

# PRESS RELEASE

## CONTACT:

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## APRIL IS ALCOHOL AWARENESS MONTH

### FOR IMMEDIATE RELEASE

JACKSON (March 31, 2008) – To remind people about the problems of alcohol abuse, April is designated as “Alcohol Awareness Month.” The Jackson County Substance Abuse Prevention Coalition (JCSAPC) is supporting this national effort by providing community members with information about alcohol abuse here in our County.

Last year alone in Jackson County, there were 10 driving deaths related to alcohol and 1,576 arrests related to operating under the influence of intoxicating liquors.<sup>1</sup> Through local data analysis, JCSAPC has identified alcohol to be the top drug of concern here in Jackson County. It is the number one drug used by both youth and adults. One 12-ounce bottle of beer or a 5-ounce glass of wine (about a half-cup) has as much alcohol as a 1.5-ounce shot of liquor.

In Michigan, it is illegal for anyone under the age of 21 to buy or possess alcohol, and for *all* residents to drive drunk (blowing higher than .08 on a breathalyzer). Alcohol is a drug. Mixing it with any other drug can be extremely dangerous. For example, alcohol and acetaminophen--a common ingredient in over-the-counter pain and fever reducers--can damage your liver.

If you choose to drink, or when you are drinking, please drink responsible. If planning to drink, arrange a safe way home before the festivities begin, and if you are impaired, call a taxi or sober friend or family to take you home. Parents - *The National Institute on Drug Abuse* identifies the following protective factors to be linked to preventing youth from abusing alcohol: parental monitoring with clear rules of conduct within the family unit and involvement of parents in the lives of their children, success in school performance, strong bonds with pro-social institutions such as the family, school, and religious organizations, and adoption of conventional norms about alcohol and drug use.

If you believe you or someone you know has a problem, please call 2-1-1 or (517) 789-1211 and they can direct you to local resources here in our community.

Again, when drinking, please drink responsible.

### **More information about:**

- *Jackson County Substance Abuse Prevention Coalition* and its activities, please contact Kelsey Winston at (517) 796-5133 or via email at [kwinston@uwjackson.org](mailto:kwinston@uwjackson.org)
- For more information about Alcohol Awareness month please visit <http://ncadi.samhsa.gov/seasonal/aprilalcohol/> or <http://www.mcrud.org/pages/2007%20MCRUD%20AAM%20packet.htm>

<sup>1</sup> 2006 Michigan Annual Drunk Driving Audit