

Alcohol and Substance Abuse Prevention

This information is to assist employees and students of the Edward Via College of Osteopathic Medicine to increase their knowledge about alcohol and substance abuse, to raise awareness of each individual in self monitoring against alcohol and substance abuse, and in seeking assistance when identified.

The use of alcohol is prohibited on college grounds. Employees using alcohol on grounds or arriving at work in an intoxicated state will be suspended. If no crime or arrest has occurred, the employee may be offered assistance. A 3 person panel will be formed by the Dean to review the possible actions to be taken regarding these unprofessional behaviors by the employee. The panel will make a recommendation as to evaluation for a possible substance abuse problem, possible treatment, and/or temporary suspension. An employee who has been suspended may be required to have substance abuse screening and evaluation and a treatment program prior to returning. If treatment is recommended and the employee does not comply, dismissal will occur. In such cases the information is confidential to only those who are obliged to follow the individual's progress.

Students who use alcohol on grounds or who arrive at school in an intoxicated state will be temporarily suspended. An Honor Code Council will be called to review the case. If an arrest or other circumstance classify a Class II Honor Code offense, the student will have a Behavioral Board hearing instead of an Honor Code Council.

Each person whether an employee or student should feel safe in self reporting and seeking assistance if they determine that a problem exists. Human resources (employees) or the Associate Vice President of Student Services (students) will assist an individual who self reports and wishes to be evaluated and treated if indicated, while holding their information in confidence.

Before beginning the module please complete the Alcohol Knowledge Pre-Test. Answer each as True or False, then score your knowledge following the education.

1. Alcohol has been used as a medicine.
2. Alcohol is digested in the same way that food is digested.
3. Moderate consumption of alcoholic beverages is generally not harmful to the body.
4. An estimated 85% of the adult Americans who drink are alcohol abusers.
5. Alcoholic beverages do not provide weight-increasing calories.
6. A blood alcohol concentration of 0.10% is the legal definition of alcohol intoxication in most states with respect to driving.
7. Alcohol is not a drug.
8. Approximately 10% of fatal highway accidents are alcohol-related.
9. Eating while drinking slows the absorption of alcohol in the body.
10. It takes about as many hours as the number of beers drunk for the liver to completely burn up the alcohol ingested.

11. Alcohol is considered a stimulant.
12. The most commonly drunk alcoholic beverages in the United States are distilled liquors (e.g., whiskey, gin, vodka).
13. To prevent a hangover, one should sip one's drink slowly, eat while drinking, have no more than one drink an hour, and not over-drink one's limit.
14. "Proof" on a bottle of liquor represents half the percent of alcohol contained in the bottle.
15. Alcohol consumption improves sexual performance.
16. A person cannot become an alcoholic by just drinking beer.
17. Drinking milk before alcohol slows down the absorption of alcohol into the body because it coats the stomach.
18. Responsible drinking can contribute to a state of relaxation, enhanced social interactions, and a feeling of well-being.
19. Drinking coffee or taking a cold shower can be an effective way of decreasing blood alcohol levels.

Education: Making Healthy Choices regarding Drinking, Moderation, and Abstinence

"Wellness" is about increasing healthy habits and reducing unhealthy ones. Many people say they use alcohol or other drugs to "feel good."

Alcohol abuse is a problem that can affect people of any age. Here are some additional signs that someone has a problem with alcohol.

- Family or social problems associated with drinking.
- Hiding liquor.
- Lying about drinking (minimizing the number of drinks or the fact of drinking at all).
- Making promises about drinking to oneself or others ("to cut down on drinking," "to be more careful," etc.).
- Drinking to escape from pressure or to solve life's problems.
- Feeling guilty after drinking or regret over what was done while drinking.
- Getting drunk even when intending to stay sober.
- Friends sometimes express concern over the amount of drinking one does.
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Medication

Physicians can prescribe medications that help the person stay substance free. Antabuse causes illness when alcohol is consumed. Naltrexone can help stop the craving or desire to drink or take drugs.

Detox

When someone decides to quit drinking or using drugs, it is important to see a qualified counselor or physician to be assessed for how best to stop using. Drug or alcohol withdrawal can put a person's life at risk. Medications are often prescribed to help ease the person off his or her drug(s) of choice. Detox can be accomplished in a variety of settings, depending on how complex or medically compromised a person's health and drug problem are. Detox settings include medical hospitals and alcohol and drug detox and treatment facilities.

