



Enletin Poraus Usun Eaeen me Eaeangauen Sakau Won Guam

DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE
AFFEITAN TUMUNUN LENIACH FAN ITAN MANAWACH REN LESOR ME PALELÖN

Unumi Sakau me Aselipaen

Ikenai, a ukukun **46%** ekewe mi mukola won Guam ir **chon sasakau**. Seni ei ukukun, chon sasakau mwan ina repwe chomong seni chon sasakau fefin akarapan fan ruu.*

Lon ewe ier 2005, repwot a afata pwe a ukukun **emön 1** me lein **ulumön 3** chon niela aramas ren ar fiu, ir mei sakau.**

Lon ewe ier 2005, ewe putain Police lon Guam a afata pwe a ukukun **44% feiengauen** ekewe akseten ren uwou toraku ir mei angei **sakau** .**

Binge drinking, wewen pwe eman a kan unumi limeföch(5) ika chomong seni lon chok eu fansoun, repwot a afata pwe ekei sakun ra ukukun **19%** in ekewe mi mukola won Guam ; ekewe mi mukola ra ierini 25-44 a kon chömöng ar eani ei sakun.*

Seni ewe ier 1996 tori lon ewe ier 2005, chon sakau ir mei ares a ukukun **fan ruanu (4)** chömöngolan.**

Lon ewe ier 2005, a ukukun **817 ekewe ir mi ares** ren ar uwou toraku lupwen ar sakau, ei a watte seni lon ewe ier 2004 won ukukun **52%**.**

Afeiengauen Unupuch Sakau:

*Source: BRFSS-2003, ** GPD- UCR-2005

Ekewe fefin puluwer ir mei **unupuch sakau**, a watte seni fan ulungat (3.6) ar repwe chok mecheresin **kakawat** me ren puluwer kewe. (Source: NE Journal of Medicine-1999)

Efeiengauen semwenin sakau a pwal nampa eu an epwe aselipa an eman epwe umwes, ei mei pwal chok usun efeiengauen an eman angei sakau lupwen an pwpowpo.

Langatamen unupuch sakau iei ewe waten popun mi aselipato ekewe waten semwen mi efeiengau ngeni liver.

Won Guam, ukukun mi **mala** ren **semwenin liver pokitan sakau** mei ekis watela seni 2.6 ren 100,000 aramas lon ewe ier 1999 ngeni 3.1 ren 100,000 aramas lon ewe ier 2003. (Source: Guam DPHSS, OVS)

Arapakan **nesopun** ekewe **osukosuk ren nounoungau me tumunungau ngeni semirit** mei chok fitipachei an sam-me-in unupuch sakau me eaeangau safei. (Source: American Journal Public Health 2000)

Met kewe mi ngau a fis pokiten an eman angei **sakau lupwen an pwpowpo**, a pachelong fisingawen semirit, uputiw nge esamwo tori fansoun, ese pung chöun, mwithirin met epwe malo ren, me ngawelan pusin ewe inelap pokiten chok ei metochun sakau .

Alilis a kawor seni:

Department of Mental Health and Substance Abuse
Crisis Hotline: (671) 647-8833
Drug & Alcohol Branch
(671) 475-5438/39

Sanctuary, Inc.
For Adolescents
24-hr Hotline: (671)475-7100
(671) 475-7101

Oasis Empowerment Center For Women
(671)646-4601
Elim Pacific Ministries

Lighthouse Recovery Center
For Men
(671) 477-7671/7673
The Salvation Army

For Military Families
Air and Family Readiness Center
(671) 366-8136
Navy Fleet Family Support Center
(671) 333-2056/57

Alcoholics Anonymous
For Alcoholics
Check Observation Post in PDN for days, time and place for meetings.

Al-Anon Family Services
For spouses of Alcoholics
(671) 864-8644
Check Observation Post in Pacific Daily News (PDN) for days, times and place for meetings

ALA-Teen
For Teens of Alcoholics
Check Observation Post in PDN for days, times and place for meetings

Online Resources:
DMHSA-PEACE
www.dmhsa.guam.gov
www.peaceguam.org
www.healthchoicesguam.org

National Council on Alcoholism and Drug Dependence
www.ncadd.org

Al-Alcoholics Anonymous
www.aa.org

