

Ask Dr. Steve...
**What Do I Need To Know About
Alcohol And Other Drugs?**

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Although the author and publisher have made every effort to ensure the accuracy and completeness of information contained in this book, we assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein. Any slights of people, places, or organizations are unintentional.

For years I have been the collector of a wide variety of quotations. Too often, however, I carelessly neglected to note sources. In preparing this book I have spent countless hours attempting, unsuccessfully, to locate the origins of some of the quotations cited. If you know the sources please contact me at the numbers listed in this book. My apologies to the authors and to the readers for the absence of credit.

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About the Author

Dr. Frisch is a clinical psychologist in private practice in Chicago, Illinois and Northfield, Illinois. He is a graduate of the Adler School of Professional Psychology where he received his doctorate in clinical psychology. He received his masters degree from National-Louis University where he specialized in addictions counseling. His undergraduate degree was awarded to him by the University of Cincinnati, where he graduated with honors.

Dr. Frisch received post-doctoral training in two specialties at the Adler School of Professional Psychology. He completed a certificate training program in clinical hypnosis at the Center For The Advanced Study Of Clinical Hypnosis. He also completed a certificate training program in Marriage and Family Counseling. He is licensed by the state of Illinois as a clinical psychologist. He was certified in Illinois by IAODAPCA as a certified drug and alcohol counselor in 1988.

Dr. Frisch's first book, *The Comparative Effectiveness of Group Therapy Versus Individual Therapy As Measured By Self-Concept, Interpersonal Orientation, and Degree of Emotional Adjustment* was an empirical investigation of the treatment modalities he utilizes in his private practice. This book was based on a study he conducted to demonstrate the effectiveness of his treatment protocols.

His treatment philosophy has grown out of his diverse clinical background in which he has worked with a variety of different clinical populations. From these diverse experiences, Dr. Frisch has assimilated a variety of assessment and treatment interventions into his integrated treatment philosophy.

Dr. Frisch has worked on the staff of both inpatient and outpatient chemical dependency programs. This experience provided the foundation for his work with the issues that arise from the impact of chemical dependency on the individual, the family, and the workplace.

As a result of his work in the field of chemical dependency, Dr. Frisch founded the Adult Children Institute. This treatment clinic specialized in working with adults who were raised in families emotionally organized around the influences of drugs and alcohol, sexual and physical abuse, and emotional neglect.

The Adult Children Institute developed treatment interventions that enabled the program's participants to develop effective ways to

heal from the aftereffects of trauma experienced in their earlier development. These aftereffects included substance abuse, depression, anxiety, low self esteem, shame, and relationship issues such as fear of emotional intimacy and commitment.

Dr. Frisch co-developed and was the coordinator of a mental health program for homeless adults who required treatment for substance abuse and emotional disorders. He developed an individualized assessment and treatment protocol that provided the impetus and support for each individual to rebuild their lives within their local communities.

The Pathfinders programs represent the integration of Dr. Frisch's ongoing research and work in the area of human growth and potential development. Program participants develop the necessary awareness and skills to create an empowered life that maximizes their full potential for both their interpersonal and professional lives.

Whether by individual consultation, group experiences, workshops, or seminars, Dr. Frisch engages his audiences with a mixture of common sense and sound psychological principles of change that awakens and inspires his audiences to the possibility of what their lives can potentially become. He consults with individuals, couples, groups, and organizations that are seeking to implement the principles of development, change, and growth in their lives.

A Message From Dr. Steve...

Hi. My name is Dr. Steve. I am a clinical psychologist in private practice in Chicago, Illinois and Northfield, Illinois. *Ask Dr. Steve... What Do I Need To Know About Alcohol and Other Drugs?* is the fourteenth of fourteen books in my series about alcohol and other drugs prevention and chemical dependency. In this series you'll learn how to:

- Identify whether or not you have a problem with alcohol and other drugs
- Identify whether or not your teen has a problem with alcohol and other drugs
- Stop abusing alcohol and other drugs
- Stay abstinent from alcohol and other drugs
- [Re]construct a Recovery-based lifestyle
- Cope with a loved one who abuses or is dependent on alcohol and other drugs
- Recover from the effects of living with the problem drinking and drugging of a friend or loved one
- Repair those relationships damaged by chemical dependency
- Raise your children to be alcohol and other drugs free

The books in this series are continually updated with new exercises, new information, and specific answers to your questions at my website, www.AliveAndWellNews.com. This service is available to you free of charge. Simply go to my website and click on the link, Dr. Steve's Workbooks. There you'll find additional, continually updated exercises designed to help you stay clean and sober, enrich your Recovery, and deepen your emotional and spiritual development. Be sure to explore the other links at www.AliveAndWellNews.com for more information about chemical dependency, Recovery, personal improvement, relationship enrichment, communication skills, relationship skills, parenting skills, and emotional and spiritual development.

