

Lakeview Center



BAPTIST HEALTH CARE

FOR IMMEDIATE RELEASE

April is Alcohol Awareness Month 2021

Pensacola, Fla. (April 1, 2021) –Addiction is a family and community disease. Learning about the disease of addiction helps open our minds to how we can support healing.

According to the Centers for Disease Control and Prevention (CDC) increased alcohol consumption (i.e. misuse) due to COVID-19 is unhealthy. Drinking alcohol weakens the body's ability to fight infections making it more difficult to rebound from illness. It's best to seek help from an expert who can guide you toward physical, emotional and spiritual healing. Addiction is complicated, but evidence-based practices are available across many levels of care.

Fast facts about alcohol addition:

1. In 2018, 139.8 million Americans aged 12 or older were past month alcohol users.
2. In 2018, 16.6 million were heavy drinkers
3. Alcohol addiction is a disease the same as asthma, diabetes or hypertension. It's a brain disease.
4. About half of adults with a substance use disorder also experience a co-occurring mental illness.

How you can help your community:

1. Promote healthy lifestyle behaviors.
2. Share with others that addiction is a disease not a moral failure.
3. Talk to others about the harmful effects of alcohol and other drugs and seek answers to their questions.

Encourage family, friends and neighbors to help people find recovery programs. Lakeview Center provides a variety of programs and individualized treatment plans. Learn more at eLakeviewCenter.org.

CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Tish Pennewill at 850.469.3621 or Tish.Pennewill@bhcpns.org.

About Lakeview Center, Inc. Behavioral Health

The Mission of Lakeview Behavioral Health is to help people throughout life's journey. We specialize in providing effective, research-based services for children and adults with mental illnesses, drug and alcohol dependencies, and intellectual disabilities. Our services range from inpatient and residential treatment to outpatient counseling, psychiatry, case management, day treatment, and round-the-clock support for those with serious mental illnesses. Additionally, Lakeview Behavioral Health provides specialized trauma services, medication-assisted treatment for opiate dependency, and medically supervised drug and alcohol detoxification. In all, Lakeview Behavioral Health offers more than 60 programs and services for people in the northwest Florida area. To learn more, go online to eLakeviewCenter.org.

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