



**FOR IMMEDIATE RELEASE**

March 8, 2004

**CONTACT:** Dan O'Keeffe

(513) 321-1866

dokeeffe@fuse.net

## **National Alcohol Screening Day**

### **Learn how alcohol affects your health on National Alcohol Screening Day, April 8**

CINCINNATI—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 alcohol affects your body differently at different times. To protect yourself, it is important to figure out where you should draw the line when consuming alcohol.

To help you determine how much alcohol is too much, the Hamilton County Alcohol and Drug Addiction Services (ADAS) Board, the Alcoholism Council of the Cincinnati Area, and other area alcohol and drug treatment services are providing free, anonymous education and screening programs as part of National Alcohol Screening Day, Thursday, April 8.

The free screenings will be held from 9 AM to 6 PM at four facilities within Greater Cincinnati. Those facilities are: 1) Mt. Auburn Health Center, 2415 Auburn Avenue, 2) University of Cincinnati, 3) Xavier University, and 4) The Public Library of Cincinnati, 800 Vine Street. Directions and other details are available from **Mike Tibbetts at 281-7880** or [mtibbett@alcoholismcouncil.org](mailto:mtibbett@alcoholismcouncil.org).

As part of the program, participants will hear an educational presentation on alcohol problems, complete a written self-test, and have the opportunity to talk privately with a health professional. An educational video, pamphlets, brochures and flyers will be available, as well as referrals to local treatment and support resources for those who need further evaluation.

National Alcohol Screening Day (NASD), held in April as part of Alcohol Awareness Month, is a program of the nonprofit organization Screening for Mental Health, Inc., in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA). Screenings will be held across the country at approximately 5,000 screening sites, including hospitals, addiction treatment centers, primary care offices, and colleges.

For additional information about alcohol screenings throughout Greater Cincinnati or about alcohol addiction and treatment, contact Mike Tibbetts at (513) 281-7880 or [mtibbet@alcoholismcouncil.org](mailto:mtibbet@alcoholismcouncil.org).

###