

Army Center for Substance Abuse Programs

TIPS FOR A SAFE HOLIDAY SEASON



We at the Army Center for Substance Abuse Programs (ACSAP) believe the holiday season is a happy and joyous time for friends and family to come together, celebrate and be thankful for all that is good. Unfortunately, the holiday season also brings a dramatic increase of drunk and drugged driving.

Every year, hundreds of families are faced with the devastating consequences of someone driving after consuming too much alcohol. This brochure offers suggestions on how to have a safe and happy holiday season.

We at ACSAP would like to offer the reminder that “It’s Always OK NOT to Drink” and hope everyone has a safe and happy holiday.



George P. Chagalis
Director, ACSAP

SAFE HOLIDAY PARTY PLANNING

When throwing a holiday party it is important to remember that you have a responsibility to your guests that they all have a safe evening at your party and afterwards.



If alcohol is being served it is important to always offer your guests non-alcoholic beverages and food. You should also have activities such as dancing or games so as to not make alcohol the main-focus of the party. By offering your guests other activities, you are encouraging them to spend their time socializing instead of drinking.

As host of the party, be prepared to help identify safe and sober transportation for all of your guests. This can be accomplished by identifying a safe-ride program in your area, providing your guests with the telephone number for a local taxi company or by simply offering all of your guests a good nights sleep in your home. Ensuring a safe and sober ride home for all of your guests is the easiest way to ensure a safe and happy holiday for everyone.

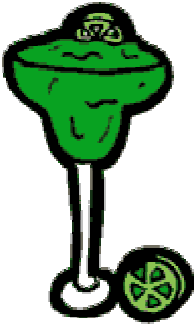
HOW TO HAVE A SAFE HOLIDAY PARTY

- Always know who is driving - Make sure the designated drivers have plenty of non-alcoholic drinks.
- Serve food - especially foods such as cheese, nuts, and meat as these foods help slow the body's alcohol absorption rate.
- Obey the law - ID anyone you may not know at your party. Never serve anyone who is under 21 or is already intoxicated.
- Focus on fun - Have games, music, entertainment or other activities to shift the emphasis from drinking to socializing.
- Know what to look for - Signs of impairment can include lack of coordination, aggressive behavior, very talkative, very indifferent, slurred speech and incoherent speech.
- Offer Safe-Rides - Whether it is providing taxi company numbers or having a designated driver available, make sure no one leaves the party to drive impaired.

MOCKTAILS

Mocktails are non-alcoholic drinks that look like cocktails. Refreshing and fun, mocktails

are great drinks to offer guests and designated drivers. Additional mocktail recipes can be found online.



Sangria

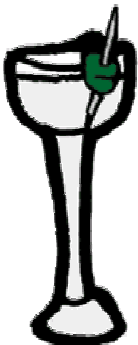
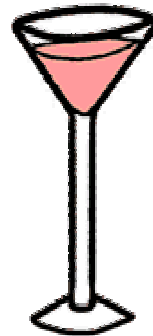
- 2 - 24 oz. Bottles of chilled grape juice
- 1 - 1 liter of chilled club soda
- 1/2 - Small pineapple (cut bite-size)
- 1 - Sliced orange
- 1 - Tray of ice cubes

In a 4 quart pitcher, combine the juice and soda. Add fruit and ice cubes.

Pink Lady

- 1 1/2 Cups - Milk
- 2 tb - Lemon Juice
- 1 tb - Grenadine
- 1 tb - Granulated Sugar
- 6 - Ice Cubes

Mix all ingredients in a blender. Blend until all ice is gone. Serve immediately.



Designated Driver's Delight

- 2 1/2 oz. - Orange Juice
- 1 1/4 oz - Pineapple Juice
- 1 1/4 oz. - Cranberry Juice
- 2 Scoops - Vanilla Ice Cream
- 3 - Frozen Strawberries

Mix all ingredients in a blender until smooth. Serve with an orange slice.

HOW TO BE SAFE AT A HOLIDAY PARTY

- Decide beforehand who will be the designated driver.
- Make a pact with your friends that if someone drives while intoxicated that someone will call the Police. While this may be hard to do, it will help deter anyone from leaving the party drunk.
- Leave Early—Statistics show that the highest percentage of drunk drivers are on the road between 12:30 and 3:00 AM.
- Be extremely cautious and observant when driving, even if it is early. Remember that many people begin drinking early at office holiday celebrations.
- **If you have too much to drink and/or do not feel comfortable with your designated driver, call a taxi or ask the host to help you identify a safe, sober ride home.**



DESIGNATED DRIVER/ SAFE RIDE PROGRAMS

During the holiday season many areas around the country offer formal designated driver and/or safe ride programs. The purpose behind these programs is to make safe, sober rides available to anyone who may be in need of one. Whether you're having a holiday party, attending a holiday party, or simply going out, always decide on a designated driver or arrange for a safe ride home.

Formal Designated Driver Programs— Promotions put on by local bars and restaurants in which the designated driver is recognized and is encourage to stay sober through free or discounted food and non-alcoholic beverages. Participating restaurants and bars often advertise their program through local radio stations and newspapers.

Safe Ride Programs—Safe ride programs are often put on by local bus and/or taxi companies. Most safe ride programs offer safe and sober rides at little to no cost. Information about local safe ride programs can be found by calling the local taxi company or by enquiring at the bar or restaurant you are frequenting.

SAFE DRINKING TIPS

1. Eat before and during drinking.
2. Before you celebrate, designate; identify a responsible driver or use public transportation.
3. Don't chug your drinks; drink slowly and make your drinks last.
4. Alternate between alcoholic and non-alcoholic drinks.
5. Remember the word **HALT**, don't drink if you're Hungry, Angry, Lonely, or Tired.
6. Drink Responsibly, stay in control of yourself.
7. Remember, it's ALWAYS ok NOT to drink.



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Additional information about alcohol and other drugs of abuse can be found on the ACSAP website at www.acsap.army.mil or by contacting your local ASAP.