

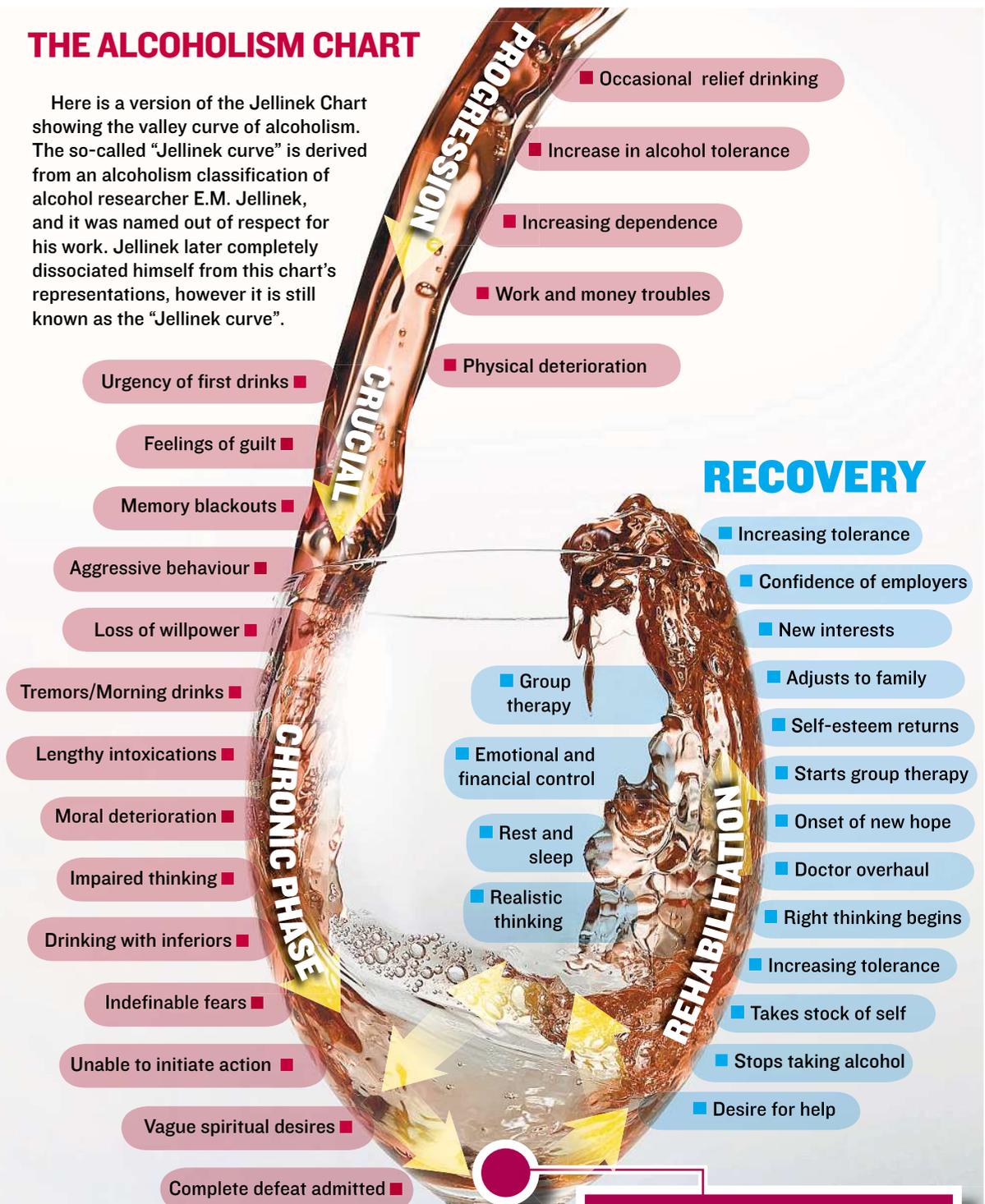
EXPATS



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THE ALCOHOLISM CHART

Here is a version of the Jellinek Chart showing the valley curve of alcoholism. The so-called "Jellinek curve" is derived from an alcoholism classification of alcohol researcher E.M. Jellinek, and it was named out of respect for his work. Jellinek later completely dissociated himself from this chart's representations, however it is still known as the "Jellinek curve".



RECOVERY

OBSESSIVE DRINKING CONTINUES IN VICE CIRCLE

WHERE TO SEEK HELP:

- NRC: www.nrc.ae
- Toll Free: 8002252 / Tel: +971-2-446-7777
- AA Arabia: <http://www.aaarabia.org/>
- General Inquiries: 056 788 1416
- Ladies only: 050 1518132

YOU SPEAK

- Do you or someone close suffer from alcohol abuse? What steps have you taken to address the issue?
- Do you feel Dubai's social scene is to blame for the booze binge culture?
- Will initiatives such as the NRC address the core issue of rampant alcoholism?

Tell us what you think.
 ■ news@xpress4me.com
 ■ www.xpress4me.com
 ■ SMS 5101

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PER CENT IS THE INCREASE IN ALCOHOLIC ANONYMOUS ARABIA MEETINGS SINCE THE EARLY '90S

There was a period in Dubai, about 2002, where she drank in almost every bar, drink-drove most days and sometimes woke up naked on a beach, filled with self-loathing and vowing to get her drinking under control, but with no idea how to do that.

"I didn't see I had a problem because I was seeing the same people out as well, but the difference was they began to move on with their life, getting married or getting a promotion, whereas I was still out on the lash."

She believes many expatriates work hard and keep afloat by unwinding in the alcohol-laden social scene.

Many of AA's recovering alcoholics are pleased that UAE relief may be in sight for those battling booze, without having to run back



"We've had to send back patients to their home country for medical detox since there is no facility for it here"

JOHANNA GRIFFIN,
ALCOHOL COUNSELLOR



"A number of people in our group were unable to handle alcohol but were intent on drinking as they had paid Dh400 for the five-star brunch"

GEMMA DALY,
BRITISH EXPAT

to their home country.

Canadian expat alcoholic, John C, described the NRC's treatment plans as being a vital stage of AA's 12 step recovery programme

– acceptance. The NRC is admitting there is a problem by opening up treatment to expats, which is the first step to dealing with a drinking problem, he explains.

Other than AA, alcohol abuse treatment in Dubai is almost non-existent, he says.

Dubai counsellor Johanna Griffin is one of the few alcohol counsellors in Dubai.

The independent counsellor, at Manchester Clinic, has had to send back half a dozen patients to their home country for a medical detox because the service simply isn't available in the UAE.

But, by the end of this year, the National Rehabilitation Centre (NRC) hopes to treat the first lot of expatriates here, suffering alcohol and substance abuse.

No doubt many expats will raise a toast to that.