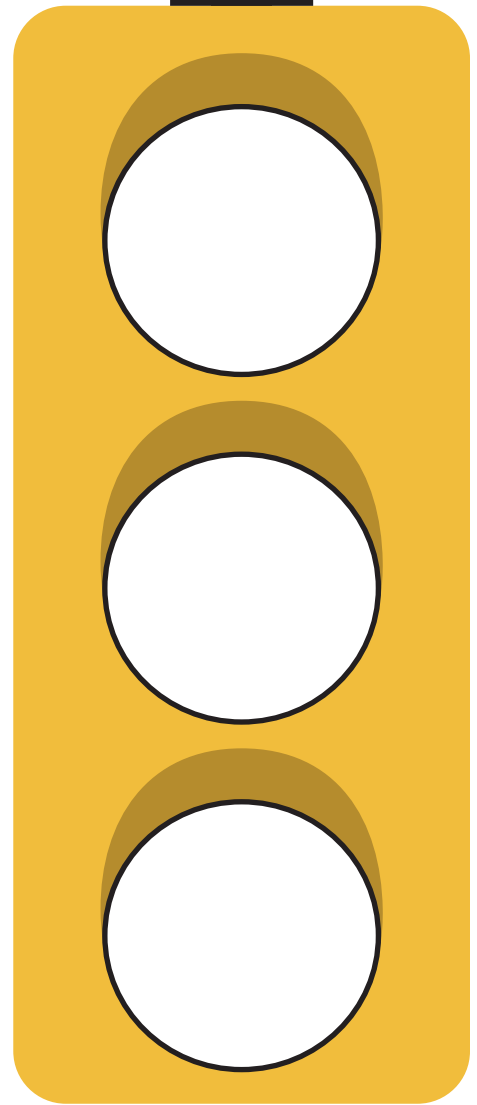
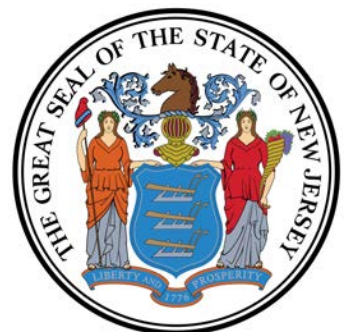


**INTOXICATED
DRIVER
RESOURCE
CENTER
EDUCATION
WORKBOOK**



**Division of Mental Health and Addiction Services
Intoxicated Driving Program**



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<https://www.enoughabuse.org/the-campaign/strategies-and-results>



Welcome to the Intoxicated Driver Resource Center Education Program (IDRC).

Our program was developed to optimize the public safety, health and well-being of New Jersey (NJ) citizens by providing the opportunity for people impacted by intoxicated driving or related offenses to learn about the risks involved in driving under the influence (DUI) and to better understand the association between substance use and impaired driving.

We respect the uniqueness of each person's situation in terms of the circumstances of their DUI and the nature of individual alcohol and other substance use. Given the diverse personal situations of participants in the program, we will be sharing a wide range of information with the program objectives of:

1. Explaining your legal obligations in the program and NJ laws relating to alcohol and other drugs.
2. Understanding the effects of alcohol and other drugs on your body, your behavior, and driving ability.
3. Understanding the impact of impaired driving on public health and society.
4. Providing information on the continuum of substance use and the individual biological, psychological, social, family and cultural factors that may contribute to alcohol and other drug use and misuse.
5. Reviewing the impact of alcohol and other drug use on relationships.
6. Understanding the effect of marketing on substance use behaviors.
7. Providing tools to evaluate the risks and consequences of your alcohol and other drug use, as well as strategies to minimize or eliminate their harms.
8. Developing individual plans to avoid and reduce the likelihood of future DUI incidents.
9. Screening to determine if there is a need for further assessment.

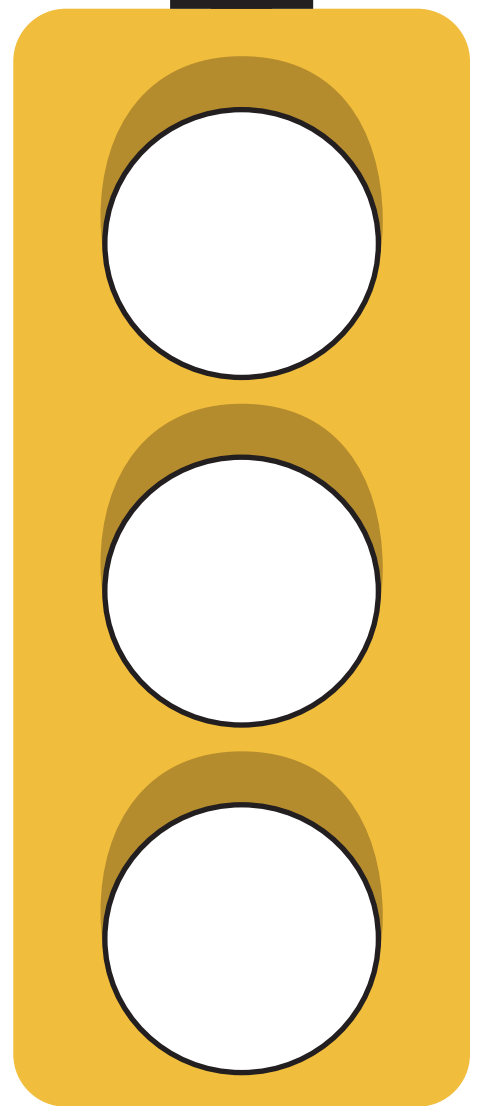
We look forward to working with you. We hope that our time together will give you an opportunity to become a better-informed and safer driver, and to improve your health and well being while also improving the public health of New Jersey.



Unit 1: Veering Off Course

New Jersey DUI Laws

The goal of this unit is to understand your DUI experience and the rules and regulations surrounding your conviction.



The Law

Driving Under The Influence (DUI) N.J.S.A. §39:4-50

The NJ code §39:4-50 describes the penalties for a person who operates a motor vehicle while under the influence of intoxicating liquor, narcotic, hallucinogenic or habit-producing drug, or operates a motor vehicle with a blood alcohol concentration of 0.08% or more by weight of alcohol in the defendant's blood or permits another person who is under the influence of intoxicating liquor, narcotic, hallucinogenic or habit-producing drug to operate a motor vehicle owned by him or in his custody or control or permits another person to operate a motor vehicle with a blood alcohol concentration BAC of 0.08% or more by weight of alcohol in the defendant's blood.



Drugged Driving N.J.S.A. §39:4-50

The NJ code §39:4-50 also specifically prohibits a person to operate a motor vehicle while under the influence of a “narcotic, hallucinogenic or habit-producing drug”.

Implied Consent

Any person with a NJ driver's license has given implied consent to the taking of samples of their breath for the purpose of testing the content of alcohol in their blood.

There are consequences to refusals.



Intent To Operate

- You can get a DUI for the intent to drive under the influence.
 - Walking to your car while under the influence with keys on your person
 - Sleeping in your car while the keys are in the ignition
 - Self-reporting your plan to drive to police

Underage Drinking N.J.S.A. §39:4-50.14

- Zero Tolerance Law
 - If a person is under the age of 21 and has a BAC of .01% or greater

Can I Get a DUI If I'm Not Driving?

- **YES!**
- If you knowingly allow someone who is under the influence of a mind-altering substance to drive your vehicle, you can also get a DUI for their driving under the influence.



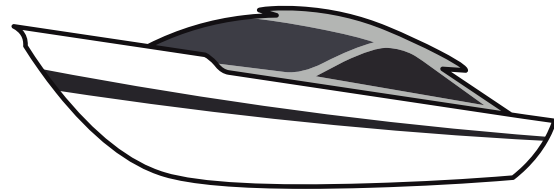
Other Motorized Vehicles

- Other motor vehicles on public roads and streets are regulated under Title 39 of the NJ Motor Vehicles & Traffic Regulation laws.
- The DUI statute applies to drivers who operate a motor vehicles, which include cars, motorcycles, boats, airplanes, dirt bikes, and ATVs.
 - Other violations may apply.

Operating A Vessel While Intoxicated

(OVWI) N.J.S.A. §12:7-46

- It is an offense to operate a boat with a BAC of .08% or greater.
 - Drugs too.
- Boat operators have given consent (“implied consent”) to an alcohol and/or drug test.



Commercial Drivers License (CDL)

N.J.S.A. 39:3-10.13

- It is an offense to operate a commercial motor vehicle with a BAC of 0.04% or more.

IDRC Scheduling In A Nutshell

First Offender

- One lifetime DUI or DUI-related conviction
- Sentenced to either 12-hour or 48-hour IDRC
- Underage DUI “IDRC referral” = scheduled to 12-hour IDRC

Second Offender

- Two lifetime DUI or DUI-related convictions
- Sentenced to either 48-hour IDRC in lieu of jail, or if jail is served, sentenced to a 12-hour IDRC

Multiple Offender

- Person with three or more DUI or DUI-related convictions (any combination of DUI, refusal, underage, boater, etc.)
- Sentenced to either 12-hour or 48-hour IDRC
- Multiple Offender Recommendation needed for license restoration

Third & Subsequent Offender

- A person convicted of three or more DUI or DUI-related offenses within a ten year period
- May face up to 180 days of jail
- If assessment indicates treatment, shall be monitored by IDRC for one full year from the time client begins treatment
- Multiple Offender Recommendation needed for license restoration

Your Court Order

ORDER AND CERTIFICATION Intoxicated Driving and Related Offenses										
State of New Jersey v. Defendant Name _____	<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">MUNICIPAL COURT</td> <td style="width: 30%;">COUNTY</td> <td style="width: 40%;">COURT CODE</td> </tr> <tr> <td>COURT ADDRESS</td> <td>CITY</td> <td>ZIP</td> </tr> <tr> <td>SUMMONS NUMBER</td> <td colspan="2">COURT PHONE NUMBER</td> </tr> </table>	MUNICIPAL COURT	COUNTY	COURT CODE	COURT ADDRESS	CITY	ZIP	SUMMONS NUMBER	COURT PHONE NUMBER	
MUNICIPAL COURT	COUNTY	COURT CODE								
COURT ADDRESS	CITY	ZIP								
SUMMONS NUMBER	COURT PHONE NUMBER									
DEFENDANT INFORMATION										
DRIVER'S LICENSE NUMBER	LIC. STATE	DATE OF BIRTH	SEX	EYE COLOR / CODE	<input type="checkbox"/> DRUGS <input type="checkbox"/> ALCOHOL					
ADDRESS	PHONE NUMBER	VIOLATION DATE & TIME		BAC OR BLOOD TEST READING						
IT IS ORDERED that on this ____ day of _____, 20 ____, the following penalties are imposed on the defendant for a violation of N.J.S.A. _____ committed in a <input type="checkbox"/> Motor Vehicle or <input type="checkbox"/> Commercial Motor Vehicle or in a <input type="checkbox"/> Commercial Motor Vehicle Transporting Hazardous Materials or in a <input type="checkbox"/> Boat / Vessel .										
	MONETARY PENALTIES	IDRC / IMPRISONMENT INPATIENT REHAB / CS	LICENSE SUSPENSION / OTHER PENALTIES							
1ST OFFENSE	* Fine \$ SNSF \$ Costs \$ DDE Fund \$ <input type="checkbox"/> School Zone VCCB \$ Surcharge \$	IDRC _____ Hrs. Jail Time _____ Days Served in <input type="checkbox"/> County Jail <input type="checkbox"/> Workhouse <input type="checkbox"/> Inpatient Rehabilitation <input type="checkbox"/> IDRC	Basic DL _____ Months CDL _____ Years Ignition Interlock _____ Months <input type="checkbox"/> Supervised Visitation							
2ND OFFENSE	* Fine \$ SNSF \$ Costs \$ DDE Fund \$ <input type="checkbox"/> School Zone VCCB \$ Surcharge \$	Community Service _____ Days Jail Time _____ Days Served in <input type="checkbox"/> County Jail <input type="checkbox"/> Workhouse <input type="checkbox"/> Inpatient Rehabilitation <input type="checkbox"/> IDRC	Basic DL _____ Years CDL _____ Years or <input type="checkbox"/> Life <input type="checkbox"/> Supervised Visitation AND EITHER: Ignition Interlock _____ Years, OR Registration Revocation _____ Years							
3RD AND FOLLOWING OFFENSES	* Fine \$ SNSF \$ Costs \$ DDE Fund \$ <input type="checkbox"/> School Zone VCCB \$ Surcharge \$	Jail Time 180 days, of which _____ days may be served in Inpatient Rehabilitation, remainder served in <input type="checkbox"/> County Jail or <input type="checkbox"/> Workhouse	Basic DL _____ Years CDL _____ Years or <input type="checkbox"/> Life <input type="checkbox"/> Supervised Visitation AND EITHER: Ignition Interlock _____ Years, OR Registration Revocation _____ Years							
BOAT / VESSEL <input type="checkbox"/> 1 ST <input type="checkbox"/> 2 ND <input type="checkbox"/> 3 RD	Fine \$ Costs \$ VCCB \$	Community Service _____ Days Jail Time _____ Days Served in <input type="checkbox"/> County Jail <input type="checkbox"/> Workhouse <input type="checkbox"/> Inpatient Rehabilitation <input type="checkbox"/> IDRC	Basic DL _____ Boat _____ Moped _____ <input checked="" type="checkbox"/> Complete boat safety course.							
REFUSAL <input type="checkbox"/> 1 ST <input type="checkbox"/> 2 ND <input type="checkbox"/> 3 RD <input type="checkbox"/> School Zone	* Fine \$ DDE Fund \$ Costs \$ (No DDE Fund \$ for violations of N.J.S.A. 12:7-57 or N.J.S.A. 39:3-10.24)		Basic DL _____ CDL _____ Additional N.J.S.A. 12:7-57 Penalties: Boating Privileges _____ (Term) and <input checked="" type="checkbox"/> Complete boat safety course. NOTE: Basic DL and CDL revocation do not apply to convictions under N.J.S.A. 12:7-57 .							
UNDERAGE (N.J.S.A. 39:4-50.14)	* Fine \$ 0 Costs \$	Community Service _____ Days	Basic DL _____ Days							
* NOTE: For any violation of Title 39, mandatory assessments under N.J.S.A. 39:5-41(d) et seq. must be added to the statutory fine.										
IT IS FURTHER ORDERED that the defendant meet the following additional conditions: _____										
IT IS FURTHER ORDERED that the defendant satisfy the screening, evaluation, referral, program and fee requirements of the Intoxicated Driving Programs Unit and Intoxicated Driver Resource Center. Failure to satisfy those requirements will be reported to the court and will result in a 2 day term of imprisonment in the county jail and an additional period of license suspension until such requirements are satisfied.										
JUDGE'S NAME (print)		JUDGE'S SIGNATURE								
DEFENDANT CERTIFICATION										
I understand the consequences of my failure to meet the requirements of the above-referenced IDRC Program and any other conditions contained in this Order. I certify that the Defendant Information is correct and acknowledge receipt of a copy of this Order.										
DEFENDANT'S SIGNATURE _____		DATE _____								







Mail the white copy to: IDPU / P.O. Box 365 / Trenton, NJ 08625-0365
 Additional distribution: Probation - Yellow; Defendant - Pink; Court - Goldenrod

Please notify the court if you have a disability and will require assistance.

