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TEENAGE ALCOHOL ADDICTION

Student's Name

Class

Date

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Currie-McGhee, Leanne K. *Teen Alcoholism: Teenage Problem*. ReferencePoint Press, Inc., 2012.

Currie-McGhee explores the concept of alcoholism among teenagers. Currie-McGhee examines the level of teen alcoholism, possible consequences, treatment methods, and prevention. These topics are important in providing a good background for understanding how teenagers engage in alcoholism. Besides, Currie-McGhee provides credible evidence that social workers can use to understand the extent of teenage alcoholism while designing practical and sustainable solutions. Currie-McGhee notes the rise of involuntary treatments for teenagers living with alcohol addiction. The average teenage alcoholic starts treatment after an intervention by a close family member. However, the involuntary treatment method is less effective since teenagers fail to acknowledge that they have a health problem. In turn, this book justifies the need for social workers to intervene in addressing teenage alcoholism. For instance, social workers can engage teenagers living with alcoholism to support them in appreciating that they need professional assistance to cope with the challenge. Therefore, this book contains credible evidence to justify why social workers and human services should engage in addressing teenage alcoholism.

Klass, Perri. "When Teen Drinking Becomes a Disorder." *The New York Times*, October 21, 2019. <https://www.nytimes.com/2019/10/21/well/family/Teenage-drinking-alcohol-disorder.html>.

Klass evaluates how teenage drinking evolves into a health disorder requiring professional intervention. Klass cites a postdoctoral work by France Wang to justify that genetics and environmental factors lead to alcohol disorder. This author notes that

most people tend to consider the home environment as the primary cause of alcoholism while disregarding the contribution of genetics, depression, and conduct. Klass notes that the functioning of serotonin that interacts with other risk factors increases the likelihood of teenage alcoholism. This news article contains credible evidence that justifies the need to examine the contribution of different factors to teenage alcoholism. Social workers can adopt this strategy to provide a suitable understanding of the primary causes among teenagers. Moreover, this initiative can support the implementation of sustainable solutions that enable teenagers suffering from alcohol addiction to adopt positive and useful behaviors. Besides, this article shows the importance of embracing critical evaluation of the most dominant risk factors before developing an intervention for alcoholic teenagers. Thus, Klass' article is credible and reliable for the current study on teenage alcoholism.

Loxely, Sebastian. *Cognitive Behavioral Therapy for Overcoming Bad Habits: Easy Strategies of CBT for Quitting Three Big Addictions Including Smoking, Alcohol Addiction, and Internet Addiction*, 2020.

This book examines cognitive behavioral therapy in addressing various forms of addiction, like alcohol, smoking, and the Internet. Loxely notes that alcohol addicts struggle with relationships and physical health due to unregulated alcohol consumption. Therapists should understand the challenges that alcohol addicts experience to provide sustainable solutions. For instance, Loxely argues that therapists should emphasize concrete behavioral changes and how addicts can practice them to avoid alcoholism. These concepts become more relevant when assisting teenagers in coping with alcoholism since they are in a stage where they learn and unlearn specific behaviors. Loxely notes that cognitive-behavioral therapy provides

multiple strategies for people to recover from a series of drug use. This book is suitable for the current research since it contains credible evidence on how social workers can use cognitive behavioral therapy to assist people in coping with alcohol addiction. Although the author does not focus on teenagers, the book contains practical steps for supporting young people to embrace good behaviors that can reduce alcoholism. Some of the intervention methods considered include progressive muscle relaxation, breath science, interoceptive exposure, and rehabilitation.

Sparks, Hannah. "Alarming Rise in Alcohol Abuse During COVID Pandemic, Study Finds." *New York Post*, February 18, 2021. <https://nypost.com/2021/02/18/alarming-alcohol-abuse-rising-under-covid-19-lockdown-study/>.

Sparks examines the rise of alcoholism during the ongoing Covid-19 pandemic. This author notes that young people consider alcohol consumption as an effective way of coping with the challenging life during the viral pandemic. Sparks cites the findings from a study at the University of Arizona that devastating illness, job loss, and isolation caused the current pandemic to contribute to the rise of alcoholism. These findings show that people consider alcohol to be an effective way of dealing with increased stress and social challenges. Sparks observes that teenagers are the most susceptible to increased alcohol compared to adults. In turn, this news article is useful for the current study since it provides clear justifications for social workers to support teenagers in coping with distress. Social workers and human service providers should address the psychological issues that compel teenagers to embrace alcoholism as an alternative solution to their challenges. Therefore, the article by Sparks will be useful

in showing the most practical strategies that health professionals can use to address the continuing problem of alcoholism among teenagers across the United States.

Teague, Collin D., and Eric J. Nestler. "Teenage Drinking and Adult Neuropsychiatric Disorders: An Epigenetic Connection." *Science Advances* 8, no. 18 (May 6, 2022): 1-3. <https://doi.org/10.1126/sciadv.abq5934>.

Teague and Nestler examine the connection between teenage alcoholism and neuropsychiatric disorder in adulthood. The authors note that uncontrolled alcohol consumption during adolescence disrupts normal brain development. Excessive alcohol consumption inhibits the normal development of the amygdala, a brain section that determines a person's associative learning, memory, and emotional development. Besides, Teague and Nestler reveal that alcoholism in adolescence positively correlates with negative psychological development during adulthood. Teague and Nestler's scholarly article contains credible scientific evidence to support the importance of intervening in teenage alcoholism. Social workers and human service providers should address teenage alcoholism to control excessive social and psychological challenges in adulthood. Although Teague and Nestler do not propose any specific intervention for teenage alcoholism, their evidence justifies the need to establish a sustainable solution through collaborative approaches. Social workers can collaborate with parents and teachers to identify teenagers who engage in alcoholism to provide sustainable solutions. Such strategies can form the foundation for developing sustainable solutions to teenage alcoholism across the United States. Therefore, Teague and Nestler present credible evidence that shows the importance of addressing teenage alcoholism to prevent future social and health challenges.

Zamani, Nasim, Hossein Hassanian-Moghaddam, Alireza Noroozi, Mohammad Bagher Saberi Zafarghandi, and Ali-Asghar Kolahi. "Substance Use Among Poisoned Teenage Patients." *Iranian Journal of Public Health* 48, no. 10 (October 1, 2019): 1847–1854. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6908896/>.

Zamani and colleagues examine substance abuse prevalence and complications among teenagers who seek professional intoxication services. These scholars used a cross-sectional study between 2012 and 2013 in Loghman Hakim Hospital. The findings from the study revealed that approximately 27.8% and 23.8% of patients in young and old-teenager groups had unreported drug abuse. These findings reveal that most young adolescents hide their drug abuse practices more than their older counterparts. Other important findings include the 75% of high school students in the United States who use one or more addictive substances during their lives. The researchers relate this problem to educational challenges, unsafe sexual activities, criminal charges, and self-injury. These findings show that teenage alcoholism emerges due to social challenges that young people experience. Zamani and colleagues argue that illicit drug tests may be a suitable strategy for determining the exact rate of drug abuse among teenagers. This recommendation provides a basis for social workers to develop effective strategies to identify the teenagers who engage in drug abuse while keeping it a secret from their parents or guardians. Screening tests can allow social workers to identify the problem of teenage alcoholism early enough before it causes excessive damage to the youths.

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