

## Alcoholism is a root cause of social issues within communities.

But it doesn't have to be.

Join us to learn how to reduce the impacts of alcohol use disorder, aka alcoholism. In your community.

### Six Actions You Can Take to Tackle Alcohol Use Disorder in Your Community



#### 1 Do Your Homework

- Learn why alcohol use disorder is an entirely treatable medication condition.
- Visit [www.cauds.org](http://www.cauds.org) for videos, handouts, conversation starters and much more.
- Find out what's happening in your community and within your local health care services.



#### 2 Learn with Others

- Visit our Community Engagement page at [www.cauds.org](http://www.cauds.org) or email us to join a free webinar to start thinking about the impacts that proven treatment options could have in your community.



#### 3 Have Conversations

- Talk about AUD and proven treatment options in an open, nonjudgmental way.
- Share your knowledge with individuals who may be struggling.
- Share your knowledge with organizations and individuals involved in AUD-related services.



#### 4 Leverage Your Connections

- Think about how you can use your connections to create an environment where people within your network feel comfortable with the idea of seeking care for alcohol use disorder.
- Think about who you know and who may be able to work with you to introduce treatment options in your community or to collectively create change.



#### 5 Manage Expectations

- Understand that not everyone is ready for updated treatment information, or to make change.
- It may take time to overcome past challenges or entrenched beliefs about alcoholism.
- You may meet resistance from individuals and from community.
- Help people understand that it may take persistence to find appropriate care.



#### 6 Become an Advocate

- Spread a message of hope to help remove barriers to accessing care and to community action by letting people know:
  - ♦ alcoholism is not a sign of weakness or a moral failing.
  - ♦ abstinence, can be but does not have to be their goal.
  - ♦ that with updated treatment options there is hope for a full recovery for just about everyone.
- When the time is right, know that you can truly make a difference and save lives.