Rev. February 2004

Notification of Penalties Document

Print Form Clear Form

 <p>New Jersey Courts www.njcourts.gov</p> <p>Independence • Integrity Fairness • Quality Service</p>	<p>Notification of Penalties for Subsequent DWI or Driving on the Revoked List Convictions</p>	
<p>Municipal Court of _____</p> <p>County of _____</p> <p>State of New Jersey</p> <p>v. _____</p> <p>Defendant</p>	<p>Summons - Complaint Number: _____</p> <p>Notice to Defendant Upon Conviction of N.J.S.A. 39:4-50(a) and (g)</p>	
<p>Penalties if Convicted Again of DWI</p>		
<p>If you are convicted for a <u>second</u> time of operating or allowing the operation of a motor vehicle while under the influence of alcohol or drugs (DWI) under <u>N.J.S.A. 39:4-50(a)</u>, you will be subject to the following penalties: 1) you will be fined between \$500 - \$1,000; and 2) you will be imprisoned from 48 hours to 90 days, of which 48 hours shall not be suspended or served on probation; and 3) you will perform 30 days of community service; and 4) your driver's license will be suspended for 2 years. If you are convicted for a <u>second</u> time of DWI, but in a school zone, under <u>N.J.S.A. 39:4-50(g)</u>, these penalties are doubled. Whether or not you were in a school zone, you will be assessed at least \$325 in surcharges and assessments. Further, the judge must also order the installation of an ignition interlock device during your period of license suspension, as well as for a period ranging between one and three years following the date that your license is returned to you by the Motor Vehicle Commission. A list of State approved ignition interlock providers can be found on the Motor Vehicle Commission's website at www.state.nj.us/mvc/Violations/dui_Ignition.htm.</p> <p>If you are convicted for a <u>third</u> or <u>subsequent</u> time of DWI, you will be subject to the following penalties: 1) you will be fined \$1,000; and 2) you will be imprisoned for 180 days, except that the court may order that you serve up to 90 days of that sentence participating in a drug or alcohol inpatient rehabilitation program approved by the Intoxicated Driver Resource Center; and 3) your driver's license will be suspended for 10 years. If you are convicted for a <u>third</u> or <u>subsequent</u> time of DWI, but in a school zone, under <u>N.J.S.A. 39:4-50(g)</u>, you will be imprisoned for 180 days except that the court may order that you serve up to 90 days of that sentence participating in a drug or alcohol inpatient rehabilitation program approved by the Intoxicated Driver Resource Center; and all other penalties are doubled. Whether or not you were in a school zone, you will be assessed at least \$325 in surcharges and assessments. Further, the judge must also order the installation of an ignition interlock device during your period of license suspension, as well as for a period ranging between one and three years following the date that your license is returned to you by the Motor Vehicle Commission. A list of State approved ignition interlock providers can be found on the Motor Vehicle Commission's website at www.state.nj.us/mvc/Violations/dui_Ignition.htm.</p>		
<p>Penalties if Convicted of Driving on the Revoked List</p>		
<p>As part of your sentence for DWI, your right to operate a motor vehicle has been suspended. If you are found guilty of operating a motor vehicle during your suspension period, you will be subject to penalties under either <u>N.J.S.A. 39:3-40</u> (traffic offense) or <u>N.J.S.A. 2C:40-26</u> (4th degree crime), depending on the circumstances surrounding your violation. If you are found guilty of driving while suspended under <u>N.J.S.A. 39:3-40</u>, your penalties will include: 1) a fine of not less than \$1,000, nor more than \$1,500; and 2) the suspension of your driving privileges for a period of up to 30 months; and 3) a term of imprisonment between 10 and 100 days; and 4) revocation of your vehicle registration. If you are found guilty of driving while suspended under <u>N.J.S.A. 2C:40-26</u>, you will be subject to a term of mandatory imprisonment up to 18 months, of which at least 6 months shall be served without parole. Additional penalties may also be imposed for each violation based on the exact nature of your charges.</p> <p style="text-align: center;">In addition to this written notice, I have informed you of these consequences orally in open court.</p> <p>Date: _____</p> <p style="text-align: right;">_____ Signature of Judge</p>		
<p>ACKNOWLEDGEMENT OF RECEIPT</p> <p>I, _____ (defendant) have received this written notice of the penalties for subsequent convictions of DWI and driving while on the revoked list. I have also been informed of these consequences orally by the judge in open court.</p> <p>Date: _____</p> <p style="text-align: right;">_____ Signature of Defendant</p>		
	<p>Please notify the court if you have a disability and will require assistance.</p>	

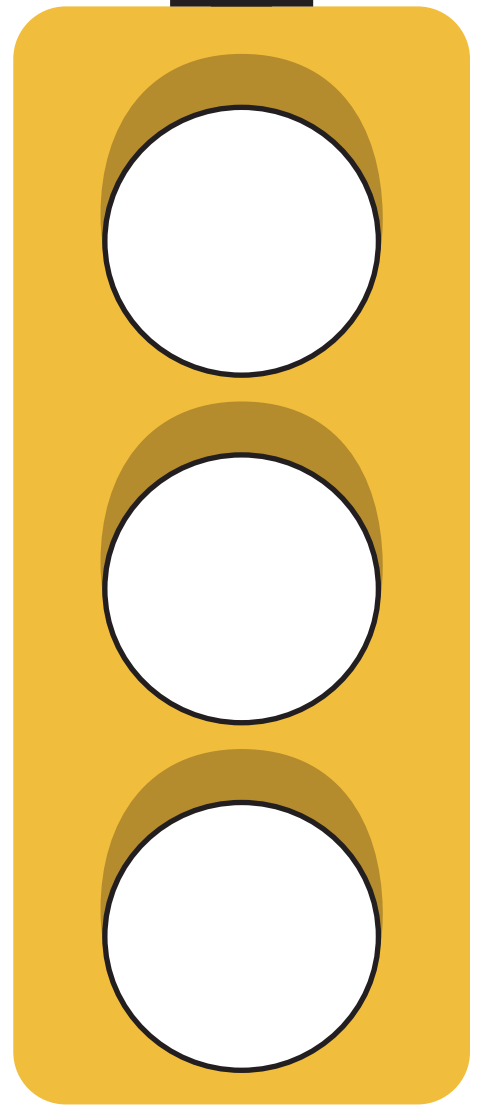
Revised: December 2011, CN 10112

Unit 2: Hitting the Brakes

Understanding Driving Under the Influence

The goals of this unit are to:

- Understand what Blood Alcohol Concentration (BAC) is.
- Understand the types of drinks and their alcohol content.
- Understand how BAC impacts the ability to drive safely.
- Identify the various costs and consequences of a DUI.
- Identify ways to reduce or eliminate the likelihood of impaired driving.



Blood Alcohol Concentration (BAC)

Men										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds								Sample Behavioral Effects	
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Completely Safe Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	.03	Driving Skills Significantly Affected; Information Processing Altered
3	.11	.09	.08	.07	.06	.06	.05	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	.08	Legally Intoxicated; Criminal Penalties; Reaction Time Slowed; Loss of Balance; Impaired Movement; Slurred Speech
6	.23	.19	.16	.14	.13	.11	.10	.09	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	.16	

One drink is 1.5 oz. shot of hard liquor, 12 oz. of beer, or 5 oz. of table wine.

How many drinks does it take before you get to .08%? _____

Women										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds								Sample Behavioral Effects	
	90	100	120	140	160	180	200	220		240
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Completely Safe Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Significantly Affected; Information Processing Altered
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated; Criminal Penalties; Reaction Time Slowed; Loss of Balance; Impaired Movement; Slurred Speech
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

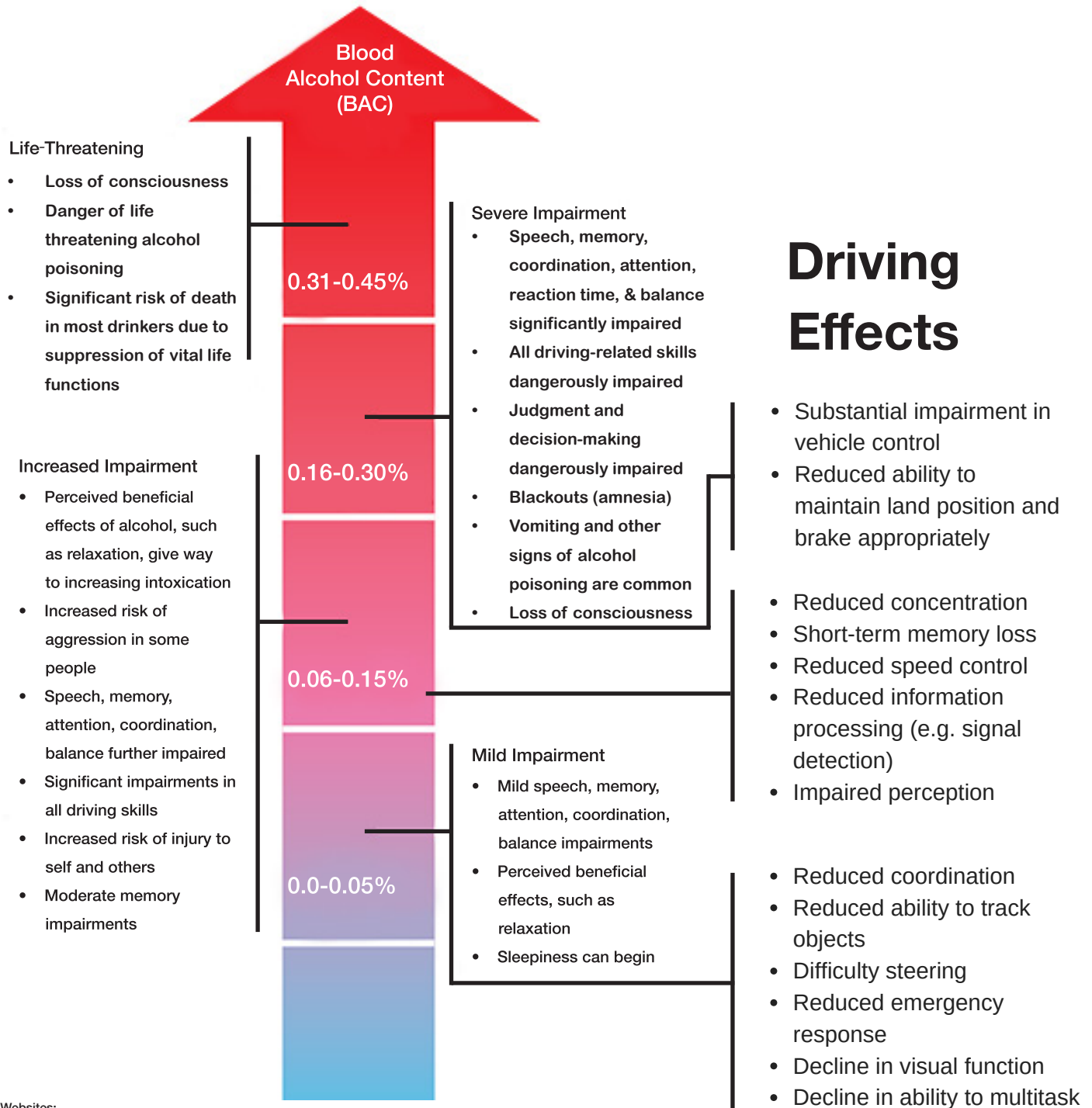
One drink is 1.5 oz. shot of hard liquor, 12 oz. of beer, or 5 oz. of table wine.

Subtract 0.015 for each hour that you take to consume the number of drinks listed in the table. For example, if you are a 160 pound woman, and have two drinks in two hours, your BAC would be $0.06 - (2 \times 0.015) = 0.03$

This chart is only an estimate of BAC and its impact on driving ability. Alcohol effects will vary from person to person. Any alcohol may impair a person's ability to drive.

Website: <https://pubs.niaaa.nih.gov/publications/niaaa-guide/index.htm>

As BAC Increases, So Does Impairment



Websites:
https://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_factsheet.html
<https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

What Is A “Standard” Drink?

Many people are surprised to learn what counts as a drink. The amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is actually in your drink. Different types of beer, wine, or liquor can have very different amounts of alcohol content. For example, many light beers have almost as much alcohol as regular beer – about 85% as much. Here’s another way to put it:

- *Regular beer: 5% alcohol content*
- *Some light beers: 4.2% alcohol content*
- *Craft beer: Can be up to 8% or higher*

That’s why it’s important to know how much alcohol your drink contains. In the United States, one "standard" drink contains roughly 14 grams of pure alcohol, which is found in:

- *12 ounces of regular beer, which is usually about 5% alcohol*
- *5 ounces of wine, which is typically about 12% alcohol*
- *1.5 ounces of distilled spirits, which is about 40% alcohol*

How do you know how much alcohol is in your drink?

Even though they come in different sizes, the drinks below are each examples of one standard drink:



Each beverage portrayed above represents one standard drink of "pure" alcohol, defined in the United States as 0.6 fl oz. or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

Visit Rethinking Drinking. Website: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink>

Does My BAC Predict My Ability To Drive?

