



News Release

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FOR IMMEDIATE RELEASE
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DAVID LAWRENCE CENTER HONORS ALCOHOL AWARENESS MONTH WITH EDUCATION EVENTS AND FREE SCREENINGS

Naples, FL - For most adults, moderate alcohol use causes few, if any, problems. But for some, any alcohol use may lead to significant health problems. Trying to figure out the risks associated with alcohol use is not easy because each person's body reacts differently at different times. To protect yourself, it is important to figure out where you should draw the line when consuming alcohol – where do you draw the line as you get older, if you are trying to get pregnant, if you have a family history of alcohol abuse, if you develop a medical condition, or if you take certain medications. For children, any use of alcohol is obviously illegal. In addition to legal problems, school suspension and revocation of school privileges such as participating in sporting and social events, alcohol experimentation and abuse can lead to risky behaviors such as sexual promiscuity, poor decision making and driving under the influence. Kids, who don't yet understand the affects that alcohol can have on them, are at risk of alcohol poisoning which can lead to accidental death.

Alcohol abuse and addiction can impact many aspects of your life. The long term medical complications from abusing alcohol can include gastrointestinal problems, liver disorders, heart disease and reproduction and pregnancy problems. Heavy drinkers develop a tolerance for alcohol, which means that larger amounts are needed to get the desired effect. You are physically dependent if you experience withdrawal symptoms such as delirium tremors, cramps, vomiting, elevated blood pressure, sweating, dilated pupils, sleep problems, irritability, and convulsions when you try to stop drinking. Short-term memory loss and blackouts are common among heavy drinkers. From an emotional perspective, you can lose your self respect, dignity and emotional control leading to depression and in worst cases suicide. This downward spiral can negatively affect your relationships, grades and ability to work.

It has been widely documented that another devastating fact of alcoholism is the impact it can have on children of alcoholics. Due to their parents' emotional state and lack of supervision, they are at risk of physical illness and injury, neglect, emotional disturbances, educational deficits and behavior problems. Perhaps most troubling, is the fact that children of alcoholics are two to four times more likely to become problem drinkers and continue the addictive practices of their parents.

In honor of **National Alcohol Awareness Month** held every April, the David Lawrence Center, Collier County's only community mental health and substance abuse treatment center, is offering

the following educational opportunities and free, anonymous alcohol screenings throughout the month:

Prevention Education Presentation about Signs and Symptoms of Alcoholism

Agencies, schools, community groups, churches and businesses can request a free, customized educational presentation about substance abuse targeted towards children, adults or seniors.

Call 239-455-8500 extension 2209 to schedule a presentation for your organization.

Free and Confidential Alcohol Screenings

Talk privately with a health professional and receive information about local resources. Those who may need further evaluation will receive treatment referrals and recommendations.

April 1 – 30, 2010

David Lawrence Center Horseshoe Drive Satellite Office (2806 South Horseshoe)

Call 239-455-8500 extension 2209 to schedule an appointment or get more information.

Fundraising Luncheon featuring Christopher Kennedy Lawford

Christopher Kennedy Lawford, actor, New York Times Best selling author, mental health and substance abuse activist, and member of the famed Kennedy family, will share intimate details about his deep and long descent into near-fatal drug and alcohol addiction, and his subsequent formidable path back to the sobriety he has preserved for the past twenty years. Proceeds benefit the David Lawrence Foundation.

Thursday, April 29, 2010 at 11:30 a.m.

The Ritz-Carlton, Naples

280 Vanderbilt Beach Road, Naples, FL

Tickets are \$250 per person

Call 239-354-1434 to purchase a ticket.

David Lawrence Foundation raises funds to support the programs and services of David Lawrence Center, a not-for-profit, community mental health center that provides affordable mental health and substance abuse services in Southwest Florida. In addition to helping children with behavioral, emotional and substance abuse challenges, the Center provides counseling and rehabilitative services to adults in crisis and individuals with persistent mental illness. David Lawrence Center has eight locations in Collier County and touches the lives of more than 20,000 clients a year. It is David Lawrence Center's mission to restore and rebuild the lives of all of those in need. More information about David Lawrence Center can be found online at davidlawrencecenter.org.

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