

## Project #2—What Help Is Available in Your Area?

### Introduction

Amy did not think that she could talk about this problem with her friends or family, and she didn't consider counseling because she didn't think she could afford to pay for it. What resources are available in your community for people with problems related to alcohol or any substance abuse problem? Are there any that are free or low-cost?

### Task

Your task is to make a spreadsheet with information about resources available in your area for people with problems related to alcohol or any other kind of substance abuse.

### Skills

Critical thinking, research, creating charts or tables in spreadsheets or word processing, working in a group, making presentations

### Process

1. Review the case study.
2. Discuss the following in a group: Does anyone in the group know someone who is an alcoholic? Does anyone have training or work experience with people who are alcoholics? Share knowledge with the group.
3. Go to the Project Care website (<http://projectcare.worlded.org/alcoholism/information.html#project2>).
4. List the resources available for adults, for teenagers, and for children in school.
  - a. List some ways to find out more about each kind of support.
  - b. Ask classmates, friends, or family who work in the field of alcohol abuse.
  - c. Use an Internet search engine. Type something like: **find help alcoholism**.
  - d. Check with your school's counselor.
  - e. Look in the phone book's yellow pages. Try looking under **alcohol abuse and addiction treatment**.
  - f. Check with the department of public health in your city.
5. Choose which resources to use. Divide the resources among the group members.
6. Put the information the group finds about resources in a chart using a spreadsheet program, such as Excel, or create tables in Word.
7. Give your work to the teacher to check so that you can revise it if necessary.
8. Distribute copies to the class and others in the community.