

# ALCOHOL AWARENESS

## Topics Covered:

- Alcohol in the workplace
- Drinking and driving
- Underage drinking

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# Alcohol in the Work Place

- OPM reports that alcohol is the single most used and abused drug in America.
- The National Institute on Alcohol Abuse and Alcoholism reports:
  - Nearly 14 million Americans (1 in every 13 adults) abuse alcohol or are alcoholics
  - Several million more adults engage in risky drinking patterns that could lead to alcohol problems.

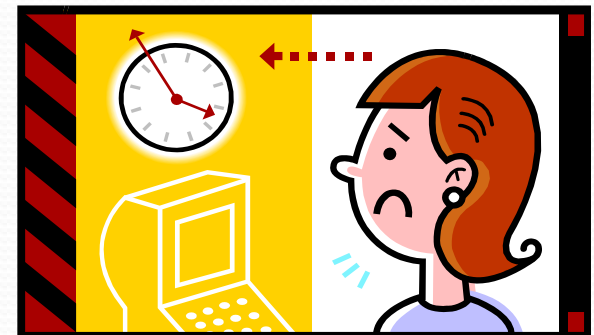
[www.opm.gov](http://www.opm.gov)

# Alcohol in the Work Place (cont)

- Alcohol costs are staggering to society in terms of
  - lost productivity
  - health care costs
  - traffic accidents
  - personal tragedies
- Numerous studies on the workplace show costs of alcoholism and alcohol abuse range from \$33 billion to \$68 billion per year
- Alcohol is a major factor in injuries, at home, work, and on the road
- Nearly half of all traffic fatalities involve alcohol

# Alcohol in the Work Place (cont)

- OPM states:
  - In the workplace, the costs of alcoholism and alcohol abuse manifest themselves in many different ways.
  - Absenteeism is estimated to be 4 to 8 times greater among alcoholics and alcohol abusers.
  - Other family members of alcoholics also have greater rates of absenteeism.
  - Accidents and on-the-job injuries are far more prevalent among alcoholics and alcohol abusers.



# Alcohol in the Work Place (cont)

- What are the Signs of Alcoholism?
  - Leave and Attendance
    - Unexplained or unauthorized absences from work
    - Frequent tardiness
    - Excessive use of sick leave
  - Performance Problems
    - Missed deadlines
    - Careless or sloppy work or incomplete assignments
    - Production quotas not met
    - Many excuses for incomplete assignments or missed deadlines



# Alcohol in the Work Place (cont)

## What are the Signs of Alcoholism?

- Relationships at Work

- Relationships with co-workers may become strained
- The employee may be belligerent, argumentative, or short-tempered, especially in the mornings or after weekends or holidays
- The employee may become a "loner"



- Behavior at Work

- The smell of alcohol
- Staggering or an unsteady gait
- Bloodshot eyes
- Mood and behavior changes such as excessive laughter and inappropriate loud talk
- Excessive use of mouthwash or breath mints
- Avoidance of supervisory contact, especially after lunch
- Tremors
- Sleeping on duty

# The Employee Assistance Program (EAP)

How  
Can We  
Help?



# Employee Assistance Program

- According to OPM, the EAP service is confidential, staffed by professional counselors, handles all types of problems, and provides:
  - short-term counseling
  - assessment
  - referral of employees with alcohol and drug abuse problems
  - emotional and mental health problems
  - marital and family problems
  - financial problems
  - dependent care concerns
  - other personal problems that can affect the employee's work



# The EAP

Cont.....

- Contact Information
  - 1-800-222-0364
  - TTY 1-888-262-7848
- [www.foh4u.com](http://www.foh4u.com)
- Your supervisor can refer you to your agency's (EAP)