Drivers with a BAC of .08% are approximately 4 times more likely to crash than drivers with a BAC of zero.

At a BAC of .15% drivers are at least 12 times more likely to crash than drivers with a BAC of zero.

Further, many studies have shown that even small amounts of alcohol can impair a person's ability to drive.

What Is a Safe BAC For Driving?

Zero BAC is the only safe BAC for driving! No amount is the best amount!

0%

Is The Amount Of Alcohol I Consume All I Need To Know?



Financial/Social Consequences

Your arrest has probably cost you a lot of time and money. However, the financial expense may not be the greatest consequence of your arrest.

Calculate how much money your arrest has cost you.

	Cost to Date	Future Cost
Court Fees	\$	\$
Lost Wages	\$	\$
Legal Fees	\$	\$
Taxi/Rideshare Cost	\$	\$
Insurance Increases	\$	\$
IDRC Fees	\$	\$
MVC Fees	\$	\$
Other/Costs/Fees	\$	\$
Total:	\$	\$

Examples of Social Consequences:

Circle which examples happened to you and list other examples.

Trust of others Self-esteem

Personal dignity Freedom

Relationship Job

Telling children Identity

Telling family member

How I'm seen in the community

Disappointing others

Identify social consequences that relate to your DUI.

How have these social and financial consequences affected you?

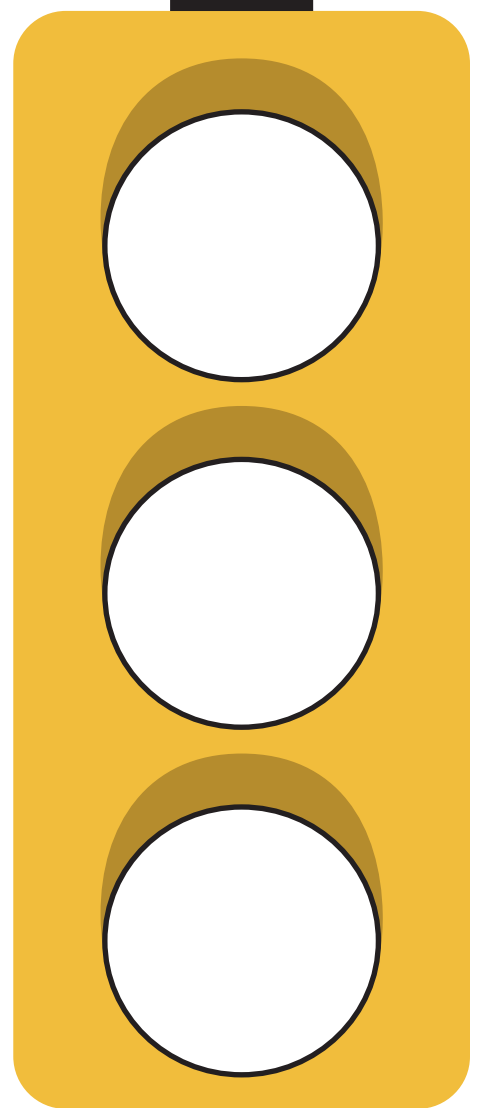
Can you identify if people other than yourself have experienced costs associated with your DUI?

Unit 3: Skidding Sideways

Understanding Substance Use

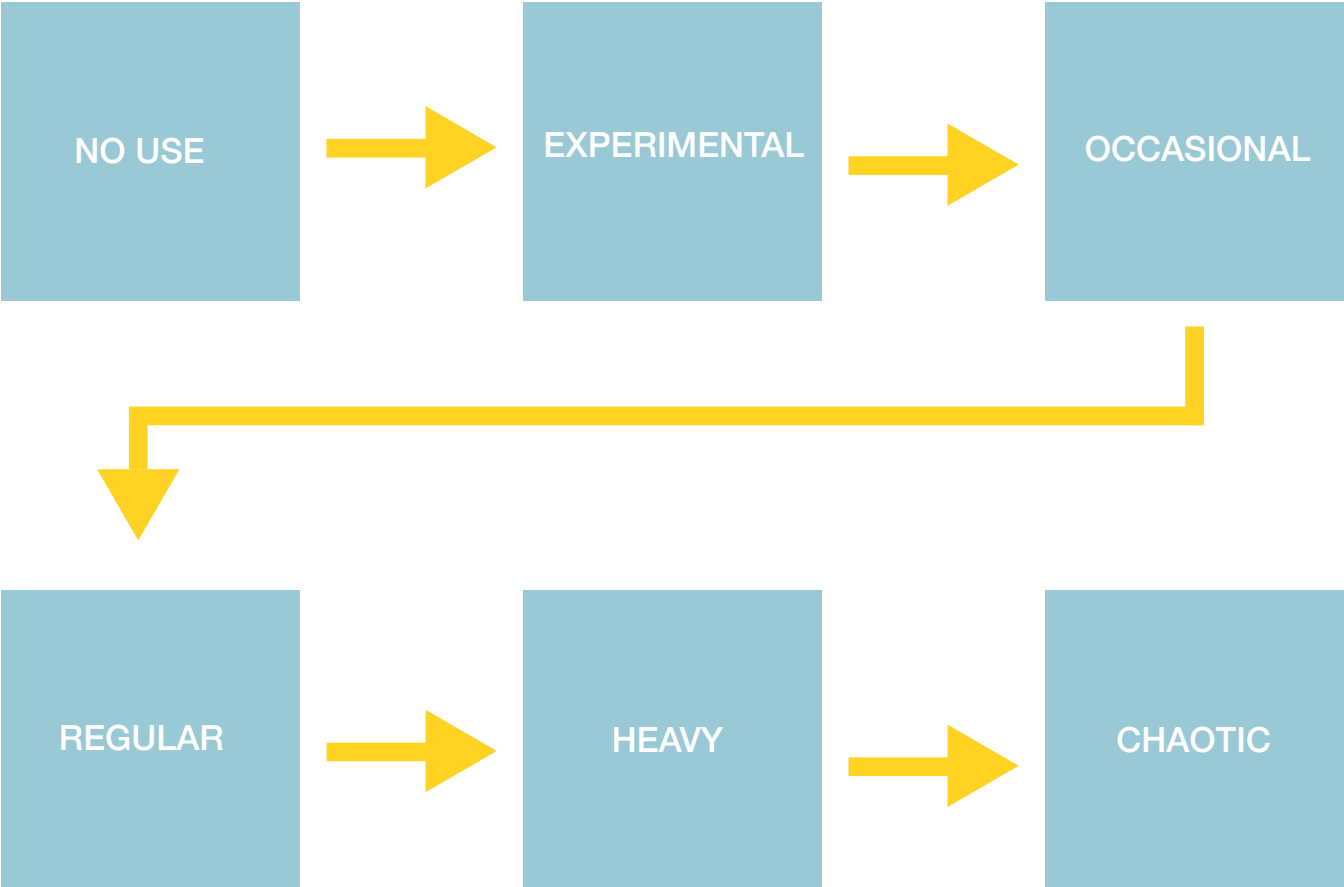
The goals of this unit are to:

- Explore the effects of the drug categories and their impact on driving.
- Introduce the idea that a person's substance use can be understood as being on a continuum of use and that each person's use has a unique pattern and history.
- Understand the continuum of substances including the benefits and harms and the consequences associated with the pattern of use over time.
- Understand your relationship with substances to help you take a more reality-based look at your use to identify ways to drink more safely.

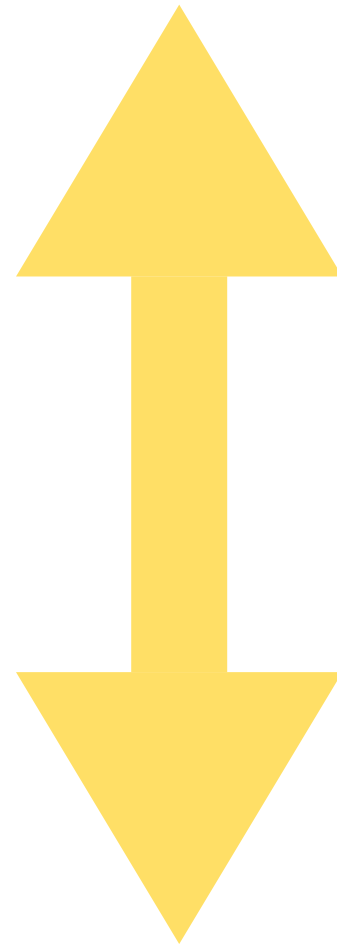


Reflecting

Circle where you believe your own alcohol or other drug use falls on this continuum.



Although addiction is often called a “progressive disease”, people who use alcohol and other drugs may not have use that progresses beyond occasional or regular. For those who do, such progressive use is not a one-way street. People who progress into heavier levels of using often are able to transition back into healthier levels of use.



Definitions:

No use: No use of psychoactive substances (usually excludes coffee, tea, chocolate)

Experimental: Curious, use 1-2 times

Occasional: Use occasionally at parties, cocktail after work; choose to not use; choose to not use at times; may or may not have a pattern

Regular: More predictable use, established pattern; drink every weekend, smoke cannabis when stressed, 3-4x/week; use to cope

Heavy: Depends on whether it makes aspects of life riskier or creates problems; using more than you “should”

Chaotic: What we usually think of “addiction”; heavy use that harms physically, socially, emotionally; loss of control of aspects of life

Drinking Levels Defined



Moderate Alcohol Consumption:

According to the Dietary Guidelines for Americans, moderate drinking is up to 1 drink per day for women and up to 2 drinks per day for men.

Heavy Drinking:

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines heavy drinking as drinking 5 or more drinks on the same occasion on each of 5 or more days in the past 30 days.



Binge Drinking:

The National Institute on Alcoholism and Alcohol Abuse (NIAAA) defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08%. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.

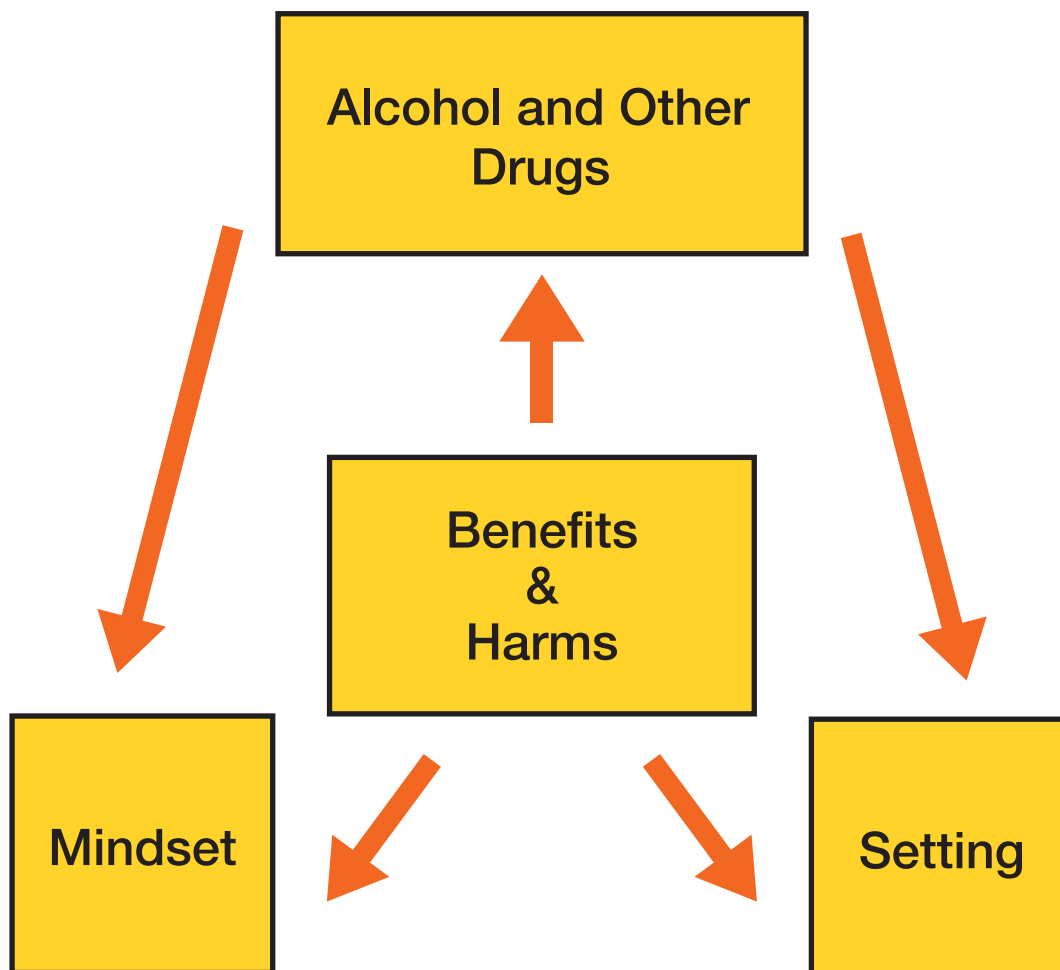
SAMHSA, which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as drinking 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days.

