Who provides the program?
The Alcohol Management Program is part of MHealthy, the health and well-being program of the University of Michigan. All Alcohol Management Program health educators have a master’s degree, either in social work or health education, and extensive training and experience in alcohol education. They can also provide helpful resources and referrals.

How do I contact the Alcohol Management Program?
For more information or to schedule your free, private and confidential phone screening contact us at:

MHealthy Alcohol Management Program
2025 Traverwood Drive
Suite A3
Ann Arbor, MI  48105

Phone
(734) 998-2017

Email
mhealthyalcoholmgmt@med.umich.edu

Web
MHealthy.umich.edu/alcohol

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**What is the Alcohol Management Program?**
The Alcohol Management Program is a brief, confidential health education program that helps you cut back on your drinking or quit altogether. You decide which approach is right for you.

**Who is the Alcohol Management Program for?**
The Alcohol Management Program is for people who could improve their health by drinking less alcohol or none at all. Alcohol problems range from mild to severe. This program is for people with mild to moderate alcohol problems who want to get rid of the negative consequences of their drinking. It is not for people who are severely dependent or alcoholic and require treatment services rather than health education.

You may already be taking steps to improve your health by increasing your physical activity, eating more fruits and vegetables, or learning to manage stress more effectively.

Alcohol affects your health too, especially when used in excess. Because it is easy to drink too much, sometimes unhealthy habits can develop. Did you know if you cut down or stop drinking you can:
- Feel better about yourself
- Improve your sleep
- Have more energy
- Increase confidence and self-control
- Reduce empty calories
- Avoid impaired driving
- Improve your overall health

**Is this program right for me?**
To find out whether the Alcohol Management Program is a good fit for you, call for a free, private and confidential phone screening. If the program is a right for you, you can meet privately with an alcohol management health educator for an initial interview. The interview helps you see how much you are drinking, recognize the side effects of alcohol and discuss what you want to do about your drinking.

The Alcohol Management Program is available in several formats. In the interview, you’ll also discuss which program format best meets your needs. You are not required to enroll after completing the phone screening or the initial interview.

**What are my program choices?**
Once you complete the brief, free phone screening and initial interview, you have the choice of the following program formats:
- One-on-one, by phone (available nationwide)
- One-on-one, in person
- Alcohol Management Program for the Judicial System (one-on-one, in person for first-time DUI offenders only)

**What will I learn from the program?**
The program will help you:
- Learn more about alcohol and its effects
- Understand the U.S. Centers for Disease Control (CDC) alcohol consumption guidelines
- Better understand your attitudes and behaviors related to alcohol use
- Answer the questions, “Is it healthy for me to be drinking alcohol at all? And if I am going to drink alcohol, how much?”
- Identify your abstinence skills
- Develop specific skills needed to drink less alcohol or none at all