



**Alcohol & Drug Abuse Council  
for the Concho Valley (ADACCV)**  
3553 Houston Harte • San Angelo, TX 76901  
Ph 325-224-3481 • Fax 325-224-4923  
[www.adaccv.org](http://www.adaccv.org)

## **News Release**

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Contact: E. Angelina Osornio  
Cell: 325-374-7304  
[www.cvcare.org](http://www.cvcare.org)

### ***To Drink or not to Drink – Know the Risks! April is Alcohol Awareness Month***

Alcohol is the number one drug used and abused in the U.S., more than all illegal drugs combined. It is the drug of choice regardless of age, education, socio-economic status, or geographical location. **More than 18 million Americans have an alcohol use disorder.**

The **Concho Valley C.A.R.E.S. (Community, Action, Resources, Empowerment, and Success) Coalition** and the **Alcohol and Drug Abuse Council for the Concho Valley (ADACCV)** value the health and safety of all our citizens. Acknowledging that education and informed decision making is a valuable tool in the prevention of substance abuse and disorders for youth as well as adults, we will join other organizations across the country to recognize **April as Alcohol Awareness Month.**

Drinking too much alcohol can lead to health problems, including alcohol poisoning, hangovers, and an increased risk of heart disease. Adolescents are particularly vulnerable as their brains are still developing until the early twenties. The longer they wait to consume alcohol, the less likely they are to have alcohol problems as adults. Children as early as age 9 begin to view alcohol more favorably and take notice of the drinking patterns of their parents and peers. Therefore, parents must be vigilant to the actions of their children. We encourage parents to arm themselves with information and most importantly to talk early and talk often to their children about the risks of alcohol.

*“Alcohol in many cases is a ‘normal’ part of our society; however many people have false information or are uneducated about the risks of alcohol consumption. For those under 21 years, alcohol is never okay – it is illegal and research is showing long term damage to the developing brain. For those over 21, there are many health consequences to problem drinking.”* **Julie Alonso, Director of Operations, ADACCV/CV CARES**

To bring attention to the potential health consequences of high-risk and underage age alcohol consumption; and reduce the stigma associated with seeking help for alcohol abuse disorders, ADACCV and CV CARES will be observing Alcohol Awareness Month in the following ways, join us:

- PROMises Fashion Show at Sunset Mall – April 2, 2pm
- Alcohol Free Weekend: Enjoy a weekend without alcohol, talk to your kids – April 2-3
- City of San Angelo Proclamation at San Angelo City Council Meeting – April 5



- Underage Drinking Awareness Panel Presentation at River Crest Hospital – April 13, noon
- Check your alcohol use or a loved-ones with free, confidential alcohol assessment tools – <http://rethinkingdrinking.niaaa.nih.gov/>
- Visit our booth at local community events and fairs all month long

If you think you may be drinking too much, you can improve your health by cutting back or quitting. Keep track of how much you drink, avoid places where overdrinking occurs, and find new ways to deal with stress. If you are concerned about someone else's drinking, offer to help. You can contact ADACCV's crisis line anytime at 1(800) 880-9641.

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