For information about the other books in this series go to www.AliveAndWellNews.com. Find the link, Book Release Info, and click it on for information about:

- *Ask Dr. Steve... How Can I Tell If I Have a Problem With Alcohol and Other Drugs?*

- *Ask Dr. Steve... What Do I Need To Know About Chemical Dependency?*
- *Ask Dr. Steve... How Can I Stop Abusing Alcohol and Other Drugs?*
- *Ask Dr. Steve... How Can I Prevent Relapse From Alcohol and Other Drugs?*
- *Ask Dr. Steve... How Can I Stay Clean and Sober?*
- *Ask Dr. Steve... How Can I [Re]Construct a Recovery-based Lifestyle?*
- *Ask Dr. Steve... How Can I Cope With a Loved One Who Abuses Alcohol and Other Drugs?*
- *Ask Dr. Steve... How Can I Heal Those Relationships Harmed By Chemical Dependency?*
- *Ask Dr. Steve... How Can I Create My Spiritual Practice?*
- *Ask Dr. Steve... How Can I Build a Great Relationship With My Children?*
- *Ask Dr. Steve... How Can I Raise My Children To Not Use Alcohol and Other Drugs?*
- *Ask Dr. Steve... How Can I Tell If My Teen Has a Problem With Alcohol and Other Drugs?*
- *Ask Dr. Steve... What Should I Do If My Teen Has a Problem With Alcohol and Other Drugs?*
- *Ask Dr. Steve... What Do I Need To Know About Alcohol and Other Drugs?*

G.B.U.

Steve

Introduction

According to the Partnership Attitude Tracking Study, children who learn a lot about the risks of drugs from their parents are up to 50% less likely to try drugs than are children who learn nothing about alcohol and other drugs from their parents. And according to the National Anti-Drug Media Campaign kids who learn about alcohol and other drugs from their parents are:

- 36 percent less likely to smoke marijuana
- 50 percent less likely to use inhalants
- 56 percent less likely to use cocaine
- 65 percent less likely to use LSD

How prepared are you to teach your children about alcohol and other drugs? Hopefully, if you've read my book, *Ask Dr. Steve... How Can I Raise My Children To Not Use Alcohol and Other Drugs?*, and visited my web site, www.AliveAndWellNews.com, you now understand *how* best to discuss with your children the subject of alcohol and other drugs. And once you read this book, you'll have a better understanding of *what* to discuss with your children about alcohol and other drugs.

This book contains important information about:

- Alcohol (chapter 1)
- Club drugs (chapter 2)
- Cocaine (chapter 3)
- Hallucinogens (chapter 4)
- Heroin (chapter 5)
- Inhalants (chapter 6)
- Marijuana (chapter 7)
- Methamphetamine (chapter 8)
- Nicotine (chapter 9)
- Prescription drugs (chapter 10)
- Steroids (chapter 11)

In this book, we'll examine:

- What each specific drug listed above is
- The scope of use in the United States of each specific drug listed above
- How each specific drug listed above produces its effect
- The short-term and long-term effects of each specific drug listed above

- The medical complications caused by each specific drug listed above
- Effective treatments available for an abuser of each specific drug listed above
- Where you can get more information about each specific drug listed above

The source for the material for the chapter on alcohol is the National Institute on Alcohol Abuse and Alcoholism (NIAAA). The information was collected from publications that appear on NIAAA's web site, www.niaaa.nih.gov/. The source for the information for all other chapters in this book is the *Research Reports Series* and other publications published by the National Institute on Drug Abuse (NIDA). The *Research Reports Series* and other publications are available at www.nida.nih.gov/. All materials that appear in this book are in the public domain and may be reproduced without permission.

*D*edication

Sophia:
As you touch the people in your life,
remember the following words from
The Talmud. I love you.

The whole worth of a kind deed is the love
that inspires it.