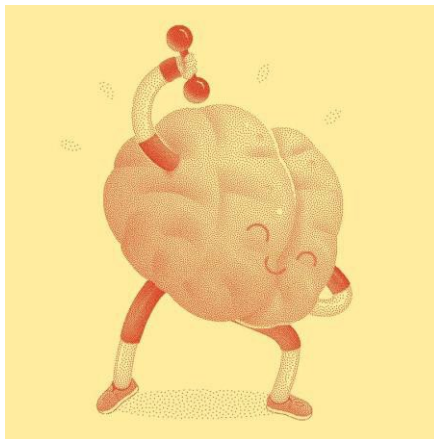
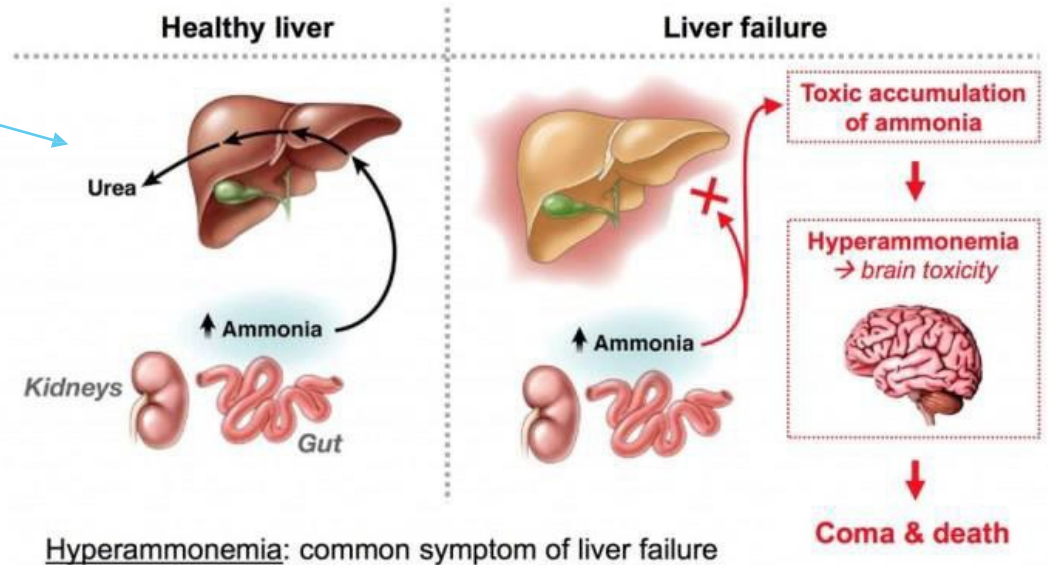


