

Alcohol abuse is a disorder and a medical condition involving frequent or heavy use of alcohol. People who drink alcohol and abuse it can have problems such as emotional distress and do physical harm to themselves or others. Alcohol disorder is a medical condition and it is a disease of brain malfunction. This disorder requires medical and psychological treatment of control.

People who have an alcohol disorder can be labeled as mild, moderate or severe. Alcohol abuse can develop quickly over a long period of time. This disorder is called alcohol dependency, alcohol addiction or alcohol abuse. It is estimated that about 14.5 million Americans 12 years or older have an alcohol abuse disorder. Drinking too much alcohol can damage a person's health. Some of the health problems from drinking included brain damage, including dementia, cancer of the breast, liver, colon and mouth. Some other medical problems from drinking include liver problems such as cirrhosis, hepatitis and a fatty liver.

Drinking problems for women can cause Fetal alcohol syndrome (if exposed to alcohol before birth). Also consuming a lot of alcohol can result in black outs, DUIs and even homicide. Also, frequent or heavy drinking of alcoholic beverages can lead to personal problems such as trouble with money, personal relationships and work.

Many people may turn to alcohol use because of genetics, early childhood trauma or attempts to relieve emotional pain. People often develop alcohol disorder if they consume it often and in large amounts, or start early in life. People may also abuse alcohol because they have experienced trauma such as physical or sexual abuse. Some other reasons people may use alcohol is because of mental health issues as grief, anxiety, depression, eating disorders or post-traumatic disorders.

Alcoholic Anonymous is a self-help group that brings together a fellowship of people to solve their drinking problems. A.A. primary purpose/goal is to help alcoholics to achieve sobriety. A.A group members to work together to save each other other's lives and restore self-respect and a sense of worth (Zastrow & Hessenauer, 241).

Bill Wilson was a stock analyst who lost all his money, when the stock market crashed in 1929. Bill Wilson became an alcoholic and when he met with his medical doctor, the doctor warned Bill that if he continued drinking, he was jeopardizing his health and his life. Bill Wilson stated that when he discussed his drinking problems with other alcoholics, with their help he was able to remain sober. Bill Wilson discussed his drinking problem with Robert Smith, an Ohio doctor and an alcoholic also. Robert Smith and Bill Wilson together formed Alcoholics Anonymus' (A.A.) a self -help group composed of recovering alcoholics.

The A.A. is supported entirely by voluntary donations from members at the meeting. "There are no dues or fees with an A.A. group. "Each chapter is anonymous and free of any outside control by the A.A. headquarters in New York City or by any other body,' (Zastrow & Hessenauer,261). In the A.A. there is no hierarchy in the chapter and the only office is that of the group secretary. The secretary chooses a chair person for each meeting, makes the arrangements for the meetings and sees that the building is opened, the chairs set up and the tea and coffee is set out. The primary requirement in A.A is a desire to stop drinking variables such as economic status, race, religion do not factor into join an A.A group.

The group I met with held their meeting on Zoom platform. The A.A. meeting is held seven days a week at 5:30 pm to 6:30pm. I attended the meeting on Sunday February 26, 202 at 5:30 pm. The name of the A.A is Serenity Hour. The members of the were both male and female. The members of the group share their experience openly and to help to the new members feel welcome.

The A.A group meeting I attended was an open group meeting. A.A open meetings are available for anyone interested in an Alcoholics Anonymous program wanting to recover from alcoholism. Non-alcoholism may attend an open meeting, as an observer. A closed meeting is for A.A. members only or those who have a drinking and are determined to stop drinking (Alcoholics Anonymous World Services, 15).

The members of the A.A. group range in age anywhere for, 35 years to 70 years old. At this A.A. meeting there was about 10 members. At this A. A. meeting there was about 10

members. The group members at the meeting consisted of Caucasian, Puerto Rican and African American.

The A.A. group chairperson opens up with a moment of silence, which is followed with a prayer. The chairperson then provide the members with a brief description of Alcoholic Anonymous rules and regulations. The chairperson refers to a section of the book of Alcoholic Anonymous that describes the principle of A.A. and give example of what other alcoholics went through (Zastrow & Hessenauer, 261).

The members of A.A. one by one introduces themselves and share their story of why they became alcoholic. One member name James (name changed for confidentiality) share that he lost his son in car accident and his mom died of cancer which made him very sad. James further stated that during Covid he became lonely and very sad and began to drink excessively to forgot the pain he was experiencing. James stated that when he attempted to commit suicide and was taken to the hospital that is when he realized he needed to attend an A.A group. Hearing about James story I felt chilling running down my spine and felt sad for him but also, I felt relief that he here to share to his story.

Other members shared that losing their job, past traumatic experience, mental health has led them to drinking. The social environment factors such as pressure, and easy availability of alcohol plays a key role to one becoming an alcoholic. Poverty, physical or sexual abuse can increase the use of developing alcohol dependence. Genetic factors make some people especially vulnerable to alcohol. In the A.A. meeting I introduce myself and explain that I was graduate student and share that my father was an alcoholic and had attempted to commit suicide. I told the group that I was grateful that I did not lose my father to suicide. My father died as result of heart attack. I want to say I am grateful that God has played a key role in why I never became an alcoholic.

Self help groups such as A.A are effective because “after years of deteriorating feelings of rejection, loneliness, misunderstanding, guilt, and embarrassment, find that they are not alone.” “They feel understood by others who are in similar predicaments. Instead of feeling rejected they are understood,” (Zastrow & Hessenauer, 262).

A pray for alcoholics; God grant me the serenity to accept the things I cannot change.  
The courage to change the things I can and the wisdom to know the difference (google).