



not alone.

Stories from the Families of Alcohol Abusers

VISION STATEMENT

Everyone has a story and this concept would exploit this by talking to family members of all different ages and how the alcohol abuser in their family made them feel. It would talk about how it effected them and what they went through with all the stories being told. Each would be from different families and the situations would be different as well as they talk about it.

The style would be light hearted and trying to have a calming feeling, but also trying to make sure the seriousness of this topic. They would have a file like look to them so it still also keeps to the seriousness of it.

GOALS

My goals for this topic is to get a true understanding as to how alcohol abuse can truly effect a families and how toxic it truly is. I want to be able to share other peoples stories and experiences they have gone through with an alcohol abuser and in the hopes that it can help someone else to show that they aren't alone in this. I also want to be able to talk a little bit about what alcoholism is for those who doesn't know what it is exactly and just to get an understanding so it sets more of the stage for my topic.

INTERVIEW 1

1. How did the loved one make you feel when seeing them in that state?

Anger and uncomfortable. He would say he'd have one drink but then have more in the end.

2. What are some of the things they had put you and/or your family through?

Only with her, since she would visit her dad. Had to drive him places, even drink in the car. Doesn't want to think about anymore.

3. Were there any signs you saw in the beginning that you knew this was going to be more than just a small problem?

Not at all, culture thing in Columbia. Also, some kind of alcohol would be at parties and celebrations they would go to. Easy to hide.

4. How did it effect the alcohol abuser and/or your family on a day-to-day basis?

Complicated and only visited but would get a bit too comfortable and effected aunt most seeing her brother like that because of it and stopped talking to him.

5. If possible were you able to find a solution to it or not? If not, how has you and/or family been trying to handle it?

Never found a solution and stopped visiting as much and no one is really trying to do much to help him and focus more on her family. Want to talk to him about it all and see if that helps but doesn't seem to want to stop.

6. What would you say to someone else that is going through the same thing to help them?

Not really sure, because it's different for everyone.

INTERVIEW 2

1. How did the loved one make you feel when seeing them in that state?

Uncomfortable, lots of uncles and dad that would drink together. Tense when around them and lots of fights that end up physical. Confusing as I child.

2. What are some of the things they had put you and/or your family through?

Times it got hard to the women so everyone would get alone. Mom and dad weren't on the best terms. Made it harder with the drinking and dad did it because didn't feel apart of the family and was far way from his. Conflicts with drinking and mom and aunt don't talk anymore. Things became personal.

3. Were there any signs you saw in the beginning that you knew this was going to be more than just a small problem?

Always saw dad and uncles drink but wasn't 100% sure. Drinks alone and it seems a bit more than for fun.

4. How did it effect the alcohol abuser and/or your family on a day-to-day basis?

Wasn't too close with dad and there was a language barrier because of it. Didn't really seem to want to talk. Come in stumbling around at night

5. If possible were you able to find a solution to it or not? If not, how has you and/or family been trying to handle it?

Always worse with bigger groups, but normal after drinking a bit he goes to sleep. Let him do it since he doesn't do anything to rash unless there are other people. Avoid big gathering to make sure it doesn't get worse. Affects bigger family.

6. What would you say to someone else that is going through the same thing to help them?

At the end of the day your family is family and it's hard to understand what they are going through and you want to be able to give them the love they need no matter how hard it is to give it.

INTERVIEW 3

1. How did the loved one make you feel when seeing them in that state?

Parents divorced, wasn't with dad that much and wanted to spend time with him. When she was younger ignored and unloved. Older anger and resent.

2. What are some of the things they had put you and/or your family through?

Offered alcohol at a young age (about 10) drove while drinking and couldn't say anything. Would fight. Mom was worried when with dad, went to rehab a few times.

3. Were there any signs you saw in the beginning that you knew this was going to be more than just a small problem?

Grew up with it and never realized it was a problem. Knew it was going to be an ongoing problem growing up.

4. How did it effect the alcohol abuser and/or your family on a day-to-day basis?

Controlled how he lived, got a few DUIs and when it was early it would control him everyday and be up late drinking. Was like a hobby for him.

5. If possible were you able to find a solution to it or not? If not, how has you and/or family been trying to handle it?

Pulled away because of the problem and wasn't worth trying to help.

6. What would you say to someone else that is going through the same thing to help them?

If the person put the effort to keep relationship, then help them in anyway before the relationship gets abusive. Try to help in anyway.

RESEARCH

How can this effect the family?

Alcohol abuse and alcoholism within a family is a problem that can destroy a marriage or drive a wedge between members. That means people who drink can blow through the family budget, cause fights, ignore children, and otherwise impair the health and happiness of the people they love. Of married couples who get into physical altercations, some 60-70 percent abuse alcohol. In time, family members may even develop symptoms of codependency, inadvertently keeping the addiction alive, even though it harms them. Family therapy and rehab can help.

Alcoholism is a family disease because it affects the family as a whole and each member individually. Living with alcohol abuse means being in an unsafe environment filled with disruptions to normal routines, the tension of strained relationships, and dishonesty.