# How Quitting Alcohol Changes Your Body



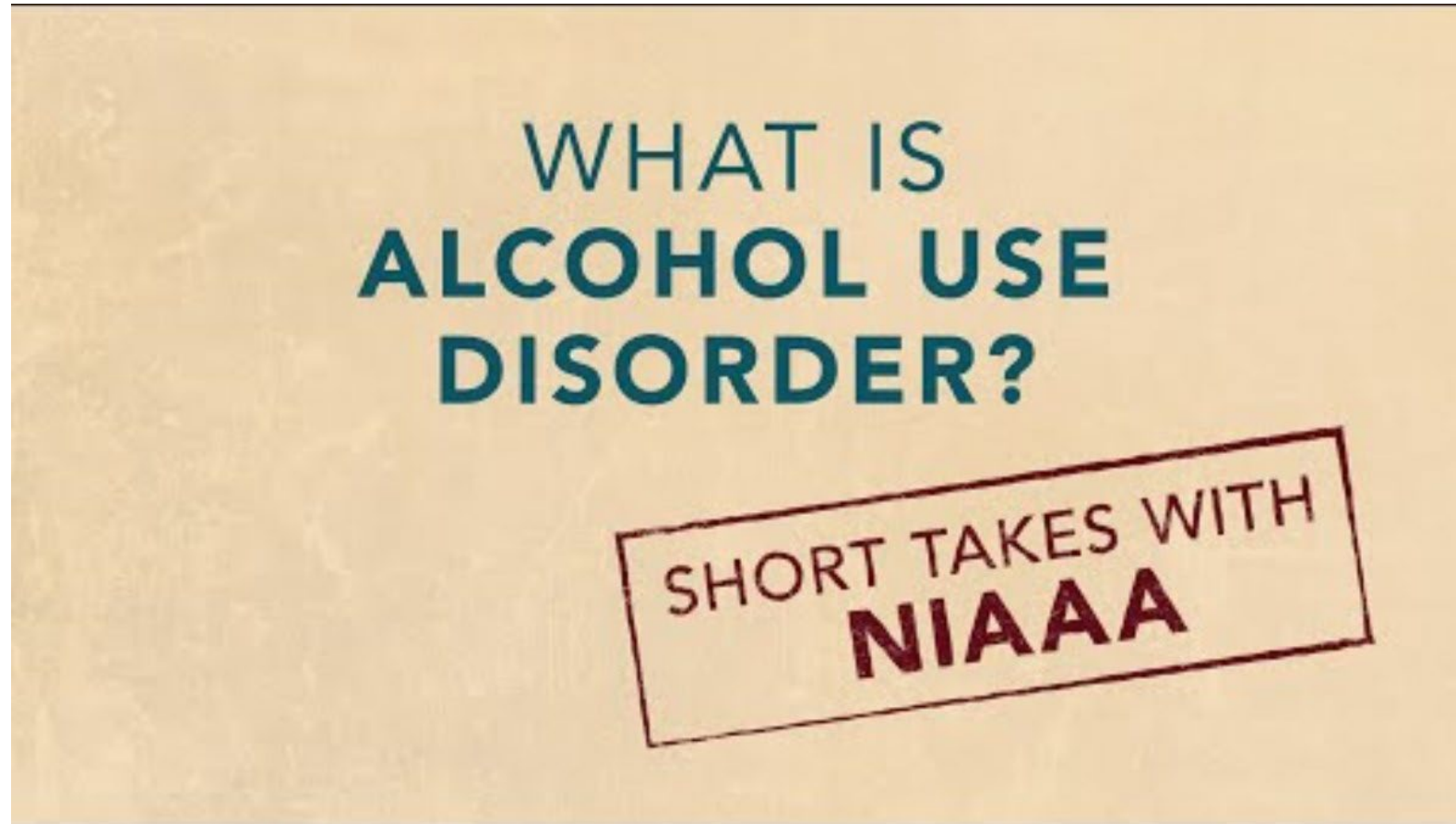
# How Does Alcohol Affect My Brain?

- Liver disease can cause neurological problems
- Alcohol related brain injuries and blackouts
  - **Examples:** Cerebellar Atrophy, Frontal Lobe Dysfunction, Encephalopathy, Wernicke's syndrome, Korsakoff's Psychosis, Alcohol-related Peripheral neuropathy, Dementia
- Some research suggests the brain can slowly regenerate brain cells in specific regions.





## Today's Brief Video:



[https://www.youtube.com/watch?v=BpxElRqyx0&list=PLPxPXWXQmUji-0\\_usQpC\\_\\_K6EnCnUcpJn&index=6](https://www.youtube.com/watch?v=BpxElRqyx0&list=PLPxPXWXQmUji-0_usQpC__K6EnCnUcpJn&index=6)



## Today's Writing Assignment:

Place today's date in our notebook.

Under today's date write: Visit 1

Then write 2-3 sentences describing the level of drinking or abstinence you want to achieve while you are in this study.

For example:

"I want to have no more than 1 drink per day & want to be in control of my cravings." "I want to be free from alcohol and want to learn how to cope with stress better."

*Once you are done a staff member will come check on you and go over your written goals with you. Congratulations! You have already begun a great journey for the health of your brain and your body!*