Binge Drinking

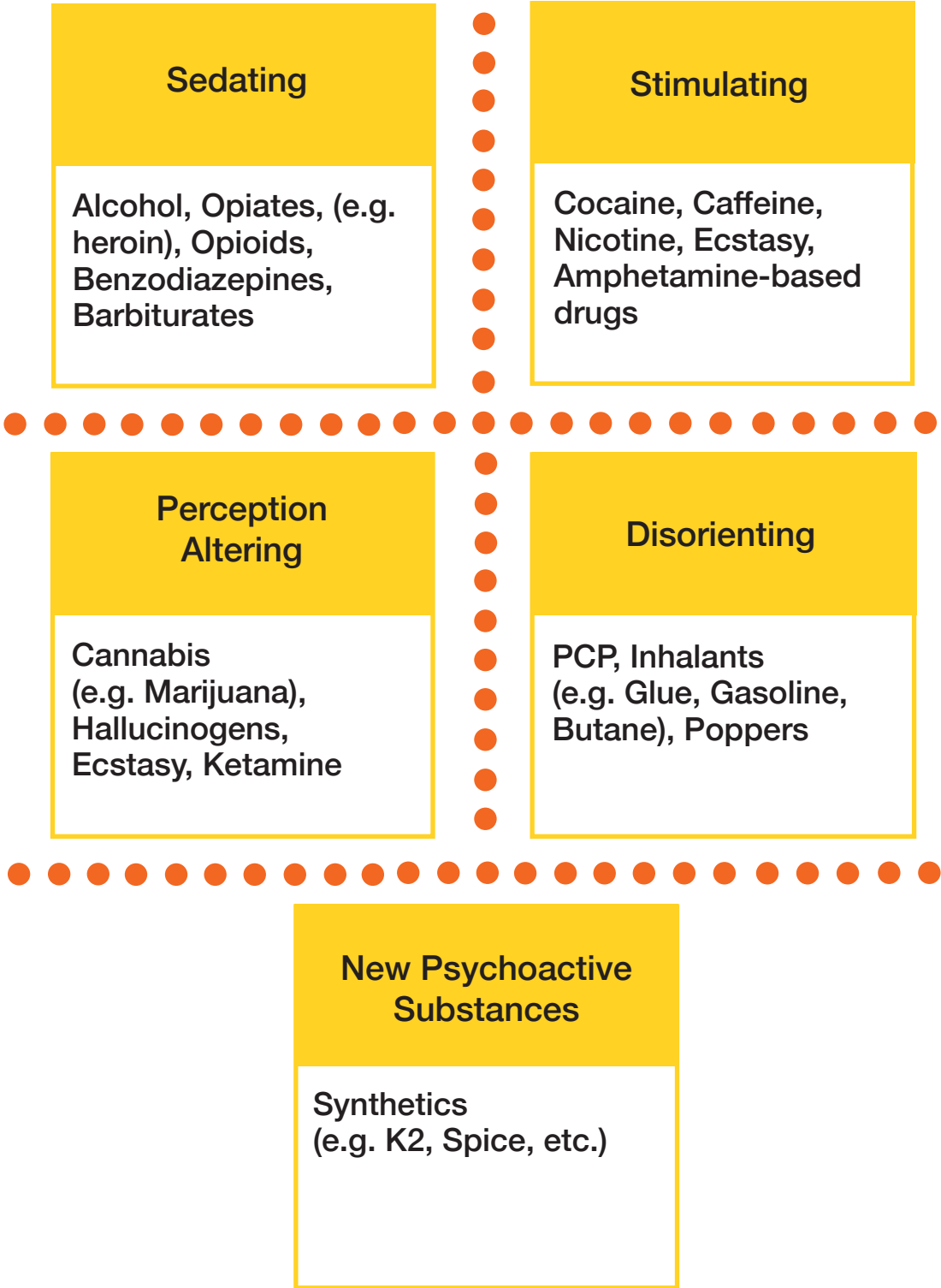


The DUI Event

How did the drug, mindset and setting interact at the time of your DUI?



Drug Categories



Sedating: Alcohol

In Low Doses

- Catch a "buzz"
- Tends to reduce anxiety
- Reduce inhibitions, distress and memory



Dependence

Heavy drinking can lead to developing tolerance, which means that you need to drink an increasing amount to feel the same effects. When physically dependent, if you stop drinking alcohol, you can physically withdrawal, feel very sick, have seizures and be life-threatening.



In Higher Doses

- Impaired judgment
- Impaired senses
- Memory blackout

Your Body

Drinking a lot over a long period of time can damage your

- Heart
- Kidneys
- Liver
- Pancreas



Drinking a lot over a long period of time can also cause cancer of the

- Head and neck
- Esophagus
- Liver
- Breast
- Colon



Fetal Alcohol Syndrome

Alcohol use during pregnancy is the leading cause of birth defects in the US.



Drinking too much can weaken your immune system too, making your body a much easier target for disease.

Sedating: Alcohol

Alcohol's effects vary person-to-person, depending on:

- How much you drink
- How often you drink
- Your age
- Your health status
- Your family history



Alcohol Poisoning

Drinking too much can cause the body and nervous system to shut down to the point of unconsciousness, and in severe cases, may cause coma and risk of brain damage or death.

Alcohol Myths About Getting Sober

- Drinking black coffee
- Taking a cold bath or shower
- Walking it off



These are just myths, and they don't work. The only thing that reverses the effects of alcohol is time.

Signs of Alcohol Poisoning

- Confusion
- Throwing up
- Slowed breathing
- Cold, blue skin
- Unconscious (can't wake them up)
- Seizures



Accidents

Being intoxicated makes you more likely to get hurt or killed. Alcohol is involved in:

- 60% of drownings, murders, and deadly burns
- 50% of severe injuries and sexual attacks
- 40% of deadly crashes, falls, and suicides



Brain Damage

Heavy drinking over the years can permanently damage brain cells. This can make it hard to walk, remember, or learn new things.



Sedating: Opiates

In Low Doses

- Euphoric sense of well-being
- Drowsiness
- Pain relief



In Higher Doses

- Breathing is slowed
- Imbalance in neurological and hormonal systems
- Insomnia
- Overdose

Dependence

- Regular use of heroin is very likely to produce dependence.
- Tolerance to heroin increases rapidly, and regular users may quickly find themselves chasing the experience of their first hit with higher doses, and needing heroin just to feel normal.



Your Body

Heroin use can cause deterioration of the brain's white matter, potentially affecting:

- Decision-making abilities
- Ability to regulate behavior
- Ability to manage stressful situations



Naloxone / NARCAN®

- NARCAN® (generic name naloxone) is a medication that rapidly reverses opiate overdose.



Pain Pills

- Many people who use heroin first used pain pills.
- 57% of 12- to 17-year olds who misuse prescription pain pills get them from a friend or relative.



Picture used with permission from Adapt Pharma

Sedating: Benzodiazepines

In Low Doses

- Calming and anxiety relief
- Muscle relaxation
- Tiredness and drowsiness
- Blurred vision



In Higher Doses

- Reduced coordination and judgment
- Confused thinking
- Aggression
- Slurred speech
- Amnesia (loss of short-term memory)
- Overdose

"Benzos"

Benzodiazepine ("Benzos") is the name of the group of prescription drugs also known as minor tranquilizers, a type of prescription sedative commonly prescribed for anxiety or to help with insomnia.



Withdrawal

If a person has been taking benzodiazepines regularly (for more than two to three weeks) and tries to reduce or stop, they will likely experience withdrawal symptoms. Physical withdrawal from benzodiazepines is slow, and may last from a couple of weeks to months.



Overdose

More than 30 percent of overdoses involving opioids also involve benzodiazepines.



Perception Altering: Cannabis



In Low Doses

- Relaxing
- Reduces anxiety
- Dream-like state of mind
- Distortion of time and perception



THC & CBD

- "Cannabis" refers to name of the hemp plant 'cannabis sativa', also known as marijuana.
- There are two main chemical components in cannabis, THC and CBD.
- THC is the component that when used alone gives the euphoric effects.
- CBD has medicinal qualities and is an important ingredient in medical cannabis.



In Higher Doses

- May experience increased anxiety and paranoia
- Lethargy
- Impaired memory
- Impaired concentration



Your Body

- Smoking anything, including cannabis, can damage the lungs, throat, and mouth.
- When eaten, it can take over an hour to feel the effects from cannabis. Users often consume more during this time, which can lead to a much more intense experience.
- Some evidence shows that cannabis can increase the likelihood of triggering the onset of mental health problems to those predisposed.

Overdose

No one has ever overdosed on cannabis. People can have adverse reactions of feeling very sick and impaired senses if they smoke or eat edibles with high THC levels.



Perception Altering: Ecstasy

In Higher Doses

- Anxiety
- Panic
- Depression
- Overdose



In Low Doses

- Elevates mood, producing a relaxed euphoric state.
- Sensations are enhanced and the user experiences heightened feelings of empathy, emotional warmth, and self-acceptance.

MDMA

- MDMA is the drug originally called ecstasy and is often used at clubs and concerts.
- MDMA is almost always swallowed as a tablet or capsule.



Overdose

People can overdose on MDMA. Your body can get so hot that it can cause liver, kidney, or heart failure. In rare cases, you can even die.



Your Body

- Increased heart rate
- Increased blood pressure
- Compulsive teeth clenching
- Nausea
- Loss of appetite
- Overheating
- The effects of MDMA subside after about 3-5 hours.

Risks

- MDMA can make you throw up.
- You might also get the chills or the sweats.
- MDMA can make your body very hot.
- MDMA can make you not want to eat.



Stimulants: Cocaine

In Low Doses

- Immediate feelings of well-being and euphoria
- Increased alertness and energy
- Increase in sexual drive



In Higher Doses

- Feelings of anger and a risk of violent and aggressive behavior
- Risk-taking behavior such as unwanted or unsafe sex, unsafe driving, use of other drugs, and reckless behavior leading to accidents.

Addictive

- Cocaine has the potential to be very addictive.
- Regular use can lead to physical dependency.
- Withdrawal symptoms can last for a week or longer and include depression and anxiety.
- Cocaine is very short acting, and the after-effects (the "coming down" or "crash" experience) can be very unpleasant, including agitation and anxiety



Your Body

- Malnutrition and reduced appetite
- Many users become physically run down, which leaves them susceptible to a wide range of illnesses
- Paranoid delusions and psychosis
- Difficult or impossible to sleep
- Seizures
- Heart Attack
- Stroke
- Overdose



Overdose

Combining cocaine with other drugs substantially increases the risks of overdose.



Stimulants: Amphetamines

In Low Doses

- Immediate feelings of well-being and euphoria
- Increased alertness and energy
- Increase in sexual drive



In Higher Doses

- Feelings of anger and a risk of violent and aggressive behavior
- Risk-taking behavior such as unwanted or unsafe sex, unsafe driving, use of other drugs
- Reckless behavior leading to accidents
- Paranoia and anxiety

Methamphetamine

- Amphetamine refers to a family of synthetic stimulant drugs.
- Methamphetamine is associated with illegal, recreational use and is not prescribed medically. It is much faster acting, stronger, and can be more addictive.



Your Body

- Malnutrition and reduced appetite
- Many users become physically run down, which leaves them susceptible to a wide range of illnesses
- Paranoid delusions and psychosis
- Difficult or impossible to sleep
- Seizures
- Heart Attack
- Stroke
- Overdose



Overdose

Injecting methamphetamine reaches the brain almost immediately, increasing the possibility of overdose.



Disorienting: PCP and Inhalants

In Low Doses

- Slurred or distorted speech
- Lack of coordination (control of body movement)
- Euphoria (feeling "high")
- Dizziness



In Higher Doses

- Liver and kidney damage
- Hearing loss
- Nerve damage leading to problems with coordination
- Brain damage

PCP



- Effects vary greatly depending on the user and the amount taken, and can range from a heavy body and mental high, to causing states of delirium and life-like hallucinations.
- PCP can cause seizures, psychotic episodes, and periods of amnesia lasting days.

Your Body

- These drugs have "dissociative" effects, which create feelings of being detached from reality.
- They cause audio and visual distortions and a sense of floating.
- Use of dissociative drugs can also cause anxiety, memory loss, and impaired motor function, including body tremors and numbness.
- Long term effects of their use include liver and kidney damage, hearing loss, delayed behavioral development and brain damage.
- Use can result in seizures, coma and overdose death.



Inhalants

- Inhalants that people may take by inhaling: solvents, aerosol sprays, gases,
- The high that inhalants produce usually lasts for a few minutes. It is common for people who use inhalants to try to make it last by repeatedly reusing for hours.



New Psychoactive Substances (NPS)

What are NPS Drugs?

NPS drugs are human-made, mind-altering substances which are relatively newly available and created to mimic the effects of illegal drugs like cannabis, cocaine and methamphetamine.



NPS Users Report

- Elevated mood
- Relaxation
- Altered perception
- Psychosis
- Extreme anxiety
- Confusion
- Paranoia

NPS Doses

There is no way to know dosing due to the synthetic nature of the drug. Any amount of use can result in:

- Rapid heart heart
- Elevated blood pressure
- Vomiting
- Violent behavior
- Suicidal thoughts
- Seizures
- Death



Your Body

- NPS drugs are unregulated and illegal because of the potential risk of harm.
- Despite being sold openly, these substances can be very dangerous and can affect your mental health and physical well being in the short- and long-term.
- People have died from using these substances and even small doses can severely impair memory and judgment.

The Law

NPS drugs are illegal in New Jersey.