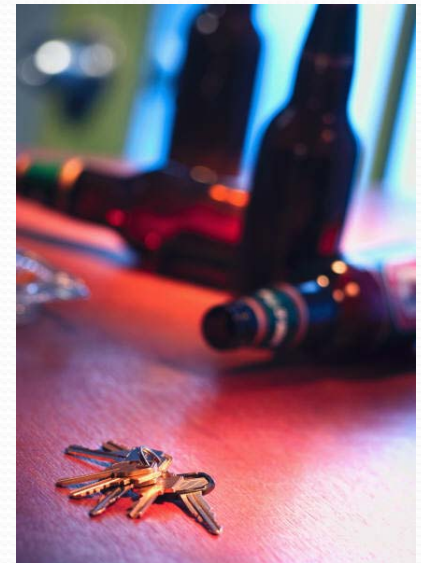
# Drinking and Driving

- DWI is a serious and sometimes expensive charge. The acronym "DWI" can mean two things:
  - Driving While Impaired (by medications or other substances)
  - Driving While Intoxicated (this refers to alcohol). Both are illegal.
- According to the National Highway Traffic Safety Administration, in 2004, there were 16,694 alcohol-related fatalities reported, equal to one alcohol-related fatality every 31 minutes and representing 39% of the total traffic fatalities for the year.

<http://www.nhtsa.gov/Research/Human+Factors/Alcohol+Impairment>

# Drinking and Driving.

- Many states are now mandating laws that judges must adhere to and impose sentences, even for first offenders that could include jail time and lengthy suspension of licenses.
- In addition to the fines and penalties , there are other serious consequences a person may face, including:
  - jail time
  - court costs
  - loss of job/loss of income
  - Lawyer fees
  - Increase in insurance premiums
  - Car impound and towing fees
  - Revoked drivers license
  - Cost of court mandated classes
  - and the worst consequence of drunk driving is injuries and/or deaths.



[www.alcoholalert.com/drunken-driving-consequences.html](http://www.alcoholalert.com/drunken-driving-consequences.html)

# Drinking and Driving

- Additional Information
  - <http://www.drinkinganddriving.org/lessons/dui-a-costly-mistake.html>
  - <http://www.drinkinganddriving.org/lessons/avoid-the-voodoo.html>
- According to the Century Council (Distillers fighting Drunk Driving and Underage Drinking), this year, 10,839 people will die in drunk-driving crashes - one every 50 minutes.

[www.centurycouncil.org/learn-the-facts/drunk-driving-research](http://www.centurycouncil.org/learn-the-facts/drunk-driving-research)

# Underage Drinking

- As stated in an article by the National Institute on Alcohol Abuse and Alcoholism
  - Alcohol is the drug of choice among youth
  - Many young people are experiencing the consequences of drinking too much, at too early an age
  - As a result, underage drinking is a leading public health problem in this country
- Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking; this includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drowning.

[www.pubs.niaaa.nih.gov/publications/aa67/aa67.htm](http://www.pubs.niaaa.nih.gov/publications/aa67/aa67.htm)

# Underage Drinking Myths

- **Myth: All teenagers will drink at some point, no matter how we try to stop them.**  
*Fact: Although underage drinking is a serious problem, 81 percent of adolescents ages 12 to 17 have chosen NOT to drink in the past year.*
- **Myth: My son or daughter knows everything about drinking, so we don't need to talk about it.**  
*Fact: Many teenagers have dangerous misconceptions about alcohol—for example, they don't realize that wine coolers have the same alcohol content as a shot of distilled spirits, or they think they can sober up by drinking coffee or getting fresh air.*
- **Myth: What parents say or do won't make any difference; teens only listen to their friends.**  
*Fact: Parents can be very influential. A study of adolescents and their families conducted by the Research Institute on Addictions revealed that adolescent girls and boys, regardless of race or income level, whose parents supervise their friendships and activities, are less likely to engage in problem behaviors, including drinking.*
- **Myth: He only drinks beer. It's a phase—he'll get over it, just like I did.**  
*Fact: Adolescents who begin drinking before age 15 or younger are four times more likely to develop problems of alcohol use and dependence than those who begin drinking at age 21 or older. Many engage in binge drinking, which is drinking five or more drinks on one occasion. Some people mistakenly believe that beer and wine are light in alcohol content, when in fact they have the same alcohol content.*

Source: SAMHSA; Napa County Resource Guide for Parents

[www.adp.ca.gov/RC/pdf/Parent\\_Toolkit.pdf](http://www.adp.ca.gov/RC/pdf/Parent_Toolkit.pdf)

# In conclusion.....



The message is clear: If you want to avoid needless long term alcohol effects such as alcohol-related disease, financial despair, undo stress with family members, friends and at work, medical illnesses, and health problems later in life, drink in moderation or quit drinking alcohol entirely.

# References

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