



the recovery center

# Turning Points

**the recovery center**  
1856 Cedar Hill Road  
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### Our Mission

To ensure the effective and efficient delivery of alcohol, drug addiction and mental health prevention, intervention and treatment services to promote the health and safety of the residents of Fairfield County.

### Our Vision

To create a learning organization for behavioral healthcare services which promotes understanding, supports growth and fosters healing for clients, staff and community.

### Board of Directors

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The Recovery Center is an independent contract agency of the Fairfield County ADAMH Board and is also funded by United Way of Fairfield County and the Ohio Department of Alcohol and Drug Addiction Services.



## Prevent FASD: Healthy Women, Healthy Babies SAMHSA

Did you know that alcohol can harm a fetus at any point in its development, often before a woman knows she's pregnant?

"Fetal alcohol spectrum disorders" (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications. The term FASD refers to conditions such as fetal alcohol syndrome (FAS), alcohol-related neurodevelopmental disorder (ARND), and alcohol-related birth defects (ARBD).

The Surgeon General issued an advisory in February 2005 to help share this important message and to urge health professionals to identify and assist women who are drinking or at risk of drinking during pregnancy.

Any pregnant woman who drinks alcohol is at risk of having a child with a FASD, regardless of her education, income or ethnicity. Women who are at particularly high risk of drinking during pregnancy and having a child with a FASD include:

- 1) Women with substance abuse or mental health problems
- 2) Women who have already had a child with an FASD
- 3) Recent drug users
- 4) Smokers
- 5) Women who have multiple sex partners
- 6) Recent victims of abuse and violence

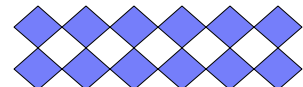
Alcohol is a potent teratogen, a substance that can damage a developing fetus. There is no known safe level of alcohol use during pregnancy, so pregnant women or women who may become pregnant should not drink any alcohol from conception to birth.

There are three main approaches to preventing FASD.

- 1) Increase public knowledge about FASD.
- 2) Target women at risk by screening and offering intervention as warranted.
- 3) Target women at highest risk through treatment of alcohol problems and strategies to encourage pregnancy prevention.

Drinking during pregnancy can cause permanent damage to a fetus. However, FASD is 100 percent preventable. The only cause of FASD is prenatal exposure to alcohol. If a woman does not drink alcohol while she is pregnant, her baby will not have an FASD. Health care providers, families, friends, and other community members all have a role in addressing FASD.

*Preventing FASD: Healthy Women, Healthy Babies*; SAMHSA Fetal Alcohol Spectrum Disorders Center for Excellence; DHHS Publication No. (SMA) 07-4253, Printed 2007.



## Alcoholism— Did you Know? from NIAAA

### Special points of interest:

- Alcoholism is a disease.
- The risk for developing alcoholism is influenced by a person's genes and by his or her lifestyle.
- Alcoholism can be treated.
- Alcohol abuse can be just as harmful as alcoholism.
- There are many resources that can help those dealing with alcoholism or alcohol abuse.

Alcoholism is a disease. The craving that an alcoholic feels for alcohol can be as strong as the need for food or water. An alcoholic will continue to drink despite serious family, health, or legal problems.

Like many other diseases, alcoholism is chronic, meaning that it lasts a person's lifetime; it usually follows a predictable course; and it has symptoms. The risk for developing alcoholism is influenced both by a person's genes and by his or her lifestyle.

Research shows that the risk for developing alcoholism does indeed run in families. The genes a person inherits partially explain this pattern, but lifestyle is also a factor. Your friends, the amount of stress in your life, and how readily available alcohol is also are factors that may increase your risk for alcoholism.

But remember: Risk is not destiny. Just because alcoholism tends to run in families doesn't mean that a child of an alcoholic parent will automatically become an alcoholic too. Some people develop alcoholism even though no one in their family has a drinking problem. By the same token, not all children of alcoholic families get into trouble with alcohol. Knowing you are at risk is important, though, because then

you can take steps to protect yourself from developing problems with alcohol.

