



The Ft. Gordon ASAP hopes everyone has a
Very Happy and Safe Holiday Season!!!!
We are providing the following presentation
Hoping that everyone makes good choices
While celebrating Over the Holidays





RESPONSIBLE DRINKING





Objectives



- Define responsible drinking
- List consequences of irresponsible drinking
- Discuss facts about underage drinking
- Discuss drinking responsibly tips



Media Messages



- Messages:
 - Binge drinking is out of control on college campuses
 - Having a drink once a day promotes good health
 - Don't Drink and Drive
 - Drink in moderation
 - Drink responsibly
 - If you want to have fun, date, or watch sports then you have to drink



Definitions



- One drink: defined as 5 oz of wine (12 percent alcohol), 1.5 oz of 80-proof distilled spirits, or 12 oz of regular beer



- 5 oz of 12% wine = $5 \times .12 = 0.6$ oz of pure alcohol
 - 1.5 oz of 80 Proof = $1.5 \times .40 = 0.6$ oz of pure alcohol
- Note: 80 proof = 40% alcohol
- 12 oz X 5% beer = $12 \times .05 = 0.6$ oz of pure alcohol



Definitions



- Binge (Episodic) Drinking: having five or more drinks on a single occasion at least once in the past 30 days
- Moderate Drinking: (multiple definitions)
 - One drink per typical drinking occasion at least once a week, *or* 2-4 drinks per typical drinking occasion 2-3 times per month, *or* 5 or more drinks per typical drinking occasion once a month or less
 - The consumption of up to 1 drink per day for women and up to 2 drinks per day for men
- Responsible Drinking: Not drinking irresponsibly?



Irresponsible Drinking



Results of Irresponsible Drinking

- DUI
- Vomiting
- Hangover
- Unexpected guest for breakfast
- Unprotected sex
- Unwanted sex
- Possible STD
- Fighting
- Loss of control – doing stupid things
- Reduced work quality and performance
- Financial problems
- Injury
- Problems with friends and family
- Health related problems
- Spouse/child abuse
- Passing out
- Black outs
- Death

Alcohol Poisoning



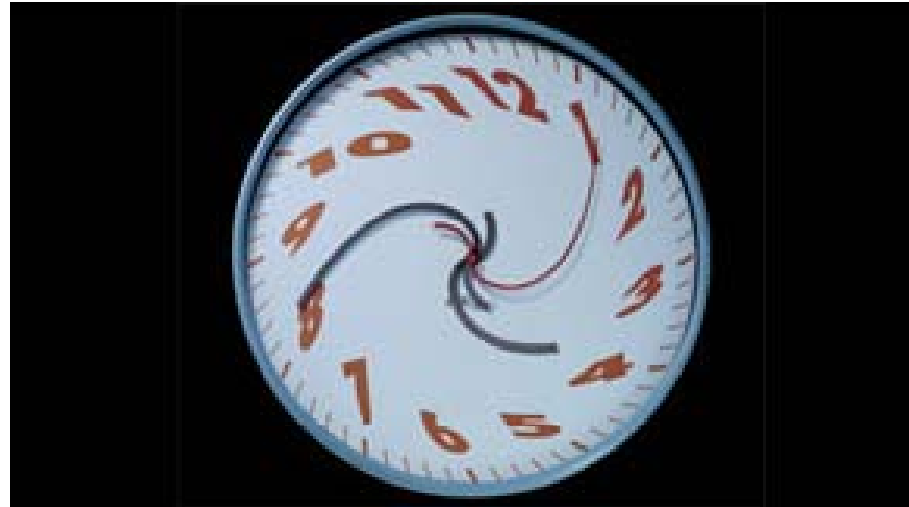
Alcohol Poisoning

...facts everyone should know...





The definition of poison is, “a substance that through its chemical action usually kills, injures, or impairs an organism
(Merriam-Webster Online dictionary)



It may take anywhere from about 30-90 minutes after you stop drinking, before you reach your highest level of intoxication.



Eating before you drink will slow down the speed of intoxication but it is not a guarantee that you will not get sick or die if you consume enough alcohol.