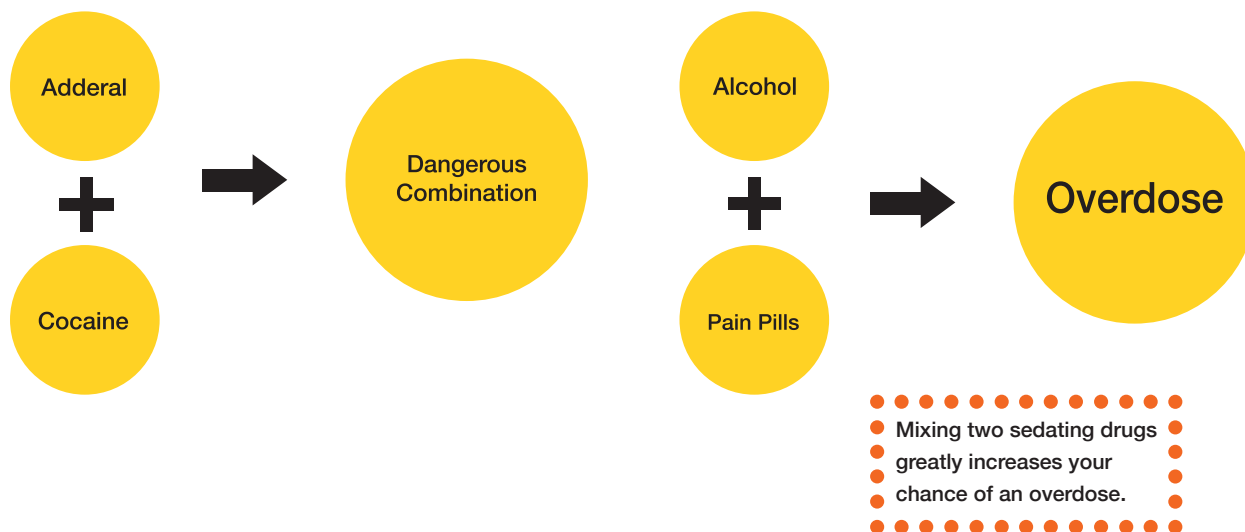


How We Experience Drugs: Combining Drugs

Effects of combining sedating drugs is magnifying

1 + 1 = 5

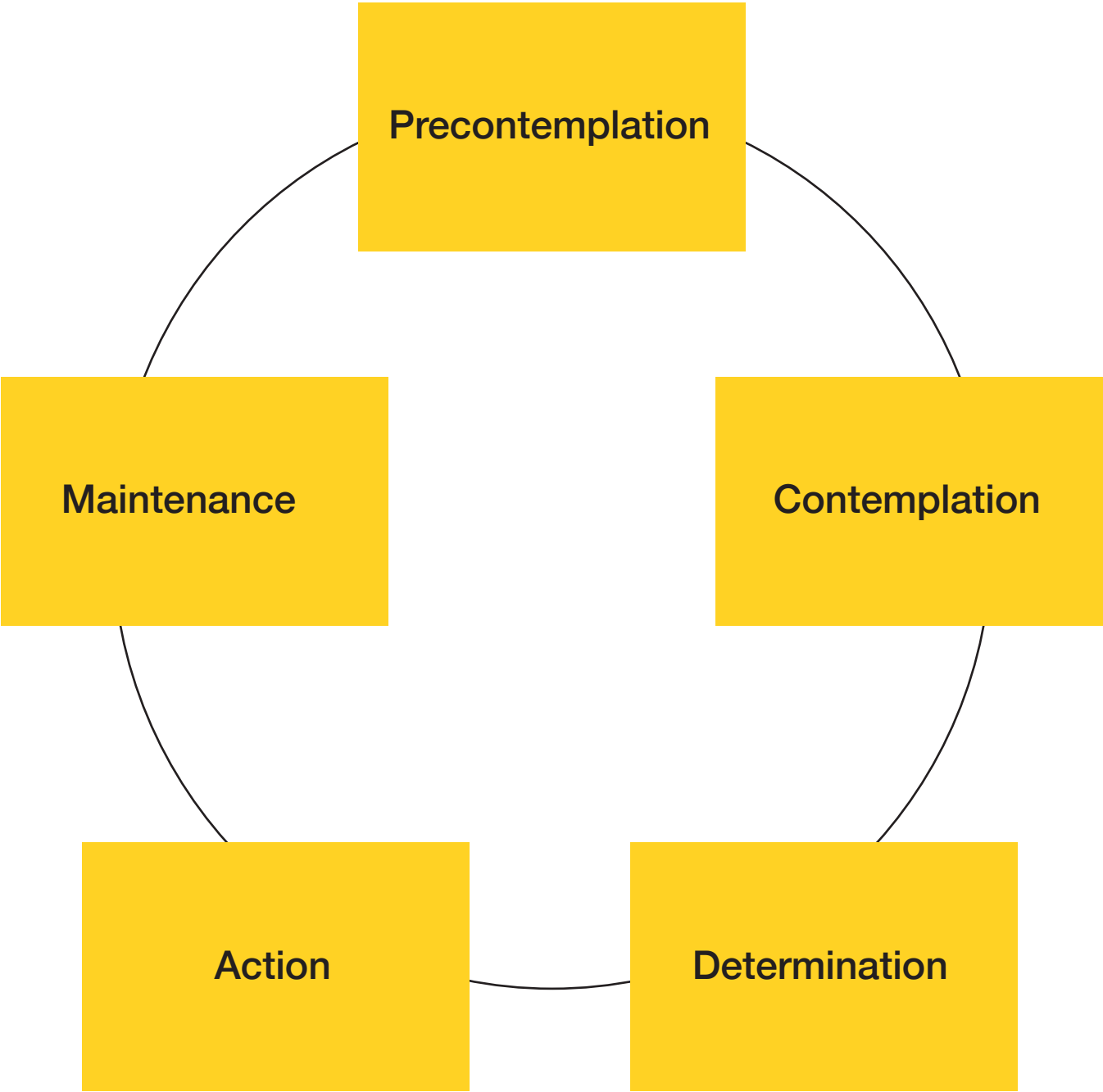
Mixing alcohol and heroin/pills is a particularly dangerous combination. Most fatal overdoses are a result of combining drugs, not just heroin/opiates alone. Combining stimulants increases your chances of heart attack or stroke. Mixing sedating and stimulating drugs can mask the effects of the other, prompting you to take more to feel the effects.



Mixing Alcohol With Caffeine

- Dangerous combination
- People who mix caffeine and alcohol are more likely to drive under the influence or ride with a driver who is intoxicated.

Stages Of Change



Notes

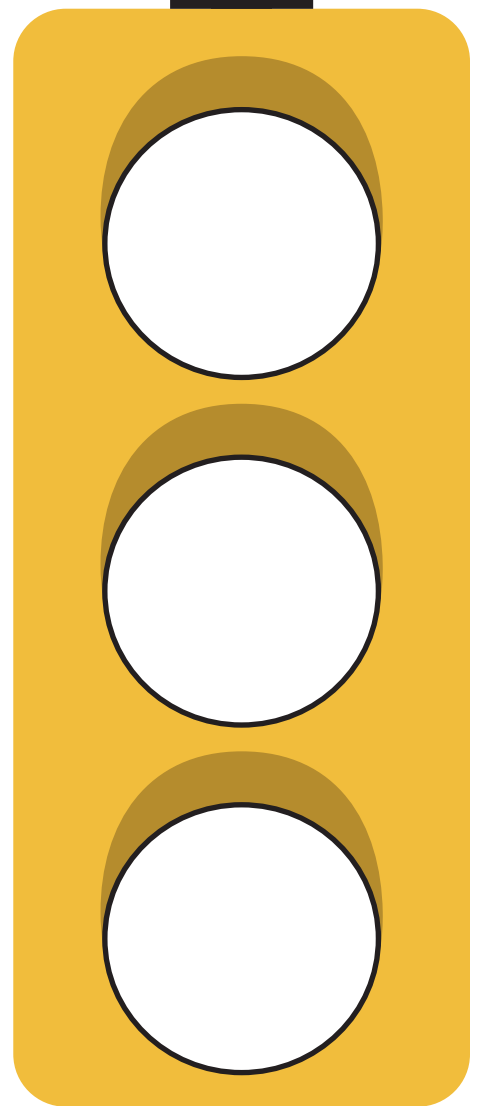


Unit 4: Steering Through Curves

Social Norming

The goals of this unit are to:

- Provide data on the actual prevalence of alcohol and other drug use in our society and compare it to your own attitudes and beliefs.
- Understand the impact of age and gender stereotypes and popular beliefs on your own beliefs and attitudes about using alcohol and other drugs.
- Understand how family and friends may play a role in substance use.

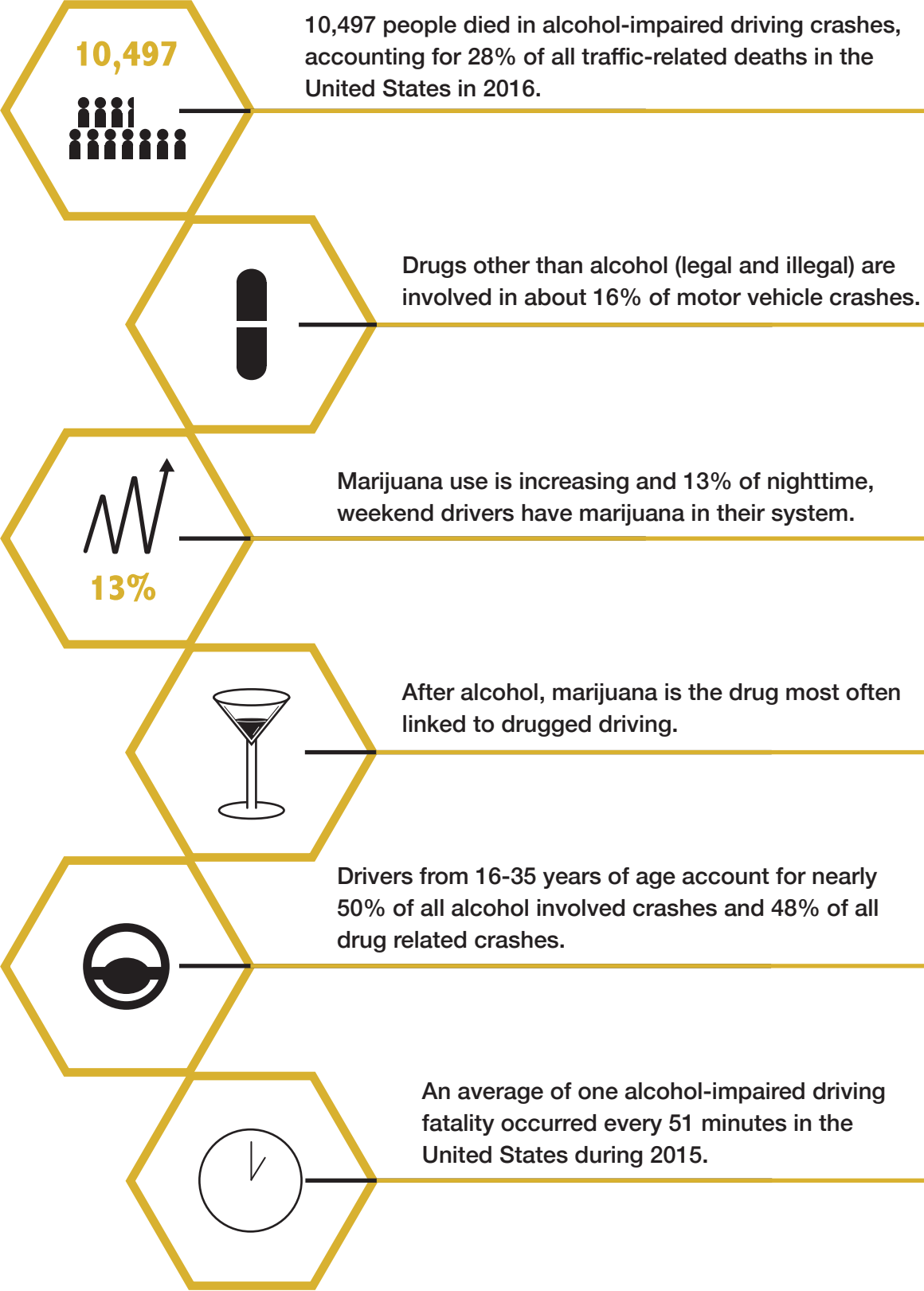


Social Norming

In the past 30 days, how many days have people used alcohol?

Social Norming	Your Behavior	What You Believe Most People Do	Actual National Behavior Data
Your Gender and Alcohol Use			
Other Genders and Alcohol Use			
Adolescents and Alcohol Use			
College Students Use			
Older Adults and Alcohol Use			

DUI Facts



DUI Facts

There were 1,409 opioid-related overdose deaths in New Jersey in 2016 — a rate of 16 deaths per 100,000 persons — compared with the national rate of 13.3 deaths per 100,000 persons.

Overdose Deaths
1,409

In 2014–2015, New Jersey’s annual average percentage of heroin use among those aged 12 or older was higher than the corresponding national annual average percentage.

12 yrs



About one-third of all drivers arrested or convicted of DUI are repeat offenders.

1/3

8.4% of drivers involved in fatal motor vehicle crashes in New Jersey in 2016 were found to be using prescription or illicit drugs. An additional 6.4% were found to be using alcohol in addition to either prescription or illicit drugs.

8.4%

10 million people aged 12 or older in 2014 reported driving under the influence of illicit drugs in the past year.



10 Million

On average, two in three people will be involved in a DUI crash in their lifetime.



How Family And Friends May Play A Role In Substance Use

Alcohol	Cannabis	Prescription Pain Relievers
20% of the time, parents, guardians or other adult family members provide alcohol for underage drinkers	70% of 523,000 teens ages 12-14 received the drug for free the last time they used <ul style="list-style-type: none">• Over half (55.6%) received from friends• Over 10% received from someone in their family	54% of persons aged 12 and older who used non-medically received them from a friend or relative for free



Project Medicine Drop places secured drop boxes in the headquarters of participating New Jersey police departments. Consumers from anywhere in the state can dispose of their unused medications in the boxes seven days a week. To find the drop box nearest you – and for information on how best to keep your medications safe and how to dispose of unused drugs – please call 800-242-5846 or visit www.NJConsumerAffairs.gov/meddrop.

Website:
<https://www.njconsumeraffairs.gov/meddrop/Documents/Project-Medicine-Drop-Overview.pdf>

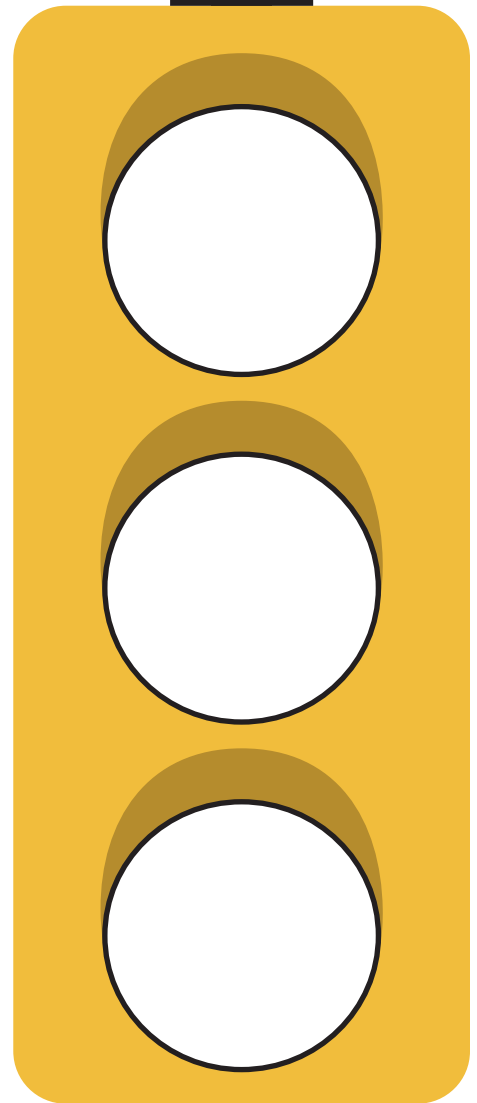


Unit 5: Who's On Your Team?

