

apas

into
and
drink
out
again

common
alcohol
problems

drinking a bit too much
a bit too long

All manner of people have all sorts of problems with alcohol. Recognising that you have a problem of some kind takes a lot of courage and personal honesty. It is also, of course, the first step along the road to solving it.

This leaflet aims first to describe and de-mystify the services we offer at apas. Secondly, it outlines some of the common types of drinking problems and ways in which people can start to learn to overcome them.

Drinking a little bit over the sensible limits at Christmas or birthdays isn't the end of the world, but drinking more than is considered sensible over a longer period of time can lead to all sorts of difficulties. Some of these may be medical problems, such as stomach or liver problems, tiredness, or obesity. Some may be problems to do with relationships, drink-driving or other law infringements.

Alcohol is a mind-altering drug which can affect a person's judgement or cause anxiety and depression. Often a number of these difficulties interact and the person feels defeated by a host of problems. By coming to apas, you will have the opportunity to let someone skilled but impartial give you an honest and objective appraisal of the role alcohol plays in your life.

Together with your Advice Worker, you will be invited to work out a plan for facing and overcoming both your problematic relationship with alcohol and the associated difficulties.

apas?

apas is an independent service provider and a channel for referring clients forward to specialist treatment providers in the statutory and voluntary sectors. We supply advice, support and information to health care professionals, community groups and the Probation Service, as well as to the general public.

For the commercial sector we offer a comprehensive service that includes legal expertise in the employers' statutory and common law obligations towards employees with a drink problem.

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binge drinking

Some people find that although they drink only occasionally, when they start drinking they cannot stop. In the short-term, this can lead to hangovers, risk-taking and accidents. In the long-term, it can cause a loss of self-confidence, shame and a fear of being “out of control”.

Alcohol is a disinhibiting drug, which means that the more a person drinks, the more difficult it becomes to decide to stop. It is very wise to nip binge drinking in the bud, before the binges start to get closer together. Your apas Advice Worker will be able to advise on how to reduce this tendency, and how to monitor and control it.

If your problem doesn't fit these categories

If your problem doesn't seem to fit into any of these categories, come and see us anyway and tell us about it. There are as many different problems as there are people, and we believe you will be pleasantly surprised by the help available at apas.

dependency

This is where you find you “need” a drink every day in order to cope with the ordinary stresses of life. You may believe you can't get through the day without a drink, and you may actually get withdrawal symptoms if you try. Some people can drink large amounts of alcohol for weeks and suddenly stop with no apparent side-effects. Others suffer extreme anxiety, shake uncontrollably and find it impossible to eat or sleep.

If you are a dependent drinker, your Advice Worker will be able to give a thorough assessment of your problems and recommend the best course of action to overcome the dependency. If you are physically dependent, this may involve medically supervised detoxification.

In all cases a structured programme of group and individual work will be recommended to overcome your psychological dependency on alcohol. Day-care or residential options are available. You will be fully involved in forming a plan of action which will meet your needs.



what happens when you come to apas?

You will be seen in a private room and we will offer a brief assessment. We will ask you about your current and past drinking patterns and the function that alcohol has served in your life history. We will advise you on the risks associated with your drinking and how to reduce those risks. According to your circumstances we may ask you to come back for a thorough and objective assessment.

This Assessment Interview lasts about 90 minutes. At the end of the assessment, your Advice Worker will make a recommendation regarding further action. This may involve referring you to another specialist agency, or to a medical service. It could also mean further education, counselling, or group work with apas.

Your Advice Worker will encourage you to discuss the recommendation and any issues arising from it. If you elect to receive further help, your Advice Worker will clarify the aims in terms of your future drinking, and may negotiate a plan to attain these goals, initially over a six week period. You will be fully involved in any goal setting and decision making.



services include:

apas Direct

No waiting, person to person advice and information service daily.

Assessment Service

Shared-care approach for professional referrals. Appointments within three working days, or sooner. A free service, irrespective of location.

Alcoline 0115 941 4747

9.00am until 7.00pm Monday through to Friday and Saturdays 9.00am to 1.00pm. Answerphone at all other times.

Referral On

Referrals to selected residential primary treatment units and extended care facilities. Assistance with necessary procedures is available as required.

Liver Function Tests and Detoxification

NHS or privately funded.

Education and Training

Alcohol awareness programmes for youth groups and community groups. Training courses for professionals working with problem drinkers. (Accredited)

apas in the Workplace

Advice and assistance with design and implementation of workplace policies and workplace services.

NVQ Assessment

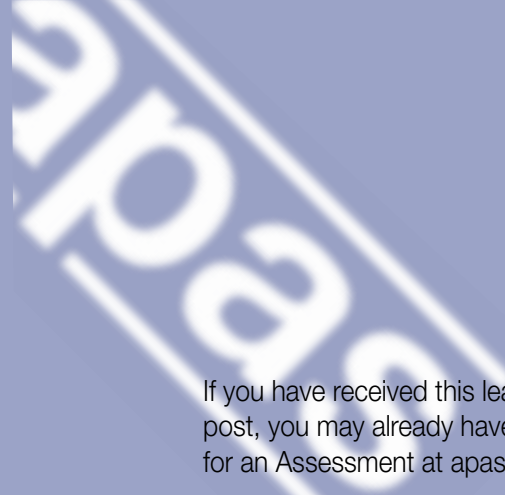
apas is an integral part of a national network of assessment centres for NVQs in substance misuse.

Training Centre

Our fully equipped training facilities can be made available to your organisation.

Volunteering

Opportunities for personal development through supervised voluntary activity.



If you have received this leaflet through the post, you may already have an appointment for an Assessment at apas.

Talking with our Advice Worker is an opportunity for you to raise any questions you may have and to allay any worries or fears.

If you find you cannot keep the appointment, please phone and let us know, so we can offer it to someone else.



alcoline

0115 941 4747

Lo-call 0845 762 6316

Minicom: 0115 948 5555

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Monday through to Friday

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www.apas.org.uk

apas

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