

Volume 4. Issue 3

Week of

February 5, 2016

# Stepping It Up

By: Jessica Pugh

## Upcoming Events!

### Daily American Challenge

Don't forget to sign up for the Daily American 10k~5K on June 11th! Registration forms can be found in the prevention department. Support is needed as Drug-Free Communities is one of the beneficiaries!

Don't forget to wish the following a **HAPPY BIRTHDAY!**

Melanie Brannigan



Are you up to date with your training hours?

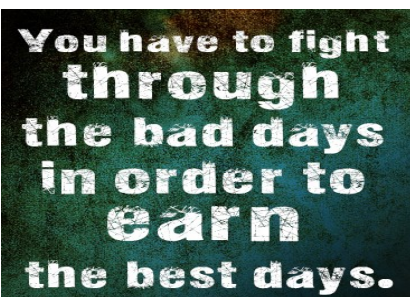
Remember to keep up with your training hours to ensure you have all hours completed by the end of the year!

### Next Staff Meeting

February 10, 2016 at 8:30 am

**DO YOU KNOW..** Children of Alcoholics are how much more likely to become alcoholics themselves?

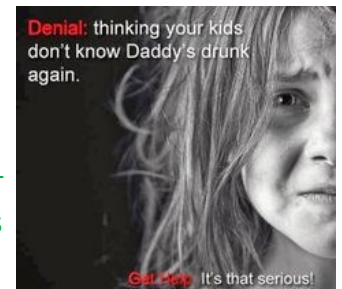
\*Submit your answer to **Jess** by phone ext. 259, email or in person. First one with the answer receives a prize!



# Children of Alcoholics

**Children of Alcoholic Awareness Week (COA)** is February 14th-20th. This week is meant to raise awareness internationally of children affected by parental alcohol problems. It's important to know that they are not alone and help and support is available.

**Breaking the Cycle:** Children of alcoholics life is often filled with shame, suffering, fear and trapped by the same disease that affects their parents. These children can suffer from physical illness and injury, emotional disturbances, educational deficits, behavioral problems and alcoholism or alcohol abuse later in life. COA's can be helped, even if the alcoholic parent does not receive treatment. Formal training is not needed to be caring and supportive to any COA's. Adult relatives, adults within the school system, faith-based organizations or any health and social service agencies can provide assistance. It's important to provide any COA's with age appropriate information about alcoholism to help them understand reality and to develop skills needed to cope with their day-to-day challenges. COA's need to understand that alcoholism is a disease that has nothing to do with them. They are **not** responsible. More information can be found at <http://www.nacoa.org>.



## Motivational Interviewing

**Motivational Interviewing** in an evidence-based treatment that addresses ambivalence to change. It is a conversational approach designed to help people: discover their own interest in considering and/or making a change in their life, express in their own words their desire for change, examine their ambivalence about the change, plan for and begin the process of change, elicit and strengths change-talk, enhance their confidence in taking action and noticing that even small incremental changes are important and strengthen their commitment to change. Motivational Interviewing attempts to increase the clients awareness of the potential problems caused, consequences experiences and risks faced as a result of the behavior in question. The counselor helps the client to envision a better future and increase motivation to achieve it.