Gender plays a part. Women can be more susceptible than men because of:



Percentage of body fat to water. Women generally have more fat & less water. Alcohol is water soluble, so less water in the blood means higher blood alcohol concentration.



Females have less active alcohol dehydrogenase which begins to break down alcohol in the stomach lining. Less enzyme means more alcohol in the system.



Your brain contains specialized
poison control cells that can
detect danger in the body



Too much alcohol is dangerous
so your brain sends a message to
your body to dispose of the
threat



Symptoms of alcohol poisoning include : vomiting, passing out, difficulty awakening & slow or shallow breathing

Vomiting is an attempt to remove unabsorbed alcohol from your body





How can drinking too much alcohol cause death?

Some people only vomit when they have consumed alcohol while other people just fall asleep. After falling into a deep sleep individuals can vomit and not wake up, without waking up one can choke on his/her own vomit and be unable to clear his/her own airway therefore choking to death

Death by Asphyxiation is common because alcohol depresses the body's reflexes





Medical Dangers of High Risk Drinking

- Blood Alcohol Concentration (BAC) rises rapidly
- Body unable to process high alcohol level
- Alcohol depresses central nervous system, resulting in:



■ *Alcohol Poisoning*

- *Respiratory arrest*
- *Cardiac Arrest*

- *Slow, irregular breathing,*
- *Pale, blue-gray skin tone, blue lips*
- *Vomiting and not waking*
- *Unconscious and unresponsive*

THIS IS AN EMERGENCY... GET MEDICAL HELP IMMEDIATELY

CALL 911

It is better to **RISK SOMEONE'S DISPLEASURE** than to risk someone's life.



Reducing the Risks of Alcohol Poisoning



1. Choose not to drink at all under certain conditions (i.e. if driving or taking medications).

2. Reduce your rate of consumption; by keeping alcoholic drinks to one per hour.

3. Alternate alcoholic drinks with water or pop.

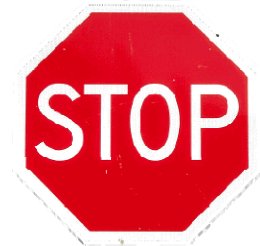
4. Eat food.

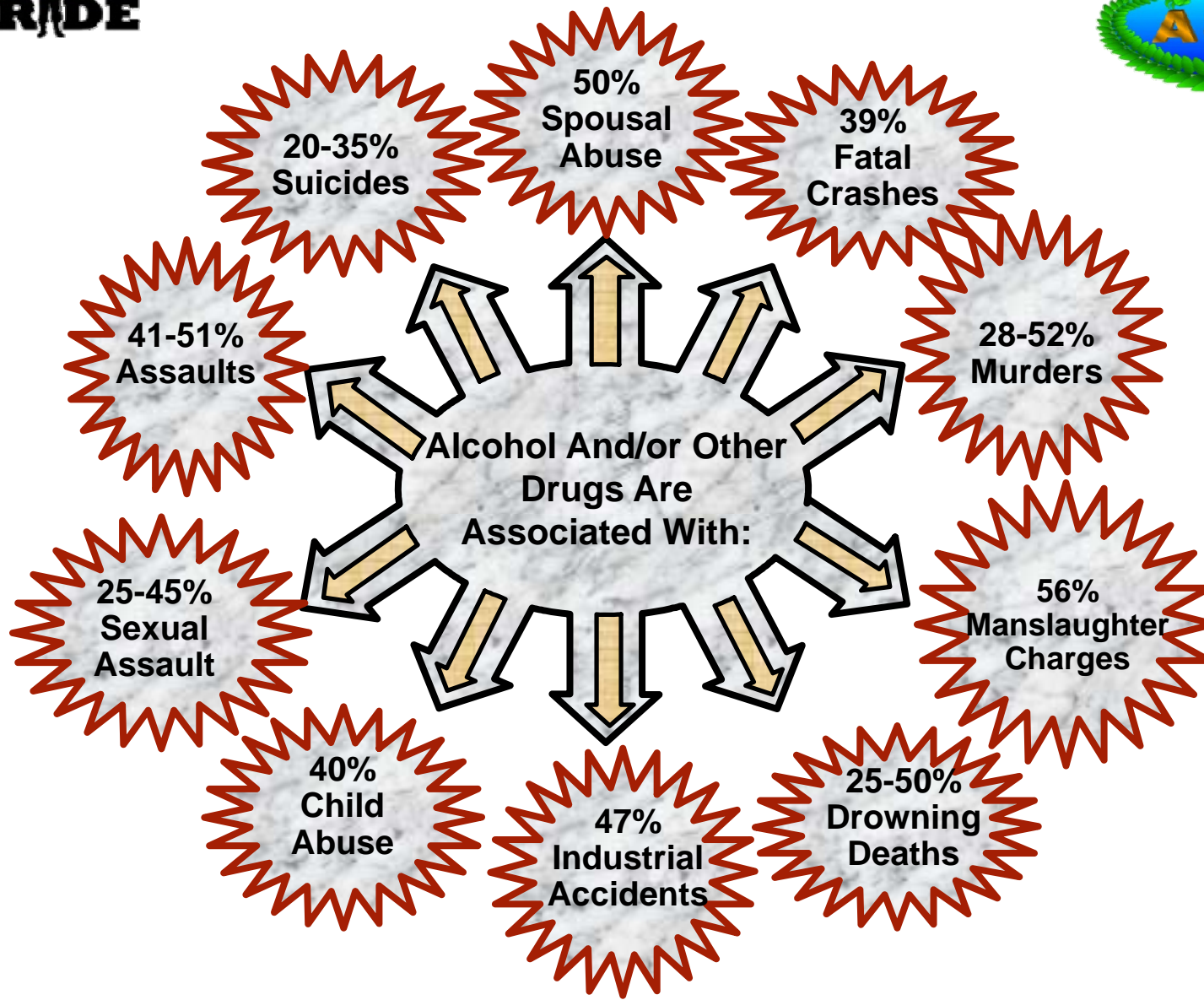
5. Stop drinking alcohol after a certain number of drinks.

