

Recovery Services Help to Build Healthy Families

Alcohol and drug abuse are family diseases with severe consequences for all family members, particularly children. Prenatal exposure to tobacco, alcohol and drugs is associated with miscarriage, stillbirth, sudden infant death syndrome (SIDS), low birth weight, physical deformities, cognitive impairment, conduct disorders, depression and mental retardation. Parental alcohol and drug abuse increases the incidence of family violence, divorce, financial problems and exposure to crime.

The good news is that parents have enormous power to be a healthy influence on their children, to help steer them from involvement with alcohol and drugs. Early, quality treatment by professionals can help to ensure your family's success in recovering from addiction.

Part of maintaining a happy, healthy family is recognizing when you or someone you care about may need help.

Listed below are some **behaviors that indicate** you or a loved one may need to speak to a professional to get assistance.

- Arrives for appointments, interviews or meetings intoxicated
- Frequently appears distracted or disoriented
- Has burned fingers, burns on lips or needle track marks on arms
- Appears overly energetic, has trouble remaining still, rapid or slurred speech
- Falls asleep or nods off at inappropriate times
- Exhibits poor personal hygiene, grooming and posture
- Repetitious behaviors such as picking at skin or pulling out hair
- Cannot maintain employment and/or has problems dealing with authority figures

The County of San Diego offers substance abuse treatment and recovery programs to meet the special needs of women. These programs are for women with children or without children, pregnant women and teens.

The **McAlister Institute** has opened a new program for women in **National City** called **Mujer**. It is conveniently located in National City less than a mile from the 805 freeway and along the MTS Route 13 bus line at 2345 East 8th St. National City, CA 91950.



The **Mujer** program focuses on providing women with substance abuse