Inpatient Treatment

Inpatient treatment provides a highly structured program that involves both individual therapy and treatment groups. The goal of an inpatient program is to help the person become drug free and then to prepare him or her for a life back in the community. Family members often attend special programs to help with the changes the whole family will go through and to educate them about the illness.

Intensive Outpatient Treatment

Like inpatient treatment, intensive outpatient treatment provides both individual therapy and group work. The major difference between the two is that the patient does not reside at the facility. Intensive outpatient treatment programs may require the person to attend the center six hours a day, seven days a week, or attend several nights a week.

Family Help and Interventions

Self Help Recovery Groups

Twelve-step self-help programs focus on members sharing with others members their experience, strength, and hope in terms of recovery from alcoholism and drug addiction, or for family members and friends, their experience of learning to live and cope with an addict or alcoholic, irrespective of whether or not they recover. Newcomers are encouraged to make contact with someone before attending a first meeting so you can ask questions before and after you go. Many meetings have a newcomers group as part of one of their regular weekly meetings. Newcomers are also encouraged to attend the meetings for awhile to learn what they are about and to attend different groups as they all have their own "personality."

There are many different types of 12-step meetings including Closed Meetings - only alcoholics or addicts may attend; Open Meetings - anyone can attend; Discussion Meetings - any topic pertaining to alcoholism/addiction or recovery from alcoholism/addiction can be discussed; Speaker Meetings - one or several speakers tell their stories of alcoholism/addiction and recovery; and Study Group Meetings including Step Meetings where one or more of the 12 steps are studied and discussed, usually one step a week, and meetings where in AA the "Big Book" text or in NA the basic NA text is studied or other approved literature produced by the world service office of each self-help group.

Once someone has gone to a few meetings and has picked a group he or she is comfortable with, known as a "home group," then a "sponsor" may be chosen. The purpose of a sponsor is to have someone who can personally guide another in recovery through sharing their experience, strength, and hope -- to offer support. There are no rules or guidelines on how to choose a sponsor but new members are encouraged to choose someone who they admire for their success in recovery, who has been able to stay sober for a few years, and who is the same gender.

Effects of Alcohol and Drug Abuse

Using alcohol and other drugs carries risks. Alcohol and drugs impair your judgement, making you more likely to hurt yourself or others, to have trouble with the law, to do poorly at work and school, and to have relationship trouble. Alcohol and drugs also have specific health risks: they can damage major organs, increase your ri

Now test your knowledge again:

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7. Alcohol is not a drug.
8. Approximately 10% of fatal highway accidents are alcohol-related.
9. Eating while drinking slows the absorption of alcohol in the body.
10. It takes about as many hours as the number of beers drunk for the liver to completely burn up the alcohol ingested.
11. Alcohol is considered a stimulant.
12. The most commonly drunk alcoholic beverages in the United States are distilled liquors (e.g., whiskey, gin, vodka).
13. To prevent a hangover, one should sip one's drink slowly, eat while drinking, have no more than one drink an hour, and not over-drink one's limit.
14. "Proof" on a bottle of liquor represents half the percent of alcohol contained in the bottle.
15. Alcohol consumption improves sexual performance.
16. A person cannot become an alcoholic by just drinking beer.
17. Drinking milk before alcohol slows down the absorption of alcohol into the body because it coats the stomach.
18. Responsible drinking can contribute to a state of relaxation, enhanced social interactions, and a feeling of well-being.
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Score Your Knowledge:What do you know about Alcohol?

1. Alcohol has been used as a medicine. TRUE

Alcohol was used for centuries as a medicine in childbirth, sedation, and surgery.

2. Alcohol is digested in the same way that food is digested. FALSE

Alcohol is unique because it requires no digestion. It can be absorbed directly from the

6. A blood alcohol concentration of 0.10% is the legal definition of alcohol intoxication in most states with respect to driving. FALSE

The blood alcohol concentration limit is 0.08% in some states while others have 1.0. In Sweden it is 0.05%. Driving ability can be significantly impaired well below 0.10% BAC. For most people, a blood alcohol concentration of 0.05% doubles their risk of having a car crash. [A chart of BAC limits by US state](#) is provided by the National Commission Against Drunk Driving.