6. Choose drinks with higher water/soda content (i.e. mixed drinks instead of shots).

7. Have a buddy with you and work out a designated safety system ahead of time.

8. Determine who will be the designated sober partier, someone who can call for help if needed.





National Statistics, Center for Substance Abuse Programs



Responsible Drinking



- Responsible drinking habits vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking.
- Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker.
- Responsible Drinking: Drinking in a way that it does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.



Drinking Tips



- Eat before and during drinking.
- Before you Celebrate... Designate. Identify a responsible driver or use public transportation.
- Don't chug your drinks; drink slowly and make your drinks last.
- Alternate between alcoholic and nonalcoholic drinks.
- Remember the word **HALT**, don't drink if you're **H**ungry, **A**ngry, **L**onely, or **T**ired.



Drinking Tips



- Do not lose control of yourself.
- Remember, it's ALWAYS ok NOT to drink.
- Avoid binge or other high risk drinking behaviors.
- Take a buddy and watch each others back
- Don't leave your buddy behind
- Don't drink when taking medication



UNDERAGE DRINKING





Underage Drinking - The Controversy



- Beliefs (by many):
 - If a Soldier is old enough to vote, enlist in the Army, and die for their country; then he/she should be old enough to drink alcohol.
 - If an 18 year old person can vote, get married, enter into legal contracts, and smoke; then they should also be able to drink alcohol if they choose.
 - Alcohol is a legal drug for someone 21 or over; young adults want the right to make the decision whether to drink or not.



Underage Drinking - The Controversy



- Facts:
 - The drinking age in the Army depends on where you are stationed:
 - CONUS installation – 21 years old
 - Europe – 17 years old
 - Korea – 20 Years old
 - Puerto Rico – 18 Years old
 - Most Soldiers that deploy to fight in a war or conflict cannot drink alcohol in the area of operation regardless of their age.



Underage Drinking - The Controversy



- **Facts (Continued)**

- **Soldiers who are deployed and get afforded R&R in country or a nearby country may be able to consume alcohol regardless of age.**
- **USAR and NGB Soldiers under 21 cannot consume alcohol on or off activated status while in the US.**
- **Under 21 firefighters cannot consume alcohol and they put their lives on the line nearly everyday.**



Underage Drinking



- The real deal
 - The law is the law. It doesn't matter whether or not you agree with it; you must still abide by it.
 - You may believe that male Soldiers should be allowed to use an umbrella when wearing class As or that female Soldiers should be able to wear ear rings in BDUs; but both violate AR 670-1.
 - Soldiers follow the uniform regulation and Soldiers should follow the under age drinking laws.



