



Are drugs or alcohol in CONTROL of YOUR life?

Answer these questions honestly to find out.



Can you always find money for alcohol or drugs, but not always for rent, food or bills?

YES



NO

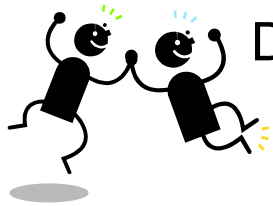


Do you feel like you **HAVE** to drink or use drugs to make yourself feel better?

YES



NO



Do you feel like you **HAVE** to drink or use drugs when you celebrate or have fun?

YES



NO



When you drink or use drugs, do you ever hide it from others or keep it a secret?

YES



NO



Do you ever miss school, work or program because of drinking or drugs?

YES



NO



If you answered YES to more than one question, alcohol or drugs are in control.

Do YOU want to be in control of YOUR life?



Help is out there!

Help for Drug and Alcohol Abuse

Drug and alcohol abuse hurts people.

- It hurts **YOU**– your body, your mind, your spirit.
- It hurts those you **LOVE**– your family, your friends and other loved ones.
- It hurts your **LIFE**– your money, your house, your health and your self-esteem.



Are YOU ready to help yourself?

It won't be easy. You may fail several times before you succeed, but there are people here to help. **You can do it.**

For YOU-

Chico and Redding have drug and alcohol support groups for people with Far Northern Regional Center.

Support groups for drug and alcohol abuse meet one time a week at Butte County Behavioral Health in Chico, and Shasta County Alcohol and Drug in Redding. Come meet other people with disabilities going through drug or alcohol abuse. Talk to your FNRC service coordinator for more information.

For YOU or PEOPLE YOU KNOW-

Invite a speaker to your People First Chapter, Day Program, Care Home, or Self-Advocacy Group.

Call Robin Keehn (530) 895-4027 or Cindi Freshour (530) 223-7771.

For STAFF and PROFESSIONALS-

www.farnorthernrc.org/mylifemychoice

Click on the "Drug and Alcohol" link on the left to find FNRC Drug and Alcohol Abuse policy; tips for agency discussion; staff training; and other resources.