7. Alcohol is not a drug. FALSE

Alcohol is a drug. It has been used by most societies and cultures throughout history. It is our most used and most abused recreational drug.

8. Approximately 10% of fatal highway accidents are alcohol-related. FALSE

Approx. 50% of fatal highway accidents are alcohol-related.

9. Eating while drinking slows the absorption of alcohol in the body. TRUE

Eating before and while drinking slows down the passage of alcohol from the stomach to the small intestine. Because 80% of the alcohol is absorbed into the bloodstream from the small intestine, having food in the stomach that absorbs some of the alcohol will help slow absorption of alcohol into the bloodstream.

10. It takes about as many hours as the number of beers drunk for the liver to completely burn up the alcohol ingested. TRUE

Alcohol is metabolized by the liver at the rate of approximately one drink an hour. One drink is defined as 12 ounces of beer, 4 ounces of wine, or 1.5 ounces of 80 proof liquor.

11. Few women become alcoholics. FALSE

Although the estimates of women alcoholics vary from one quarter to one half of all alcoholics, it is clear that the number of female alcoholics is sizable and has been increasing. In the past, female alcoholics and problem drinkers may have been more reluctant to seek treatment than men who experience drinking problems, but fortunaeers drunk forBDC 0

13. The most commonly alcoholic beverage consumed in the United States are distilled liquors (e.g., whiskey, gin, vodka). FALSE

Beer is the most commonly consumed alcoholic beverage in the US.

14. To prevent a hangover, one should sip one's drink slowly, eat while drinking, have no more than one drink an hour, and not over-drink one's limit.

TRUE and this is to prevent an alcohol toxic state. Charts exist that will assist you in assessing your limit according to weight, height, and sex. HOWEVER each person as an individual may find that your limit may be lower than the recommended. If drinking the recommended amount still causes you to reach a state where you have symptoms of a hangover or have taken actions not characteristic of your normal behaviors, you may wish to lower your limit. In general if an adult limits their drinking to not greater than one drink per hour and not greater than three drinks per night, you are within safe limits for not becoming drunk.

15. "Proof" on a bottle of liquor represents half the percent of alcohol contained in the bottle.

FALSE Proof equals twice the percent of alcohol. For example, 90 proof whiskey is 45% alcohol.

16. Alcohol consumption improves sexual performance. FALSE

"It provokes the desire, but it takes away the performance" -- from Shakespeare's Macbeth.

Alcohol may increase aggressive behavior, including sexually aggressive behavior, because it reduces inhibitions. However, in large amounts it can interfere with performance. With chronic heavy drinking and with alcoholism, there is often a degeneration and dysfunction of the sex organs, with associated sexual problems (not to mention the emotional aspects of sexuality that can be affected by heaving drinking).

17. A person cannot become an alcoholic by just drinking beer. FALSE

People can abuse any type of alcoholic beverage including beer. There are alcoholics who drink nothing harder than "light" beer. Beer has the same type of alcohol that wine and distilled spirits have (ethyl alcohol).

18. Drinking milk before alcohol slows down the absorption of alcohol into the body because it coats the stomach. FALSE

It helps slow down the absorption of alcohol by diluting it, not by coating the stomach. Any liquid will dilute alcohol, and food helps absorb alcohol so that it passes more slowly from the stomach to the small intestine. Most of the alcohol is absorbed into the bloodstream from the small intestine rather than from the stomach.

19. Responsible drinking can contribute to a state of relaxation, enhanced social interactions, and a feeling of well-being. TRUE

Responsible drinking means stopping before you are drunk. It means not driving a vehicle if you have had any alcohol. The US Department of Health and Human Services guidelines for moderate drinking is no more than one drink a day for women and people over 60 and no more than two drinks a day for men under 60. Recovering alcoholics should not drink at all, because they cannot control the amount of drinking they do.

20. Drinking coffee or taking a cold shower can be an effective way of decreasing blood alcohol levels. FALSE

The healthy liver oxidates or metabolizes alcohol at the rate of about one drink per hour. Therefore, only time will sober up a drunk person. Coffee, cold-showers, fresh air, and exercise do not reduce blood alcohol levels.