Media Messages

The goals of this unit are to:

- Understand how alcohol companies use media to influence people.
- Learn the techniques advertisers use to attract and persuade viewers.
- Provide examples for how to overcome media suggestions.



Media Messages About Alcohol

Media Exposure

- Media are methods of communication that broadly reach and attempt to influence people.
- Industry spends \$3 billion per year on advertising and promotions.
- Nearly ½ of an adult's day is spent interacting with media.
- What are all the different ways you get exposed to advertisements and marketing throughout your day?
- How many advertisements do you think you get exposed to per day?



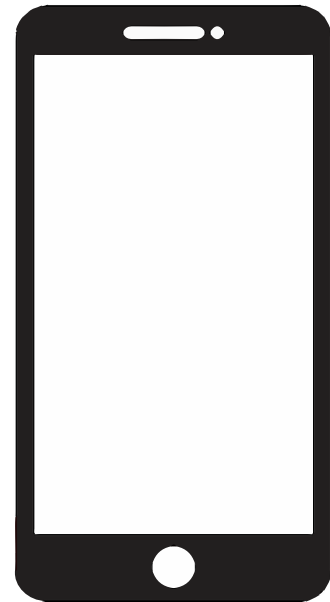
Messages

- What are the messages you've received from:
 - Friends
 - Family
 - School
 - Work
 - Religion
 - Military

Media Messages About Alcohol

Children's Exposure To Alcohol Media

- On average, children are exposed to alcohol marketing 4.5 times per day.
- Children are exposed at:
 - home (47%)
 - alcohol retailers (19%)
 - sporting venues (12%)
 - sports sponsorship (31%)
 - shop front signage (31%)
 - merchandise (25%)



Alcohol Use And Social Media

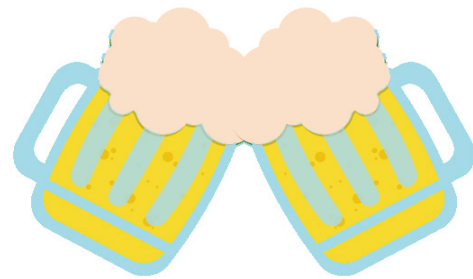
- Greater exposure to alcohol-related social media predicts:



- Greater alcohol use
- Greater alcohol-related problems

A Study Of Promotional Advertisements By Alcohol Brands On Social Media

- The products often promoted physical benefits to consumption.
- The posts emphasized:
 - positive emotional experiences
 - achievement
 - individuality
 - camaraderie
- The most common risk-related feature was inappropriate use.



Why Does Marketing Matter?

- Your likelihood of wanting something increases with more frequent exposure.
- Normalizes unhealthy behavior
 - Without disclosing negative consequences

Alcohol Myths In Ads



Alcohol Myths

Bandwagon

Solution to a problem

Positive feelings

Testimonials

Paying it forward

Humor

Selling an Ideal

Transformation

Sponsorship
(Sports & Musicians)

Questions To Think About



We are going to show you a series of ads, both television and print. Together, we'll use this sheet to help us better understand the clear and hidden messages.

	1	2	3	4
Product (What are they selling?)				
Audience (Who are they selling to?)				
What is actually said verbally/ written?				
What is the main message of this ad?				
My Notes				

Notes

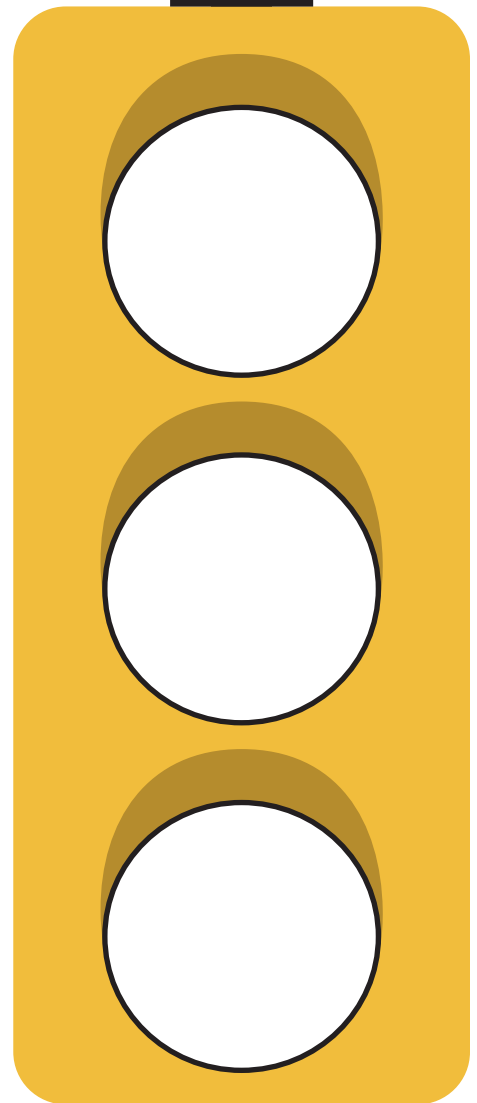


Unit 6: What Drives You?

Value-Based Actions

The goals of this unit are to:

- Raise awareness about how your personal values, beliefs, and attitudes affect how you make choices in your life.
- Better understand how your values can change and how such a change can lead to risky choices and behaviors like impaired driving.



What Drives You?

If you could spend your time anyway you liked, what would you do?

What is important to you?

Where Do Values Come From?

Think of a person (real or fictional) who you admire(d).



What do you think they value(d)?



What do/did they hold as important?



Between You And The Person In The Mirror



What kind of person do you want to be?

What qualities or personal strengths do you want to develop?

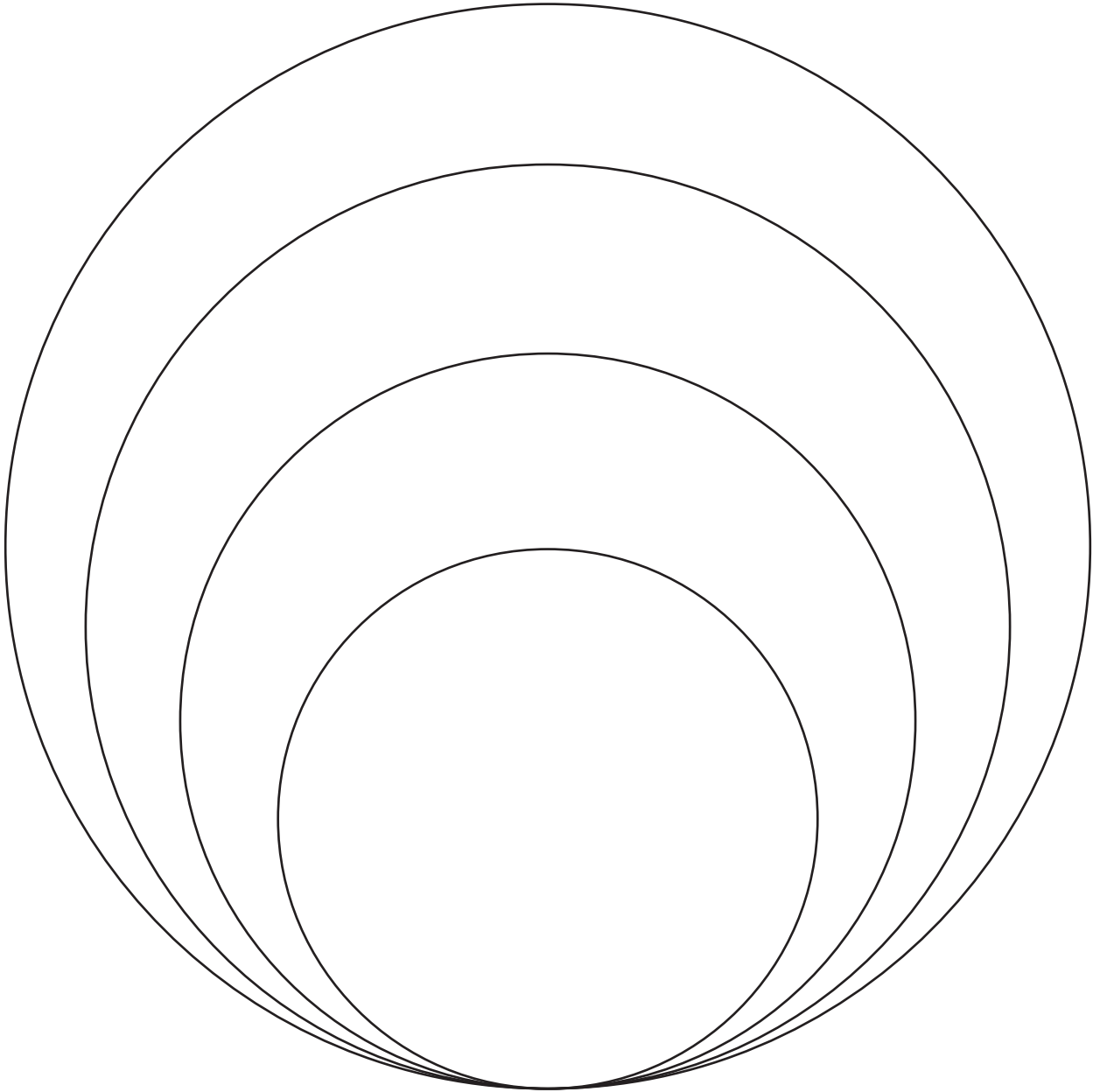
Values Sort Exercise

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Cultural Identity
- Curiosity
- Determination
- Emotional Awareness
- Exercise
- Fairness
- Faith
- Fame
- Family
- Freedom
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Safety
- Security
- Self-Care
- Self-Dedicated
- Self-Respect
- Sense of Control
- Service
- Sexuality
- Simplicity
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

Select 8 – 10 values from this list that are the most important to you in terms of making choices in your daily life. If a value is missing from the provided list, feel free to add it to your own list. Write all answers in the boxes provided.

What Are Your Core Values?

Consider which four or five big picture values are at your core. Write your most important value(s) at the “core” and those that are less important to you in the outer layers.

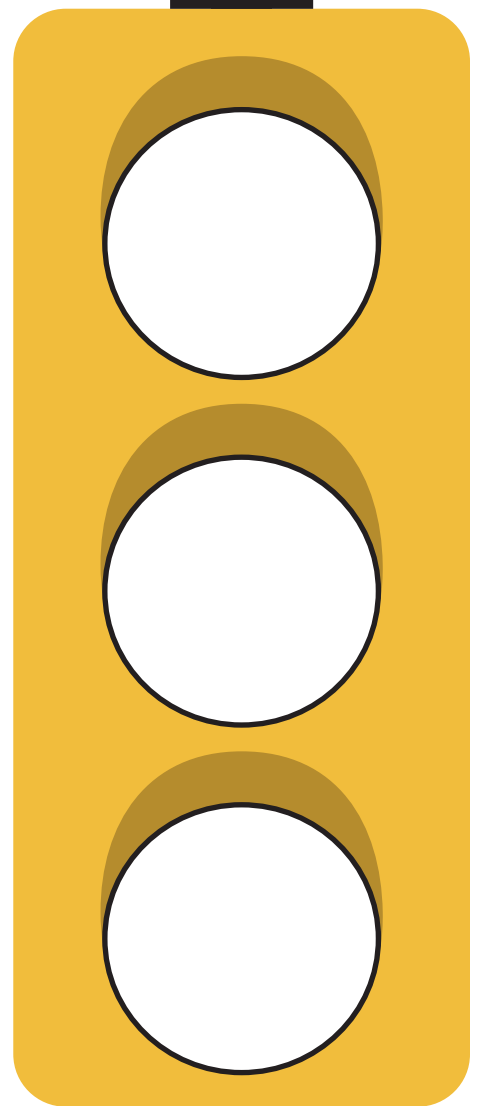


Unit 7: Navigating The Road Ahead

Support For Those In Need

The goals of this unit are to:

- Assist you in better understanding the value of mutual help groups and the variety of options available.
- Understand that mutual help groups value appears to come from seeking support from others, regardless of the venue.



Hotlines and Helplines

There are two toll-free phone numbers in New Jersey that you can call to be connected with support resources in your community.



ReachNJ
1-844-732-2465
www.reachnj.gov

**Mental Health Information and
Counseling Helpline**
1-866-202-HELP (4357)

Mutual Help Groups

Approximately 10 million Americans participate.

There are MANY different kinds of mutual help groups.

Active involvement in mutual help groups significantly improves one's chances of remaining sober, regardless of the type of group.

Online mutual help groups are increasingly common.

Research does NOT show any one group is better than others.

What research DOES show is that when mutual help groups are effective, it is due to the SOCIAL SUPPORT received through them, rather than any specific component or philosophy of a program.

