



WHAT'S NEW@PREVENTION SOLUTIONS

ISSUE: DECEMBER 2018

Preparing the Behavioral Health Workforce to Address Today's Prevention Needs

Find out what's new this month from Prevention Solutions@EDC! Learn about upcoming events and new resources to support your substance misuse prevention efforts!



Upcoming Events

Virtual Roundtable: What Is a Comprehensive Approach to Opioid Overdose Prevention?

January 24, 2019, 2 - 3pm EST

Participants who sign up for the self-paced online course *Opioid Overdose Prevention: Understanding the Basics* by January 15 are invited to join an hour-long discussion with Prevention Solutions@EDC staff and local prevention leaders on the benefits of a comprehensive approach to opioid overdose prevention and key steps for getting started.

The award-winning *Opioid Overdose Prevention: Understanding the Basics* course offers prevention practitioners and other professionals a critical foundation for understanding and addressing the opioid crisis. It examines the current scope of the opioid crisis in the U.S., factors associated with opioid overdose, and strategies to reduce overdose risk and overdose-related death and disability.

[» REGISTER NOW](#)



Featured Resources

Cultural Approaches to Prevention

Explore three new tools to support tribal communities in identifying cultural factors, data measures, and culturally informed programs to reduce substance misuse and promote mental health in American Indian and Alaska Native populations.



Prevention Spotlight

Reducing Risk at Your Holiday Party

Holiday parties offer a wonderful opportunity to connect with friends and celebrate community. Yet the ready availability of alcohol during holiday celebrations can be dangerous, contributing to sharp increases in alcohol-related traffic fatalities during the holiday season. If you choose to serve alcohol at your holiday party, here are some tips for keeping your guests safe.

Stay safe and happy holidays!

- **Always serve food.** Drinking on an empty stomach leads to a more rapid absorption of alcohol into the bloodstream. High-protein foods such as cheese and meat can slow this absorption down.
- **Avoid serving salty snacks.** These tend to make people thirsty and so drink more than they might otherwise.
- **Provide appealing non-alcoholic alternatives.** You'll be surprised to see how many guests choose an enticing, alcohol-free "mocktail" when they have the option. Also have plenty of jugs of water and/or bottles of seltzer available.
- **Avoid serving alcoholic punch.** Punch tend to hide the taste of alcohol, leading people to drink in larger quantities. It's also harder for people drinking alcoholic punch to assess how much alcohol they're taking in. If you do offer an alcoholic punch, make sure your guests know that it contains alcohol!
- **Set up separate stations for your alcoholic and non-alcoholic drinks.** This not only helps people in recovery avoid potential triggers, but also makes it easier to limit access by minors.
- **Discard half-finished drinks**—another helpful way to reduce youth access!
- **Stop serving alcohol at least an hour before you expect the party to end.** This will allow guests to process the alcohol in their systems before driving home. Baseball stadiums aren't the only places that should stop serving in the 7th inning!
- **Don't rely on caffeine to get your guests sober.** Contrary to popular opinion, caffeine has no effect on how alcohol affects judgement, decision-making, or motor skills. In fact, because it makes people feel more awake, caffeine can mask alcohol impairment.
- **Don't avoid the tough conversations.** If you suspect that one of your guests has had too much to drink, don't be afraid to have a discrete conversation with him or her about how they plan to get home. Think safety, not judgement. If you're not comfortable with confrontation, find someone who is. Keep in mind that you will be liable if an intoxicated guest is involved

in an accident after leaving your party.

- **Arrange transportation for any guests who seem impaired.** In the true holiday spirit, it's more likely than not that a friend or neighbor will have room in the car for one more passenger. In more urban areas, Uber, Lyft, and cabs are also viable options.



Let us help you move science to practice by building a prevention workforce empowered to make a difference.

To schedule a consultation, contact:

preventionsolutions@edc.org

preventionsolutions.edc.org

Prevention Solutions at EDC provides training and expert consultation to support public health agencies and organizations working to prevent substance misuse and related behavioral health problems in their communities.

Contact Us