Summary



- Party Responsibly. Have a good time and blow off steam, but don't make drinking your priority. You should be there to have a good time not there just to get drunk.
- Plan Ahead. Make sure you've arranged for a sober ride home BEFORE going out.
- Pace Yourself. Limit yourself to one drink per hour or alternate between alcoholic and non-alcoholic drinks.
- Don't drink if you are underage. UCMJ
- Don't support underage drinking. UCMJ
- Warrior 0-0-1: zero underage drinking, zero DUIs, and no more than 1 drink an hour



DRUGGED DRIVING



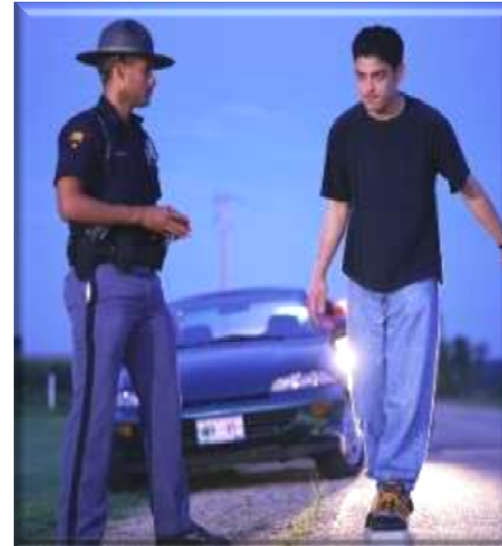


What is drugged driving?



Driving under the influence of
any drug that:
effects the brain
impairs motor skills
reaction time
judgment

Drugged Driving Isn't Smart





What types of drugs are used?



Illegal
Prescription
Over the Counter





Which drug is most detected?



- Most common illegal drug detected in impaired drivers
- 4 to 14 percent of drivers injured or killed in traffic accidents tested positive for THC



National Institute on Drug Abuse (NIDA)



Drugged Driving Survey



An estimated 10.5 million people aged 12 or older reported driving under the influence of illicit drugs



2009 National Survey on Drug Use and Health (NSDUH)

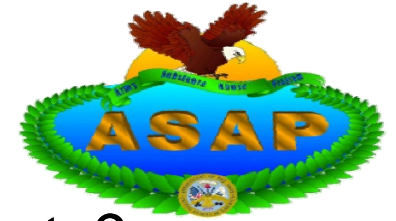


Which group has the highest drugged driving rate?

The rate of drugged driving in 2009 was the highest among adults 18 to 25 (12.8 percent)



* 2009 National Survey on Drug Use and Health (NSDUH) *



How does drugged driving cause car accidents?



- Alters Perception
- Increases Drowsiness
- Attention Loss
- Loss of Balance
- Hinders Coordination
- Delays Reaction Time
- Dulls Judgment
- Affects Memory
- Blurred Vision
- Various other qualities



Who is at risk?



- Drivers
- Passengers
- Pedestrians



*Drugged driving is a dangerous activity that puts us **ALL** at risk*



Drugged-Driving Laws



There are three types of drugged-driving laws:

- 1) Statutes that require drugs to render a driver “**incapable**” of driving safely
- 2) Statutes requiring that the drug impair the driver’s ability to operate safely or “**under the influence**” of an intoxicating drug
- 3) “**Per se**” statutes make it a criminal offense to have a drug or metabolite in one’s body/body fluids while operating a motor vehicle “**zero tolerance**”



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beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not recommended to use LABA medicines in combination with a short-acting beta₂-adrenergic agonist (SABA).

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November 20, 2009

Vehicular homicide, drugged driving nets woman jail time

By Matt Snyder

FINDLEY TOWNSHIP — The wife of trucker Charles H. Payton Sr., Glen Burnie, Md., testified at the sentencing of Payton's killer, a Harrisville woman who hit him with her pickup in 2007 while overdosed on prescription medication.