Organizations

Alcoholic Anonymous (AA)

<https://www.aa.org/>

Secular Organizations for Sobriety (SOS)

<http://www.sossobriety.org/>

Narcotics Anonymous (NA)

<https://www.na.org/>

SMART Recovery

<https://www.smartrecovery.org/>

Refuge Recovery

<https://refugerecovery.org/>

Women for Sobriety (WFS)

<https://womenforsobriety.org/>

Resources For Family Members & Other Impacted Relationships

Al-Anon

- Al-Anon members are people who are worried about someone with a drinking problem.
- <https://al-anon.org/>

Al-Ateen

- Ala-teen is for younger family and friends and is a part of Al-Anon.
- <https://al-anon.org/for-members/group-resources/alateen/>

Nar-Anon

- Nar-Anon members are people who are worried about someone with a drug misuse problem.
- <https://www.nar-anon.org/>

SMART Recovery for Friends and Family

- Online community and Handbook
- <https://www.smartrecovery.org/family/>

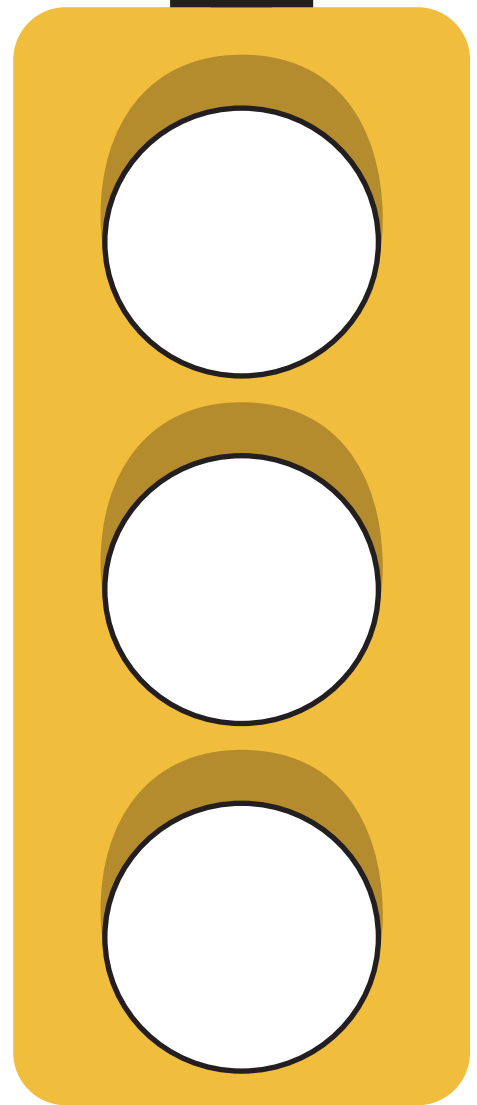


Unit 8: Avoiding Potholes

Harm Reduction

The goals of this unit are to:

- Help you understand the concept of alcohol harm reduction as a public health approach that offers helpful information and discussion.
- Identify specific alcohol harm reduction strategies for you to consider.



Short-Term Positive Consequences

1. What do you like about using with (whom) _____ ?

2. What do you like about using at (where) _____ ?

3. What do you like about using at (when) _____ ?

Short-Term Positive Consequences

4. What are some of the pleasant thoughts you have while you are using?

5. What are some of the pleasant physical feelings you have while you are using?

6. What are some of the pleasant emotional feelings you have while you are using?

Harm Reduction

- Harm reduction is a spectrum of practical strategies and ideas aimed at reducing negative consequences associated with substance use.
- Use is on a continuum from no harm, to reduced harm, to harmful use, addressing the conditions (how/where/when) of use along with the use itself.
- Engages people to increase motivation to change behavior by meeting people “Where they are” versus coercing or imposing rules.



Your Turn

In small groups, develop two new harm reduction slogans that you think could help people to reduce driving while under the influence of alcohol and other drugs. Create your slogans in the boxes provided below.

Slogan 1:

Slogan 2:

Plan of Action



Think of a time when you may have to put your harm reduction slogans to use.

Describe the situation:

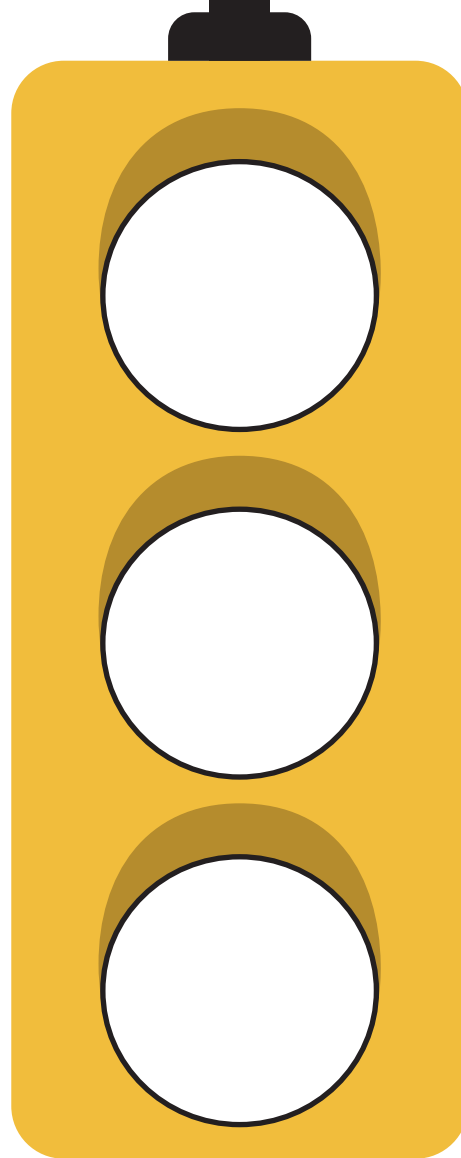
How will you use your harm reduction skills and slogan in this situation in order to promote safety?



Notes



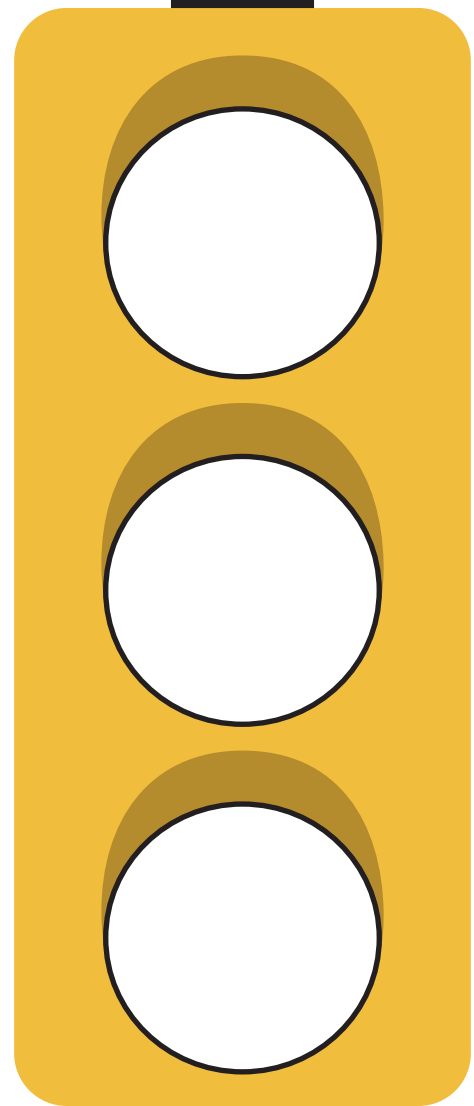
Special Topics



Special Topic: *From Conflict To Empowerment*

The goals of this unit are to:

- Understand how relationship dynamics can play a role in the course and development of substance use problems.
- Understand the types of conflicts that people experience and how they contribute to relationship dynamics.
- Appreciate how stigma and shame are barriers to conflict resolution.
- Understand the role of effective communication, self-empowerment and relationship resilience in resolving conflict.



The Ripple Effect Of A DUI

Have you talked with any of your family members or close friends about the DUI incident?

If so, who? What made you choose them, instead of others?

If there were family members or close friends who you didn't tell, what is holding you back?

Social-Ecological Model



Factors Contributing To Family/Relationship Conflicts

Within The Relationship:

- Poor communication
- Depleted financial and emotional resources
- Resentment from past behavior leads to damaged trust, shame, guilt
- Relationship trauma
- Problematic substance use/addiction in family
- Others?

Outside The Relationship:

- Negative social forces: stigma, media exploitation and shaming
- Impact on relationships of the unintended consequences of criminal justice sanctions

Steps Towards Empowerment

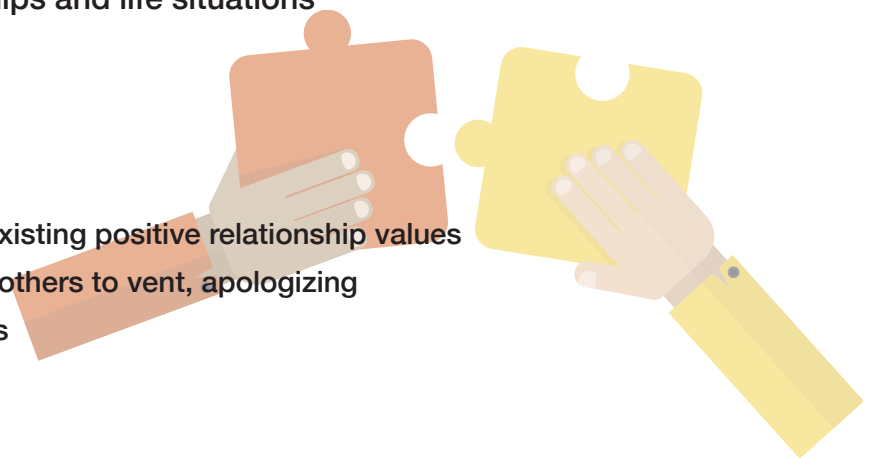
Empowerment:

- is the process of becoming stronger and more confident in controlling your life and reclaiming your rights
- is increased when we have a feeling of mastery over, or more control of, our current relationships and life situations

Increasing Trust:

A process that includes:

- Behaving in ways that align with existing positive relationship values
- Accepting responsibility, allowing others to vent, apologizing
- Forgiving yourself, forgiving others
- Openness going forward



What are other ways of increasing trust?

Reducing Stigma:

- Speak out
- Treat people with dignity
- Think about the whole person

Reducing Shame:

- Acceptance
- Non-judgmental

Relationship resilience includes the strengths and resources of relationships:

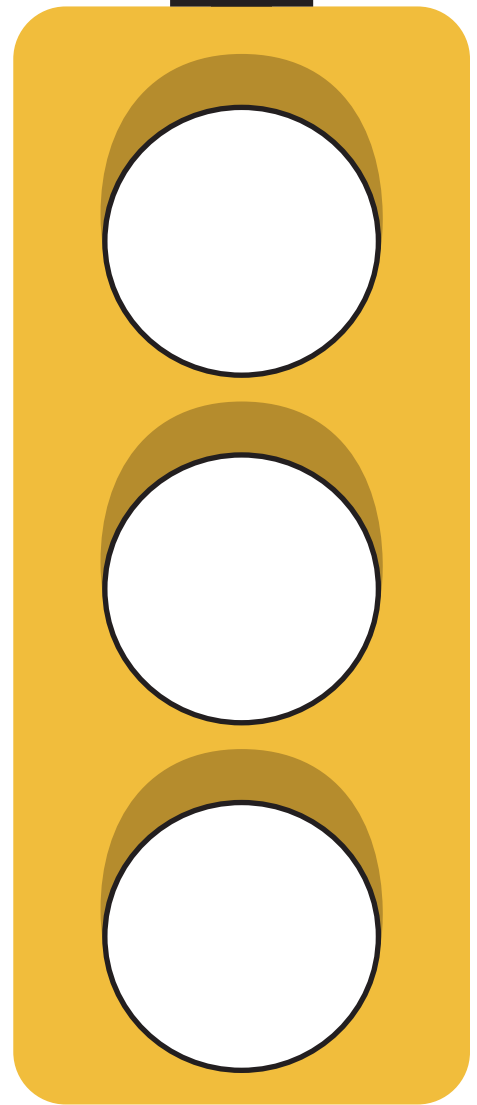
- Shared Beliefs: give members hope, common purpose greater than each member, loyalty to group
- Organization: shared structure and boundaries, routine, safety
- Communication: emotional support, nurturing, problem-solving



Special Topic: *Steps Towards Change*

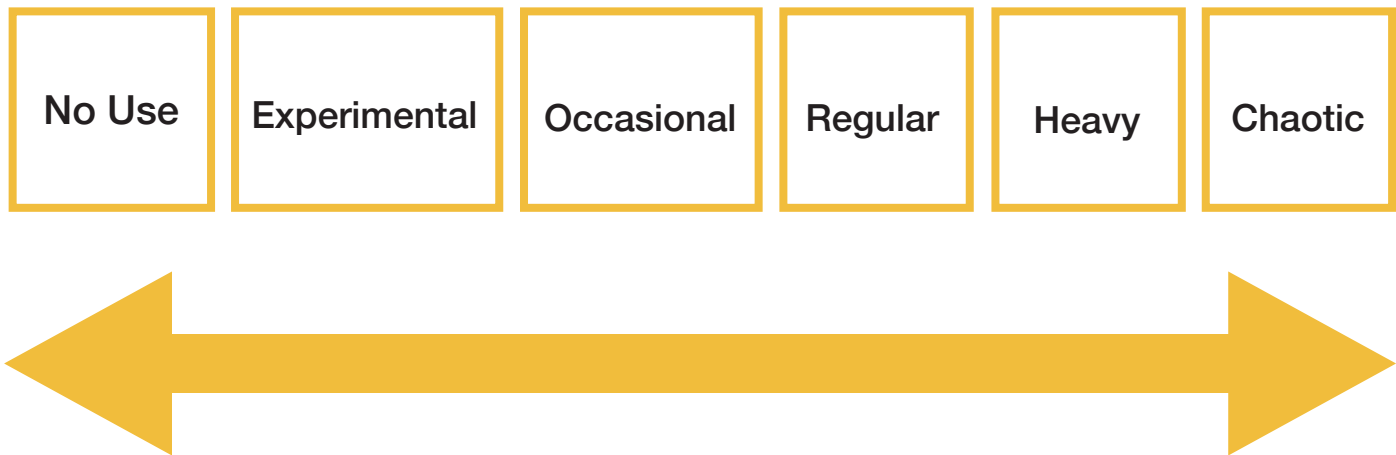
The goals of this unit are to:

- Help you to see your own pattern of drinking from when you began drinking and how it changed across your lifetime.
- Explore how your relationships with substances and your connections with people may interact across your lifetime.
- Allow you the opportunity to explore if you are ready to consider making a change in your own use of alcohol.



