

Committee Social Issues - NSW Summit on Alcohol Abuse

From: [REDACTED]
To: "'socialissues@parliament.nsw.gov.au'" <socialissues@parliament.nsw.gov.au>
Date: 3/11/2003 2:39 PM
Subject: NSW Summit on Alcohol Abuse

Dear Chair , I am an alcoholic who next year will celebrate 20 years of sobriety. I am also a former Member for Monaro in the Legislative Assembly (1988-1998). My Mother died an alcoholic at 49 years of age and I have a son with an addictive nature. There are many suggestions I could make and describe how I defeated the demon drink . There is only one message that I wish to address unless I am called as a witness. I believe that alcoholism is a genetic disorder. Parents can abstain from alcohol themselves and provide all the counselling in the world , but none would be more advantageous then this advice. Parents **MUST** tell their children that there is more than an even chance that they have inherited the genes associated with alcoholism and these are the symptoms;

1. Change of behaviour and character after alcohol consumption .
2. Memory loss after drinking .
3. Excuses for failure to succeed.
4. Lies to cover failure.

Parents must then graphically describe their personal failures and admit to being an alcoholic. Establishing a common rapport with children / teenagers as an essential element in securing their confidence that you have 'been there done that' and survived.

Parents who are still practicing alcoholics will be more successful to pass on this information to their offspring than themselves attempting to abstain.

The priority is to give the children information which will help identify their path to alcoholism. IF they recognise the symptoms they have a far better chance of overcoming the challenge. THERE IS NOBODY BETTER QUALIFIED TO GIVE THAT INFORMATION THAN AN ALCOHOLIC PARENT.

The final responsibility of the parent is to secure an undertaking from their child/teenager that if the symptoms become evident that they will admit to themselves first that they have a problem.

The reason that I have forwarded this information is because **IT IS TRUE AND IT WORKS!**

Our Family has a chronic history of alcoholism and can speak unashamedly from experience.

Yours Sincerely,

PETER COCHRAN
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