The disease of alcoholism affects every family member's life, attitude, and way of thinking perhaps more dramatically than it does for the drinker.

Although more than 10% of kids live with a parent who has alcohol problems, your family's situation may also involve an alcoholic teen. There are over 861,000 kids ages 12 to 20 who use alcohol heavily according to the National Institute on Alcohol Abuse and Alcoholism.

It is no secret that alcohol and family problems frequently go hand in hand. Alcoholism, or addiction to alcohol, is truly a family disease. In many cases, the family of alcoholics actually suffer more on a day-to-day basis than the alcoholic themselves. Alcoholism impacts every aspect of a family, including financial, emotional, legal, and physical. Because of this, alcohol can cause or worsen numerous family problems. In fact, alcohol is one of the leading factors behind marital problems, divorce, domestic violence, child abuse and neglect, and strained relationships between parents and children.

Alcohol abuse has the potential to destroy families. Research shows that families affected by alcoholism are more likely to have low levels of emotional bonding, expressiveness and independence. Couples that include at least one alcoholic have more negative interactions than couples that aren't affected by alcoholism, according to research from the University at Buffalo Research Institute on Addictions. Relationships are built on trust, but many alcoholics lie or blame others for their problems. They're often in denial about their disease so they minimize how much they drink or the problems that drinking causes. This deterioration of trust damages relationships and makes family members resent one another.

Relationships:

Spouses who drink may combat depressive episodes, feeling isolated from the rest of their family. Watching a relative or spouse drink can encourage stress, mistrust and acceptance of alcohol abuse disorders as reality.

On the other hand, the spouse who does not drink may become increasingly frustrated when their spouse is not helpful around the house, or not emotionally available. Furthermore, a spouse may become an enabler, denying the severity of the drinking problem. Families may separate, or married couples may opt for divorce.

The constant agitation, drowsiness and confusion experienced by those suffering the effects of alcoholism are likely to cause problems for anyone in a relationship with the sufferer. People who find themselves in a romantic relationship with someone struggling with alcoholism may end up making excuses for their lack of attendance or improper conduct at social functions. They may find their options for other social interaction limited, and this may further be compounded by financial troubles or other problems related to the incidence of alcoholism. Heavy alcohol users may have trouble relating to teetotalers or those who do not share their propensity for drinking to excess, and they may attempt to convince friends or loved ones to join them in drinking. This can lead to additional problems as others experience the challenges faced by having a sufferer in their personal relationships.

Child Alcohol Abuser:

Alcohol addiction can make parents impulsive and unstable. Their parenting skills diminish as the disease progresses.

Alcoholics tend to interact with children in inconsistent ways, sending mixed signals to children, according to a 2009 study published in the *Industrial Psychiatry Journal*. One example of mixed signals may pertain to acceptable alcohol use, increasing the risk of underage drinking.

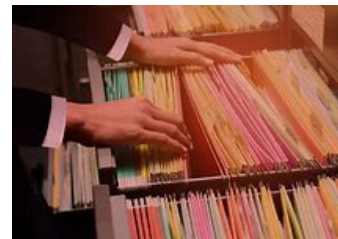
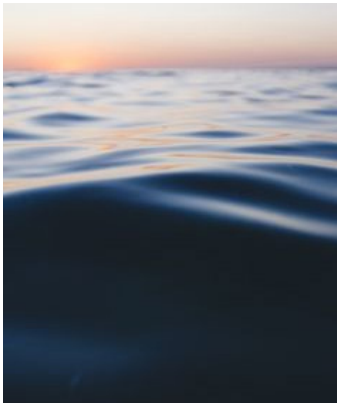
Violence:

In addition to the financial and emotional toll alcohol abuse can have, domestic violence and child abuse may occur. According to one report published in the *Journal of the American Medical Association*, 92 percent of victims of domestic violence reported that the assailant had used alcohol or other drugs on the day of the assault. Another study found that of those individuals who attack a partner, 60-70 percent had abused alcohol. The prevalence of alcohol in abuse situations does not necessarily mean that drinking causes the domestic violence (although it may be a factor in the violence).

Some studies challenge the belief that there is a cause-and-effect relationship between alcohol abuse and domestic violence. For instance, the majority of men who are classified as "high-level drinkers" do not abuse their partners. Rather, some researchers in the field of domestic violence postulate that the violent partner's assaults are part of a pattern of abuse that is independent of alcohol consumption. Some individuals may use alcohol consumption to excuse their actions, but the blame is usually misplaced.

NOT ALONE

MOOD BOARD



 NOT ALONE

NAME IDEAS

- In This Together
- Soothe The Heart
- Not Alone
- Come Together

OLD COLOR PALETTE



NEW COLOR PALETTE



LOGO

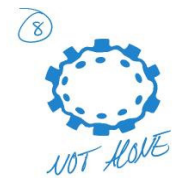
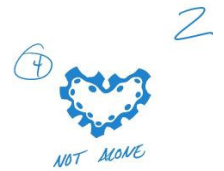
LOGO (NOT ALONE)

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④ NOT ALONE ⑤ NOT ALONE ⑥ not alone

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■ NOT ALONE

ROUGH & FINAL LOGO



not alone.



not alone.



