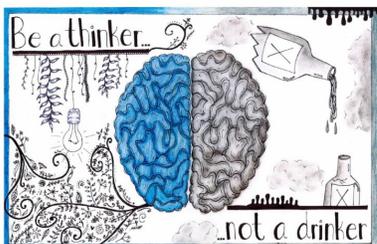


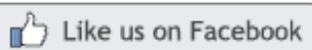


*Building a safe and healthy environment
by effectively educating the community
on positive life choices.*

"PREVENTION WORKS"



2018 Poster Contest Winner
Alexandria Davis
Falconer Central School



**CASAC Offices
are located at:**

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Jamestown, NY 14701
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51 E. Third Street
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Greetings!

Rethinking the Perfect Gift

*Kathleen J. Stormes,
Chautauqua County Impaired Driver Program Director*

Santa makes a list and checks it twice. Do you? As the holiday season approaches we find ourselves busy making plans for family gatherings and dinners, office parties, decorating and finding that perfect gift. Often times, people make lists of what needs to be done, who to invite and what is needed to allow everyone to have a memorable time. The gift list seems to take a little more time. Is it something that the person needs? What is the best and perfect gift?

Perhaps the lists for the party guests and the gift list may include some of the same names...Harvey Wall-banger, Jim Beam, Jack Daniels, Bloody Mary, Captain Jack, Tom Collins, Margarita and of course, Tom and Jerry. If these names are a part of either list, will the event be safe? It is a common belief that these names will add life to the party, but will they take away life? The perfect gift for everyone should allow for a safe season by planning ways to avoid unfortunate circumstances with alcohol that could affect us forever.

Holidays at any time of the year are notorious for the purchase and consumption of alcohol. Alcohol is often given as a gift for that hard to buy for person or as a hostess gift. It is served at many social activities without the thought of potential consequences for the imbiber. An estimated \$5.6 billion is spent on beer during the November-December holiday season. This equates to an average of \$105.42 per person.

So, how can we make sure everyone is safe from the impairment affects of alcohol? Many people will say that a couple of drinks are "OK" if they are going to be driving. But what does a couple of drinks mean? If you ask someone for a couple of dollars, they will probably give you \$2.00. If they go out and have a couple of drinks, it could mean three or four. According to the Center of Disease Control, moderate drinking is no more than one drink per day for women and no more than two drinks per day for men. Some people think they can save up their allotment for the weekend. Wrong! The human body was not designed to process an overload of any drug. Alcohol is a drug.

[Visit our website.](#)

DRINKING & DUIs During the HOLIDAYS

ALCOHOL-RELATED Highway Deaths
% of Highway Deaths That are Alcohol-Related

Thanksgiving Holiday	40%	Christmas Holiday	37%	New Year's Holiday	58%
The Rest of the Year		31%		Source: Mothers Against Drunk Driving (MADD)	

DURING THE HOLIDAYS
2 to 3X more people die in alcohol-related crashes
40% of traffic fatalities involve a driver impaired by alcohol
Source: National Institute of Alcohol Abuse and Alcoholism (NIAAA)

Between Thanksgiving & New Year's Day

1,200 people will be killed	X 100	25,000 will be injured	X 1,000
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in traffic accidents caused by alcohol
728 people will be injured or killed by DUIs each day this holiday season
Source: The Centers for Disease Control and Prevention

DUI Offender Drinking Violations
% Jump in Violations for DUI Offenders Monitored With SCRAM CAM™

155%	New Year's Eve
33%	Christmas Eve
30%	Thanksgiving Holiday

Holiday Season
Blackout Wednesday (the January 2nd) 33% Increase in Violations
Source: Data from 385,000 DUI offenders monitored by SCRAM Systems™

HOLIDAY Drinking Facts
From a Survey on Holiday Drinking Habits

96%	Went to work hung over after a holiday party, or knew someone who did
60%	Think alcohol makes a party more fun
57%	Have seen people drive under the influence
40%	Say they, their friends, and their family members use holidays as an excuse to drink

Source: Findings of an online survey of 2,005 adults by Harris Interactive for Caron Treatment Centers

WHAT IS "BLACKOUT" WEDNESDAY?

- It's associated with binge drinking since few work on Thanksgiving and university students are home to celebrate the holiday
- In some areas it has become a BIGGER drinking day in bars and restaurants than New Year's Eve or St. Patrick's Day
- Blackout Wednesday is especially prevalent in larger urban areas
- It's become the top drunk driving night of the year in some jurisdictions

scramsystems.com/soberdaysfortheholidays

The first step is to plan ahead for any drinking situation when a person is sober and to limit the amount of alcohol consumed. When people go out with friends, go to other peoples houses, attend an event, they know whether or not alcohol will be served. They don't just suddenly find themselves in a drinking situation. If a person is going to a bar, it's a pretty good bet that they will be drinking alcohol.

The second part of any plan involving drinking is to leave vehicles at home. If a person drives to the place where they will be drinking, the temptation and ease of taking their own vehicle home is too great. It is easier to get in their own car rather than wait for an Uber or for someone else to pick them up. Often times people don't want to bother with the hassle of picking up their car the next day. Some people don't want to leave their car because they feel it won't be safe. By doing that they are risking their own safety and the safety of others. They should extend the concern for their vehicles to themselves.

The Designated Driver (DD) program gained popularity over the years. This method of avoiding drinking and driving can work if certain elements are given consideration prior to the drinking event. First of all, the designated driver is not the person who has had the least amount to drink. It is the person who has not been drinking at all. The DD has to be someone you can trust and count on to be there to take home those who have been drinking. In some groups of people, they take turns being the DD. This can work if you know your companions well. Who will be called if the DD leaves or starts drinking to join in the fun?

Cost is commonly heard as a reason not to take an Uber or cab home. "Where I live, it would cost me about \$25.00 for a ride." Drivers who have been arrested for an alcohol related driving offense can expect to spend an average of between \$10,000-\$17,000. This may include the cost of fines, court costs, lost work time for legal matters, jail time or injuries incurred, increased insurance, property damage, medical expenses, education and rehabilitation.

Some people prefer to only drink in their own home or stay over night at the place where they are drinking. This is a good plan, but there are other things that need to be considered. Who will be called in the case of an emergency? Is there enough food, alcohol and other supplies available so that no one has to make a run for these items? Who will be responsible for children in the house? Planning ahead is critical.

There are many variations of plans to avoid drinking and driving. Each person needs to devise a plan that will work for them at any time. Many plans may include a plan within the plan. That way if one falls through, there is still another plan in place. Napoleon said, "Those who fail to plan can plan to fail." This certainly applies to drinking and driving.

So what is that perfect gift? The gift we can all give to each other is the assurance that we will make low risk decisions regarding alcohol so that the holidays and every day of the year allow us to be safe and there for each other. We are the perfect gift.

About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, www.casacweb.org.



Facing Addiction
with NCADD

