



## **Lexington Center for Recovery Recognizes Alcohol Awareness Month**

**Mount Kisco , NY – (March 31, 2008)** – Alcoholism is a disease caused by both genetic and environmental factors. Whether the dependence is physical or psychological, it can be treated. However, if alcoholism is not treated, it can put an individual at risk for injury, addiction, illness or even death. April is Alcohol Awareness Month, an appropriate time to learn more about the dangers of alcohol use and abuse and to seek help when needed.

In Westchester County, there are an estimated 56,000 adults aged 18 and older (about 7.8% of the population) with an alcohol dependency problem. Of that population, the New York State Office of Alcoholism and Substance Abuse Services (OASAS) estimates in any given year about 28% of those in need of treatment would seek treatment if it was available. (*Source: NY State OASAS, Westchester County Service Need Profile, September 2007*)

“Although alcohol is readily accessible, it can be a highly dangerous substance,” said Adrienne Marcus, Ph.D., executive director and founder of Lexington Center for Recovery (LCR). “For example, alcohol affects the functioning of the brain, leading to loss of coordination, poor judgment, and slowed reflexes. Alcohol and automobiles are a particularly risky combination. We see this almost every day in the news.”

Alcohol also damages organs in the body, increases risk of cancer and other chronic diseases, and inhibits self-control. Marcus notes that “persons with lowered inhibitions can make risky decisions like driving under the influence.”

Marcus encourages individuals to watch for signs of alcohol abuse in themselves, family members and friends. “A person who drinks alone when angry or sad, gets drunk regularly, is repeatedly late to work because of drinking or a hangover, and forgets her or his behaviors while drinking likely has a problem with alcohol abuse,” Marcus said. “Likewise, changes in physical, emotional, and behavioral symptoms may signal alcoholism.”

Assistance programs in the community or in the workplace can help provide strategies for facing and overcoming social, financial, housing, family, and other stresses that may be triggering the alcohol use as a coping mechanism. “Alcohol Awareness Month is a perfect time to take action and seek assistance.”

LCR’s administrative headquarters is located at 116 Radio Circle, Mt. Kisco, NY. Westchester County clinics and programs are located in Mount Kisco, NY; New Rochelle, NY; Yonkers, NY; White Plains, NY; and Peekskill, NY. The agency’s Dutchess County clinics are located in Poughkeepsie and Beacon, NY. Rockland County treatment facilities are located in Airmont Haverstraw. For additional information, call 914.666.0191 x1006 or visit [www.lexingtonctr.org](http://www.lexingtonctr.org).

**About LCR** : Lexington Center for Recovery is one of the largest providers of alcoholism and substance abuse treatment in the Hudson Valley. It has treated approximately 40,000 people in its 26-year history and has 18 distinct programs throughout Westchester, Dutchess and Rockland counties. A vital community resource, LCR eliminates barriers to entry and success in an alcohol and substance abuse recovery program by providing support services to clients and their families. Its innovative programs are affordable and aimed at different needs and ages. LCR is licensed by the New York State Office of Alcoholism and Substance Abuse Services.

###