

FOR IMMEDIATE RELEASE

BREAKING THE BINGE CYCLE

6 Signs Your College Kid is Headed for Drinking Danger



(Seattle, WA) – Studies show that binge drinking is the most widespread health problem on college campuses in the United States. How can you tell if you have just enrolled your child in a crash course for binge drinking and alcohol abuse?

“Problem drinking is no longer a hidden problem,” says **Chris Volkman**, coauthor of ***Our Drink: Detoxing the Perfect Family***. “Parents must learn how to engage kids in discussion, agree about acceptable behavior and recognize warning signs of alcohol abuse.”

Written with her 24-year-old son **Toren**, ***Our Drink*** reveals how the family missed the signs of Toren’s addiction and describes the agony of the ensuing discovery. Both the book and their workshops, which cater to teens, parents, high school assemblies, college student/parent orientation weekends and community groups, are designed to educate youth and families about alcohol choices and the consequences of heavy drinking.

Here Chris and Toren share six signs to help you recognize if your child is headed for the drinking danger zone:

- **Misses classes** or falls behind in school work
- Gradual (or sudden, in adolescents) **deterioration in personal appearance and hygiene**
- Unexplained **accidents**
- **Loss of memory** (blackouts)
- Uncharacteristically **passive behavior; or combative and argumentative behavior**
- **Spends large quantities of time, effort and money** on obtaining substance

“We do not have to accept high-risk drinking as a standard part of campus life,” says Chris. “If parents, colleges and communities work together, they can change harmful drinking patterns and offer hope and help so that fewer parents and students have to suffer.”

To find out more about how to make sure your teen and family have been sufficiently informed about the risks of alcohol abuse, get the FREE “Alcohol Abuse Assessment Tool” at www.OurDrink.com.

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HOT TOPICS

- 3 Things **Every College Student Should Consider** before Breaking out the Beer Bong
- Top Ten **RESOURCES** for **ALCOHOL ADDICTION**
- 7 Questions **Every Drinker Should Ask**
- 8 **RISKY BEHAVIORS** of College Binge Drinkers
- 5 **Mental Activities Compromised** by Chronic Alcohol Abuse
- The **PERFECT FAMILY LIFE** – And Why It Won’t Keep Your Kid Away from The Party

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Chris Volkman is a former classroom teacher and a recipient of the 2001 Washington State Artist Trust GAP Literary Grant. She is an avid traveler, plays the viola and has run ten marathons. Having raised what she thought was the “Perfect Family,” Chris went to Toren’s college graduation having no clue her son was part of a not-so-hidden epidemic. She shares what every parent thinks but cannot always say.

Toren Volkman had a BA in psychology, a competitive spot in South America with the Peace Corps, spoke three languages and could charm his way around the world. He never envisioned he would be the “I Told You So” poster boy for the DARE Program. After successfully completing six months residence in a Florida halfway house, Toren now lives one day at a time in New York City.

Our Drink: Detoxing the Perfect Family Elton-Wolf, 2004, ISBN-1-58619-106-3, \$19.95