

Texas HHSC Institute
When Drinking Causes Secondhand Harm to Others
– **Secondhand Drinking** –
It's a Problem
August 18, 2021
RESOURCE LIST

About Brain Wiring, Mapping & Development

Search the following terms:

- “Frederiksen-BasicBrainFacts2019.pdf” [Note: It is a chapter excerpt from my latest book and covers the brain wiring, mapping, and development portions of today’s program. You will also find the 10 yr. time lapse study image in this document.]
- “What is Early Childhood Development? A Guide to the Science, Center on the Developing Child, Harvard University”

About Secondhand Drinking and Alcohol Use Disorders

Search the following terms:

- “Secondhand Drinking - Quick Series” for a short, pocket guide on the subject
- “10th Anniversary Edition If You Loved Me You’d Stop! What you really need to know when your loved one drinks too much” for information on alcohol use disorders and secondhand drinking – comes in paperback and Kindle (eReader) versions
- “About the Terms Alcohol Abuse | Alcoholism | Alcohol Use Disorder by Lisa Frederiksen”

About ACEs, SHD-Related ACEs & Toxic Stress

Search the following terms:

- “ACEs Primer JPJR Films YouTube” for a short video on ACEs and ACEs Primer
- “PACEs Science 101| ACEs Too High” for a summary document covering background, research, science of toxic stress, epigenetics, and resources
- “The Developing Brain & Adverse Childhood Experiences (ACEs) by Lisa Frederiksen”
- “When 1 ACE Can Get You 8 More by Lisa Frederiksen”
- “A Guide to Toxic Stress, Center on the Developing Child Harvard University”

Tools & Strategies Presented

Search the following terms:

- Single Question Screen – search “Alcohol Abuse Going on in the Family? If Only My Doctor Had Asked”

- [ACEs Questionnaire](#) – search “What ACEs/PCEs do you have? | ACEs Too High” where you’ll find the questionnaire and a host of other related information and resources
- [Low Risk \(aka Normal\) Drinking](#) – search “Drinking Patterns and Their Definitions | Alcohol Research Current Reviews NIAAA”
- [Basics of Alcohol Use Disorders](#) – search “About the Terms Alcohol Abuse | Alcoholism | Alcohol Use Disorder by Lisa Frederiksen”
- [Screening for Alcohol Use Disorders](#) – search “USAUDIT-Guide – The Alcohol Use Disorders Identification Test Adapted for Use in the United States: A Guide for Primary Practitioners”
- [Effectively Treating Severe Alcohol Use Disorder \(aka Alcoholism\)](#) – search “NIDA Principles of Effective Treatment” [this applies to other drug use disorders/addictions, as well]
- [Family ACE History Tree](#) – search “Tracing Your Family ACEs with Lisa Frederiksen BreakingTheCycles.com
- [Toxic Stress Affects on the Brain & Body](#) – search [Images] “How Stress Affects the Body” and from there select the one that works best for your client/patient
- [Image Showing Brain Development Ages 5-20](#) – search [Images] “NIDA Adolescent Brain Development Scans” and from there select the one that works best for your purposes
- [Resilience](#) – search “Resilience, Center on the Developing Child Harvard University” [video and article]

About the Speaker



Lisa Frederiksen’s most recent six books are anchored in her 18+ years of studying breakthrough brain and scientific research on a range of secondhand drinking, trauma, and substance use and mental health disorder-related topics. They include her latest, *"10th Anniversary Edition If You Loved Me, You'd Stop! What you really need to know when your loved one drinks too much,"* and *"Loved One In Treatment? Now What!"* Lisa’s research has been guided by her 40+ years’ experience with secondhand drinking, which refers to the negative impacts of a person’s drinking behaviors on others, 39 years’ recovery from eating disorders, and her other lived experiences, including trauma and sexual assault. Ms. Frederiksen founded BreakingTheCycles.com in 2008 to change, and in some cases simply start, the conversations on these topics. She has appeared as an expert guest on a variety of television, radio, and Internet radio programs and authored hundreds of blog posts, articles, and guest posts. She is a nationally recognized keynote speaker with over 30 years’ public

speaking experience. Her audiences include law enforcement, clinicians, physicians, physical therapists, attorneys, judges and probation officers, military personnel, firefighters, mental health and substance use treatment providers, and the like. She consults with individuals, families, treatment centers and organizations across the United States and from as far as Kenya, Slovenia, Iceland, New Zealand, and Mexico.