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No drinkers' cure

Continued from pg. 13

One definition of problem drinking and alcoholism, Dade said, is a "mood and comfort addiction." Some people use alcohol to avoid painful experience, he said.

Many people who drink also misuse drugs, Dade said. Women are frequently addicted to both drugs and alcohol, he said.

"The figures show that 22 percent of all alcoholics are women, but I think that's low," he said. "I believe there's about the same number of women addicted as men, but they can hide it better. Women are seldom picked up on the street for public intoxication. They hide their problem longer."

Dade declined to compare the damaging effects of marijuana and alcohol, for "all drugs are potentially dangerous." The problem in treating the problem drinker is "somewhat similar to curing a cigarette smoker," he said.

'It can happen to you'

"People just don't believe all those statistics, all those figures could happen to them," he said. Dade said many people are hostile toward treatment.

"Many people are very angry when they're arrested," he said. "They don't think that they need any help. Most of the people who are undergoing treatment are there by force."

Although the problem drinker isn't aware of his problem, their family and friends are, Dade said. Other people refer the problem drinker for treatment, he said, because the drinker doesn't recognize the symptoms himself.

"People receive treatment because of their family, their friends or the law," Dade said. "The drinker is unwilling or unable to discuss his problem prior to treatment."

Dade pointed out the difficulties in assessing the recovery rate of any alcohol treatment program.

No magic cure

"Everyone thinks they have an answer, but how do you know? There's no magic cure," he said. "But we do accomplish one thing—we force a drinker to take a good look at his behavior. They can't escape the reality of what they're doing."

Besides the intake-referral program, Alcoholics Anonymous, psychotherapy and the Chemical Dependency Unit at Lincoln General Hospital offer effective rehabilitation programs, Dade said. These programs support the potential alcoholic's attempt to "meaningfully change his life," Dade said.

The room was crowded at last Friday's session. People on the outskirts of the group dribbled into the adjoining room.

"Everyone's been coming up here lately," one young man said. "My friends and I used to always meet at the bar, but lately they've all been up here."

Did he feel the therapy sessions helped him? "In a way," he said. "I usually do feel good when I leave here. But you have to want to stop yourself. If you don't, there's no way these people can make you quit."

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