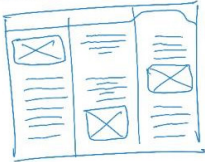
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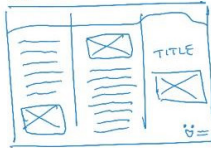
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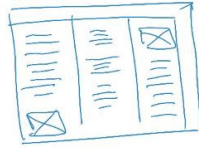
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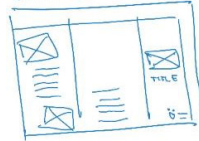
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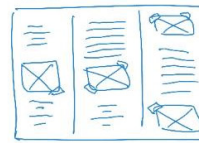
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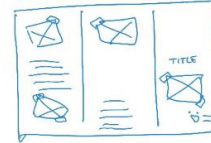
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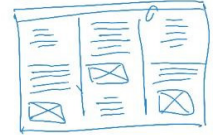
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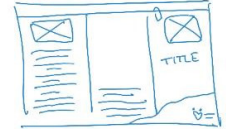
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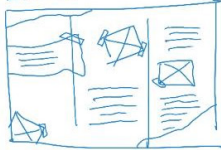
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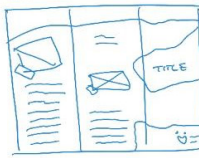
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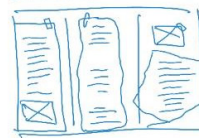
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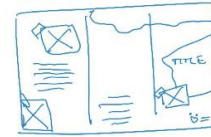
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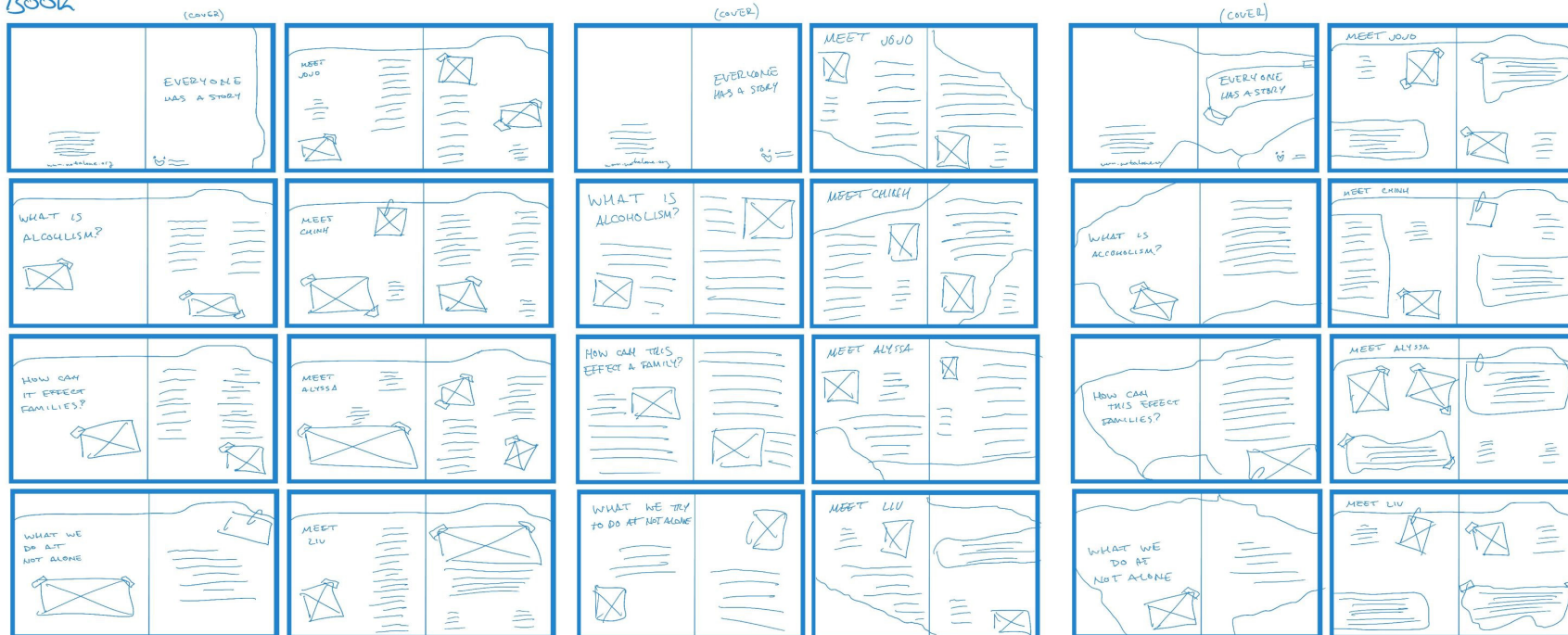


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BOOK

BOOK



OLD STYLE