Lou Ellen Payton tearfully told the court Friday that Payton was the love of her life. "I love him every day, I miss him every day."

She called her husband an average working guy who was just out trying to do his job. On Oct. 15, 2007, he had pulled his tractor-trailer off the eastbound ramp of Interstate 79 at the Interstate 80 junction in Findley Township.

That's when Heidi May Wise, 33, who had five times the appropriate dosage of the anti-anxiety medication Xanax in her system, hit Payton and sent him flying 100 feet through the air, police said. He died at the scene.

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Merrimack Valley

November 4, 2010

Drugged driving charged in three-car crash

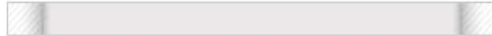
By Jim Patten
jpatten@eagletribune.com

NORTH ANDOVER — A Middleton man was charged with driving under the influence of drugs following a three-car, rear-end chain reaction crash on Route 114 at Amberville Road on Tuesday afternoon that sent the drivers of the other two cars to the hospital, police said.

Jeremy Turla, 26, 6 Emerson Lane, Middleton, was charged with driving under the influence of drugs and possession of heroin following the Middleton-on-crash...

Detective Lt. Paul Gallagher said police seized a small amount of heroin from Turla.

The crash occurred in front of the Equestrian Shop at 1812 Turnpike St., when the car Turla was driving struck the back of another car, sending it into the back of a third car.



Discussion

Welcome to our online comments feature. To join the discussion, you must first register with Disqus and verify your email address. Once you do, your comments will post automatically. We welcome your thoughts and your opinions, including unpopular ones. We ask only that you keep the



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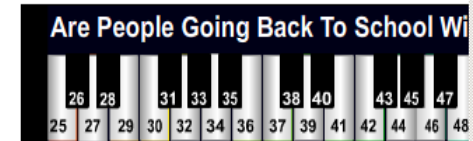
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Marijuana turns minor accident into felony arrest

Images



Slideshow
Suspect: Michael Scroggins

Print Story Published: 11/12 5:00 pm
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LONOKE, AR - An irate man who was the victim in a minor traffic accident on Thursday afternoon ended up making things much worse for himself.

According to Lonoke County Sheriff's Office report, 33-year-old Michael Scroggins was backed into by a driver trying to make room for a school bus to turn. After the minor accident, Scroggins used his car to ram into the other car multiple times.

When sheriff's deputies arrived they found Scroggins "standing in the roadway shouting and waving his arms." Scroggins' passenger, Samantha Hendrick, was also in the roadway, shouting profanity at the deputies.

Furthermore, deputies found marijuana that Scroggins threw into a ditch just after getting out of his car to rant and rave.

Scroggins was arrested and charged with aggravated assault, felony possession of a controlled substance, refusal to submit to arrest, disorderly conduct, and operating a vehicle without

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Summary



- ✓ Make responsible decisions when driving or riding as a passenger when drug use is noticeable
- ✓ Find someone else to drive if you absolutely must take a prescription drug that may impair your driving ability
- ✓ Be aware of the drug's potential interactions with alcohol, other prescription medicines, and over-the-counter medicines
- ✓ Driving behind the wheel with prescription drugs is as deadly as with over-the-limit alcohol



Resources



- www.whitehousedrugpolicy.gov/druggeddriving
- www.nhtsa.gov
- www.nida.nih.gov
- www.samhsa.gov
- www.cnnhealth.com





**Have a safe Holiday Season by
Making choices which protect
yourself and the things you
value!!!!**



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The graphic features a background of a waving American flag. In the top left corner, there is a circular logo with an eagle and the words "WARRIOR" and "PRIDE". The word "WARRIOR" is written in large, bold, yellow, 3D-style letters across the top. Below it, the word "PRIDE" is spelled out vertically in large, bold, yellow, 3D-style letters. Each letter of "PRIDE" is followed by a definition of that letter's meaning in a smaller, black, sans-serif font.

WARRIOR PRIDE

WARRIOR

P **ersonal Courage:** Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

R **espect:** Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

I **ntegrity:** Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

D **uty:** Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

E **xcellence:** Exhibit honorable behavior on and off duty - don't be a substance abuser!