Understanding Your Drinking: Steps Towards Change

Continuum Of Problematic And Non-Problematic Use



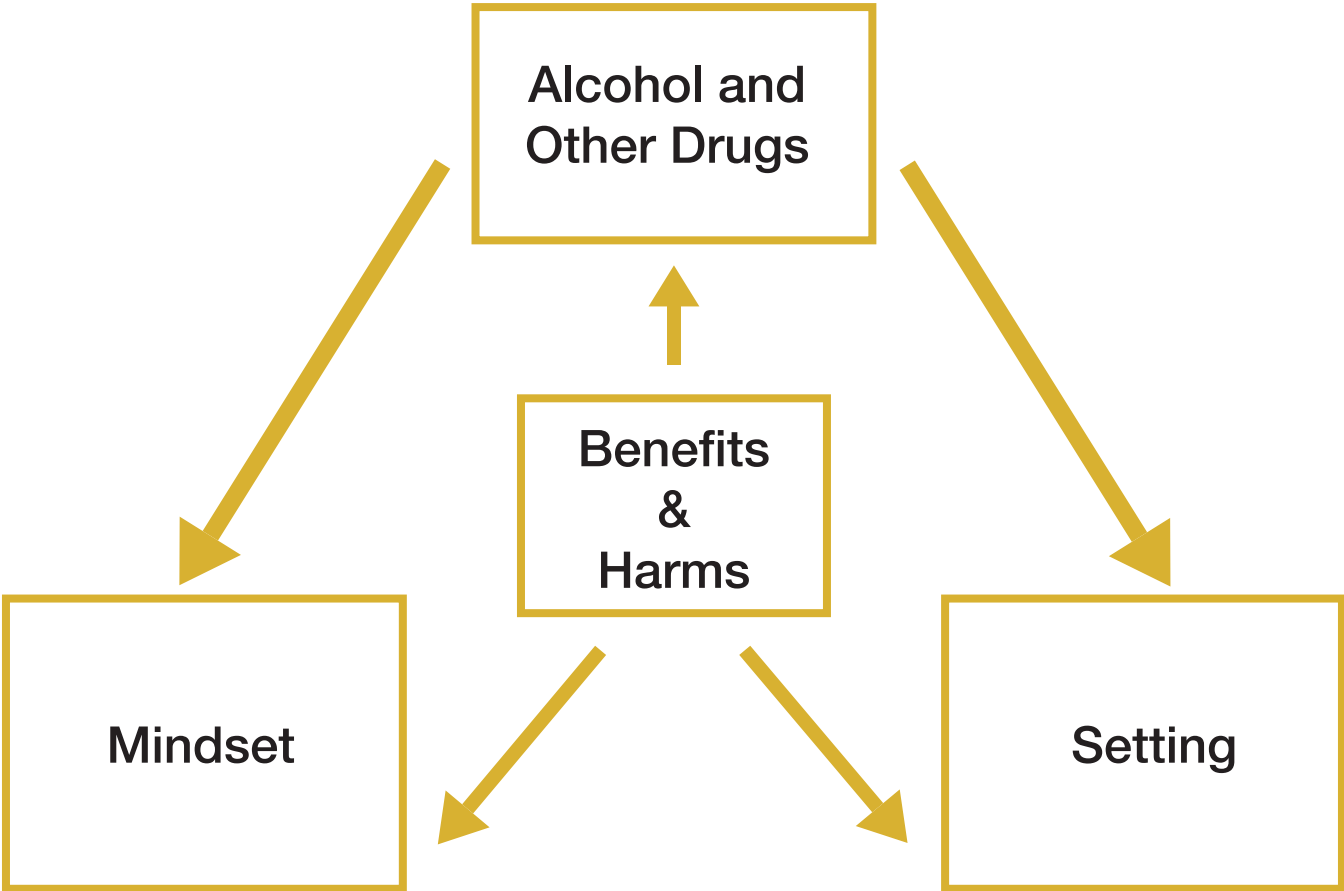
Our Relationship With Substances

- We can think of our substance use as a “relationship” we have with a substance.
 - How we experience them
 - Interaction of who we are and our expectations
 - Benefits and harms; pros and cons
 - Expectations
 - History, change over time



Understanding Your Drinking: Steps Towards Change

Our “Relationship” With Substances Depends On The Interactions
(Benefits And Harms) Among The Drug, Mindset And Setting

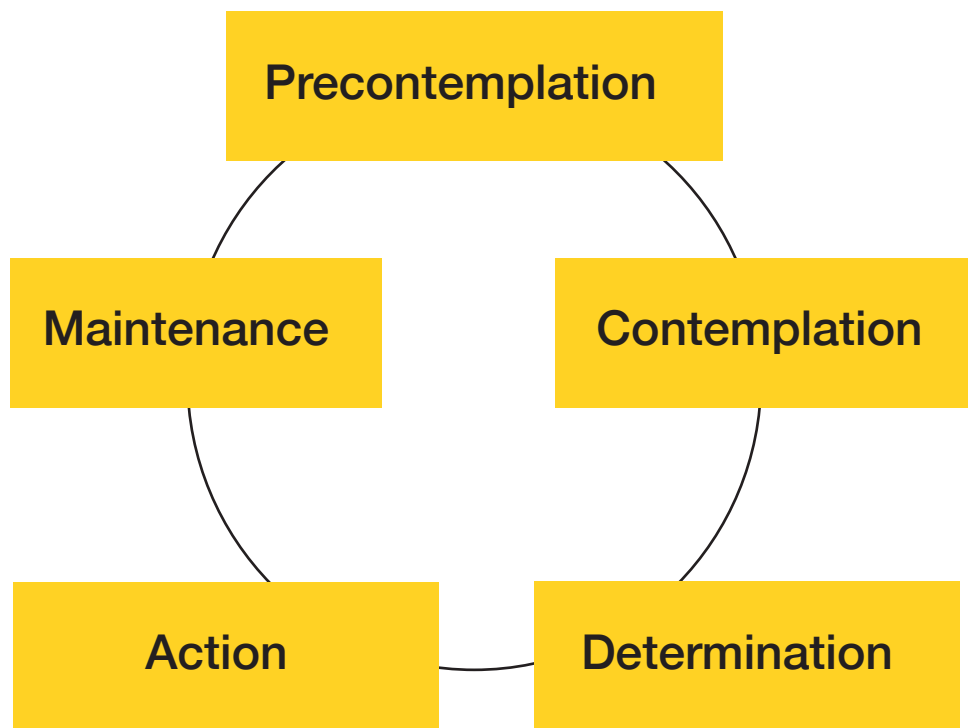


Our Relationship With Substances: The Importance Of Connection

- Human beings as a species have a need for social connection, meaning, and purpose in our lives.

Thinking About Making A Change?

- Change is a process, not an event
 - Research shows most people make changes in small positive steps
- Change starts with a wish; you can change your mind later
- Not changing is a decision
- Change means loss; giving up something important
- Success breeds success; start with what feels achievable now
- Start with where you are, not where others think you should be



Understanding Your Drinking: Steps Towards Change

Thinking About Making A Change?

Weighing the Pros and Cons May Help

PROS

- How we experience them
- Interaction of who we are and our expectations
- Expectations
- History, change over time

CONS

- What are possible reasons for not wanting to change?

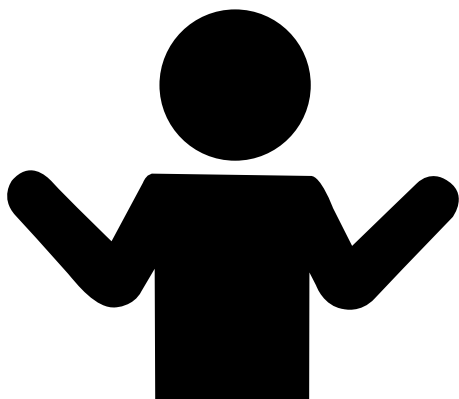


Not Ready To Make A Change?

Mixed feelings about changing are par for the course

If you're not ready, consider these suggestions in the meantime:

- Deal with other issues that are in the way of changing
- Ask for support from a trusted person, counselor or doctor
- Other suggestions?
- Keep track of amount and frequency of drinking
- Notice how it affects you
- Make and revise a pros/cons list



Thinking About Making A Change?

Options For Change

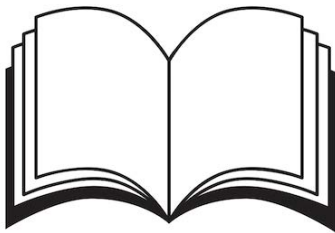
Options for changing your drinking...

- **Safety:** Safety means taking care, using harm reduction strategies.
- **Moderation:** Limiting yourself to less frequent use or lesser amount than usual. Begins with counting and measuring.
- **Control:** Develop a set of rules you can use to “box yourself in” to safer and more conscious use.
- **Abstinence:** You may decide that quitting is best; consult with a doctor or professional for guidance and support if you decide to quit.



Strategies For Change: Self-Monitoring

- A good place to start is simply to begin keeping track of your drinking:
 - Self-Monitoring is a strategy that often results in reduced drinking.
 - Includes counting the number and type of drinks, describing the situation and circumstances, and the consequences, if any.
 - Tracking drinking over a period of time will give you a snapshot of your drinking and information about next steps for change.



Understanding Your Drinking: Steps Towards Change

Strategies For Change: Begin A Change Plan

- A Change Plan includes the following:
 - A goal (Example: How much and how often you plan to drink alcohol?)
 - List the most important reasons for making changes.



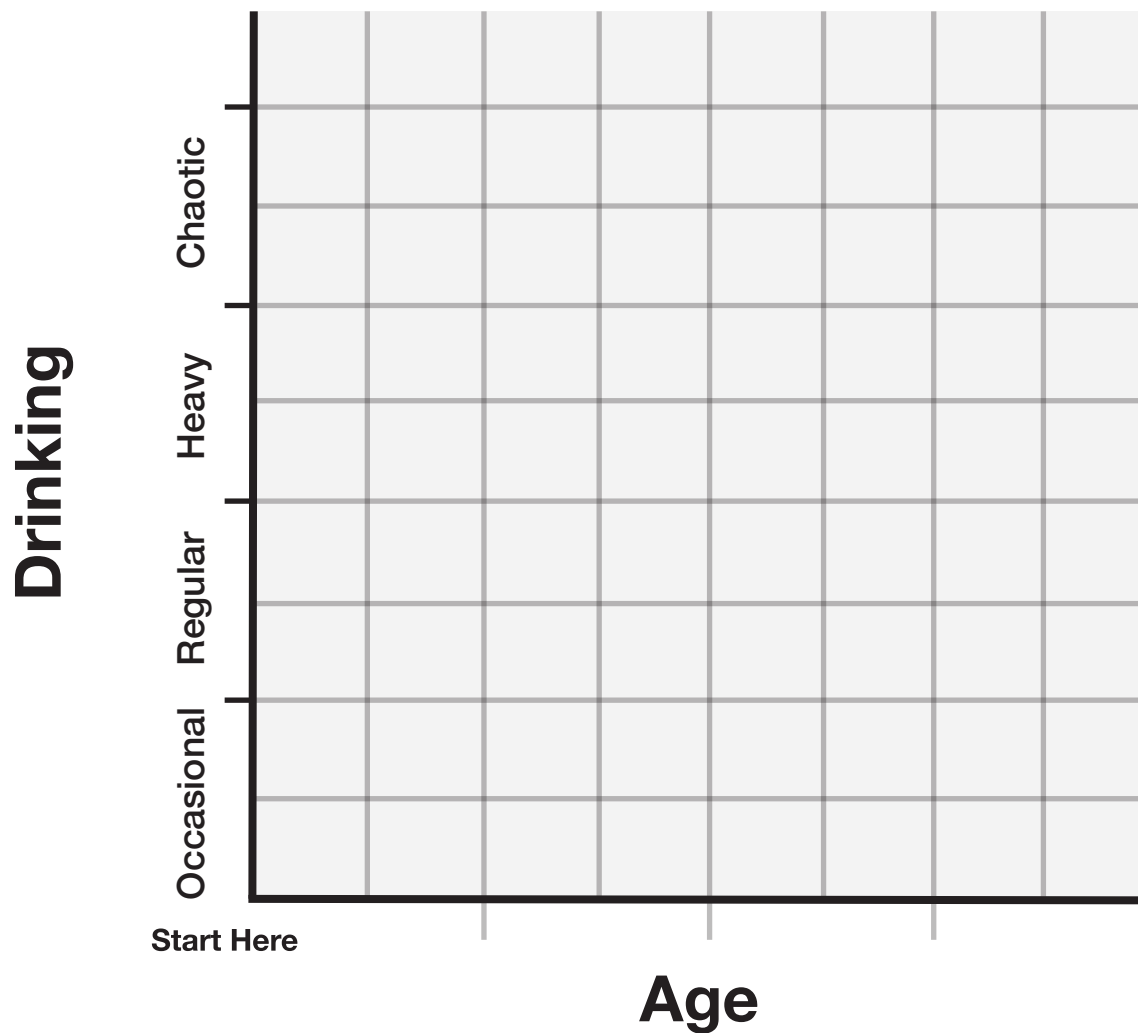
Change Plan

- A Change Plan also includes:
 - Specific strategies
 - Keep track of use
 - Set goals
 - Include food, don't drink on an empty stomach
 - Pace and Space
 - Sip slowly, no more than one standard drink per hour
 - Have drink spacers, make every other drink non-alcoholic
 - People who will help
 - Signs of success
 - Possible roadblocks (things that may interfere) and how to handle them



Timeline

This drinking timeline will allow you to see your pattern of drinking from when you began drinking and perhaps why and how it changed across your lifetime. Below, you will extend each age line up into the category of your alcohol use at that age. At the top of the line, please note where you would typically use alcohol at that age, and what was your most typical mindset when you would drink at that age.



On the age bars above, please identify the ages when your drinking changed from no use to more or less use than previous ages and fill in the range of ages from age 10 until your age now.

Ready To Begin?

Goal:

- I want to drink no more than ___ drink(s) on any day and no more than ___ drink(s) per week, or
- I want to stop drinking

Timing - I will start on this date: _____

Reasons - My most important reasons to make these changes are:

Strategies - I will use these strategies:

People - The people who can help me are (names and how they can help):

Signs of success - I will know my plan is working if:

Possible roadblocks - Some things that might interfere and how I'll handle them:

Website:
https://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf

Drinking Tracker Cards

4-week tracker

GOAL: No more than ____ drinks on any day and ____ per week.

Week Starting	Su	M	T	W	Th	F	Sa	Total
___/___								
___/___								
___/___								
___/___								

Drinking Analyzer

Date	Situation (people, place) or trigger (incident, feelings)	Type of drink(s)	Amount	Consequence (what happened?)

Website: https://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf

Notes



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Division of Mental Health & Addiction Services
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laying the foundation for healthy communities, together