Alcoholism can be treated. Alcoholism treatment works for many people. But like other chronic illnesses, such as diabetes, high blood pressure, and asthma, there are varying levels of success when it comes to treatment. Some people stop drinking and remain sober. Others have long periods of sobriety with bouts of relapse. And still others cannot stop drinking for any length of time. With treatment, one thing is clear, however: the longer a person abstains from alcohol, the more likely he or she will be able to stay sober. Treatment has helped many people stop drinking and rebuild their lives.

Alcoholism is only one type of an alcohol problem. Alcohol abuse can be just as harmful. A person can abuse alcohol without actually being an alcoholic—that is, he or she may drink too much or too often but still not be dependent on alcohol.

Some of the problems linked to alcohol abuse include not being able to meet work, school, or family responsibilities; drunk-driving arrests and car crashes; and drinking-related medical conditions. Under some circumstances, even social

or moderate drinking is dangerous—for example, when driving, during pregnancy, or when taking certain medications.

Alcohol abuse and alcoholism cut across gender, race, and nationality. In the United States, 17.6 million people—about 1 in every 12 adults—abuse alcohol or are alcohol dependent. Alcohol problems are highest among young adults ages 18-29 and lowest among adults 65 and older. We also know that people who start drinking at an early age—for example, at age 14 or younger—are at much higher risk of developing alcohol problems at some point in their lives than someone who starts drinking at age 21 or after.

There are many national and local resources that can help. The National Drug and Alcohol Treatment Referral Routing Service provides a toll-free telephone number, 1-800-662-HELP, offering various resource information. Through this service you can speak directly to a representative concerning substance abuse treatment, request printed material, or obtain local substance abuse treatment referral information.

Source: "FAQs"; National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health. [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

## Underage Drinking Laws Parents Who Host Lose the Most



**Fact Sheet:**

It is illegal to host or allow teen drinking parties in your home.

It is unhealthy for anyone under age 21 to drink.

It is unsafe and illegal for teens to drink and drive.

Parents can be prosecuted under the law.

Everything associated with a violation, such as personal property, can be confiscated.

**Parents should know:**

As a parent, you cannot give alcohol to your teen's friends under the age of 21 under any circumstance, even in your

own home, even with their parent's permission.

Other than your own child, you cannot knowingly allow a person under 21 to remain in your home or on your property while consuming or possessing alcohol.

**If you break the law:**

You can face a maximum sentence of six months in jail and/or a \$1,000 fine.

Others can sue you if you give alcohol to anyone under 21, and they, in turn, hurt someone, hurt themselves or damage property.

Officers can take any alcohol, money or property used in committing the offense.

**Things you can do as a parent:**

- 1) Refuse to supply alcohol to anyone under 21.
- 2) Be at home when your teen has a party.
- 3) Make sure that alcohol is not brought into your home or property by your teen's friends.
- 4) Talk to other parents about not providing alcohol at other events your child will be attending.
- 5) Create alcohol-free opportunities and activities in your home so teens will feel welcome.
- 6) Report underage drinking to local law enforcement.

Source: *Parents Who Host Lose the Most* is a program of Drug-Free Action Alliance with support from the Ohio Department of Alcohol and Drug Addiction Services. For more information [www.drugfreeactionalliance.org](http://www.drugfreeactionalliance.org)

*“As a parent, you cannot give alcohol to your teen’s friends under the age of 21 under any circumstance, even in your own home, even with their parent’s permission.”*

## Your One-Stop-Shop for Substance Abuse & Violence Prevention Materials

Ohio citizens may obtain free materials related to substance abuse and violence prevention through the Ohio Resource Network Clearinghouse (ORN). There is no cost for shipping and handling.

A selection of more than 700 different items includes resources for prevention and treatment professionals, teachers, employers, and community coalition leaders. The ORN Clearinghouse con-

tains informational brochures, booklets, toolkits and posters for all age groups.

You can view descriptions of materials by category and place your order online at: [www.ebasedprevention.org](http://www.ebasedprevention.org). You may also visit the ORN Clearinghouse in person Monday - Friday, 9:00a.m.-5:00 p.m. at: Ohio Resource Network Clearinghouse: Drug-Free Action Alliance; 6185 Huntley

Road; Suite P; Columbus, Ohio

For more information, please contact the ORN Clearinghouse toll-free at 1-800-788-7254, option #3 or (614) 540-9991.

