

The Journey of Alcoholism to Sobriety in the Napa Solano County

-By Aman Kaur and Manaal Shaad



PURPOSE:

The purpose of medical scholars' programs was to educate the public on whether the Napa/Solano community has sufficient resources for people struggling with alcohol addiction. Some of the questions we wanted to answer through this project were; "How did the victims of this disease reach for help? How beneficial were the available resources? And what they lacked?". Our research question led to our educated guess that lack of money is the main reason that keeps the average population from getting the best out of the resources that the community provides.

ABSTRACT:

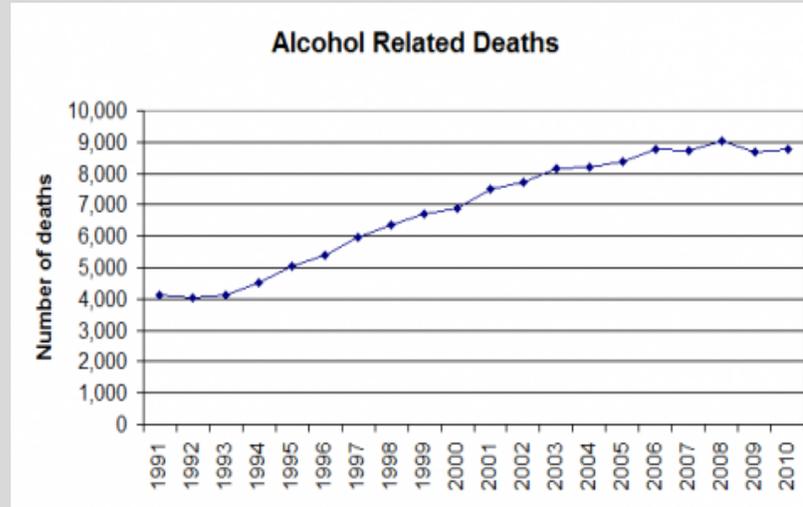
Our goal was focused on examining and exposing the struggles that recovering alcoholics in Napa/Solano county face when attempting to find adequate resources to attain sustained sobriety. We found anecdotes, supported by research, that revealed this demographic is especially at risk for tragedies related to alcoholism. In 2010, DMV ranked Napa/Solano county as number one in the nation for infractions involving driving under the influence. In addition to targeting the population dealing with substance abuse, we wanted to educate the general public about the plight that is facing these members of our society.

CONCLUSION:

Using the already existing data we questioned that people are not availing the resources in the community due to high prices and their low pay rate. With our research question, we found out that AA meetings and counseling are great resources, but we need more grossly available resources in the community. These findings support our hypothesis that people are unable to join the rehab group because they are highly-priced and people who work at a low paying job are unable to join. Through this research, we were able to gain a deeper understanding of the needs and struggles of our alcoholic community. This will help us improve the health and lives of an often-neglected segment of our population in a tangible and meaningful way.

METHOD:

We started out by searching for different alcohol recovering resources in the community, their cost, and the number of people that utilize them. Later, we attended the Alcohol Anonymous meetings, using the hotline to look at their process of handling the patients. We interviewed several recovering alcoholic, health providers, and counselors. We talked to about 20 people and interviewed 6 for the video based on their recovering journey and how confident they were in letting their story be heard by the world.



RESULT:

By examining the different resources available in our community for people struggling with alcoholism we were able to get a better picture of specific needs. Alcoholics Anonymous and counseling are successful treatment modalities with varying, but effective methods. Yet, sustained affordable inpatient treatment and LGBTQ support are still grossly unavailable.



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