

Alcohol Toolkit



DCCCA

Quick Facts About Alcohol

Alcohol is a psychoactive liquid substance that is made up of: hydrocarbons known as ethanol and it is produced by the fermentation of natural sugars, fruits, and grains.

- Alcohol is classified as a depressant because it slows or depresses basic body functions such as speech, movement, reactions, and thoughts.
- There are three main types of alcohol: wine, beer, and spirits (tequila, rum, gin, vodka, whiskey, and bourbon).
- The legal age to drink alcohol in the United States is 21 and the federal limit to legally drive after consuming alcohol in the United States is .08% blood concentration or BAC.
- Alcohol and Mental Health can be closely linked, it can be common for individuals to use alcohol as a coping mechanism to deal with anxiety, depression, stress, etc.

Factors that can cause or contribute to alcohol-related disorders:

- Genetics, physiological, psychological, and social factors can all play a role.
- Consuming alcohol with other substances: Polysubstance use is when two or more substances are used together or in a short amount of time.
- Using alcohol and another substance together can be unsafe and the effects may be stronger and more unpredictable.
- According to the CDC, polysubstance may lead to injury, violence, risky sexual behavior, chronic disease, or alcohol or other substance use disorders.

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-and-other-substance-use.html>

Short-term Effects of Alcohol Use

Short-term effects on the body can cause or lead to

- Lowers Inhibition
- Raised Blood Pressure
- Mood Swings
- Passing Out
- Trouble Concentrating
- Lower Body Temperature

Long-term Effects of Alcohol Use

Long-term effects on the body can cause or lead to:

- Memory Loss
- Liver Disease
- Increase risk of Cancer such as the Mouth, Throat, Breast, Esophagus, Liver, or Colon Cancer.
- High Blood Pressure
- Heart Disease
- Digestive Problems
- Alcohol Use Disorder or Dependence
- Mental Health Problems
- Stroke
- Irregular Heartbeat

Facts About Alcohol

Your brain doesn't stop growing until about age 25, and drinking can affect how it develops. Drinking can lead to many diseases and can also cause individuals to have accidents or injuries.



Drinking without feeling the effects can be a sign that you are developing alcohol tolerance and can put an individual at risk for Alcohol Use Disorder.

On average, it takes 2 to 3 hours for a single drink to leave the body. Nothing can speed up the process except time.



Alcohol is a drug. It slows down the body's central nervous system and belongs to a class of drugs called depressants.

Alcohol causes a drop in the internal body temperature.



Drinking alcohol can worsen chronic pain.

Alcohol is a psychoactive liquid substance that is made up of: hydrocarbons known as ethanol, and it is produced by the fermentation of natural sugars, fruits, and grains.



Mixing alcohol and medications often causes harmful interactions and can lead to an increased risk of liver damage and other health risks.

Alcohol is classified as a depressant because it slows or depresses basic body functions such as speech, movement, reactions, and thoughts.



Alcohol and Mental Health can be closely linked. It is common for individuals to use alcohol as a coping mechanism to deal with anxiety, depression, stress, etc.

There are three main types of alcohol: wine, beer, and spirits (tequila, rum, gin, vodka, whiskey, and bourbon)



Genetics, physiological, psychological, and social factors can play a role in causing or contributing to alcohol-related disorders.

The legal age to drink alcohol in the United States is 21 and the federal limit to legally drive after consuming alcohol in the United States is .08% blood concentration or BAC.



Polysubstance Use is when two or more substances are used together or in a short amount of time. This means that using alcohol and another substance together can be unsafe and the effects may be stronger and more unpredictable increasing the chance of overdose, injury, violence, risky sexual behavior, chronic disease, and alcohol or other substance use disorders.



Available Resources for Alcohol Use Disorder, Educational Information, and Research

SAMHSA National Helpline: 1-800-662-4357
<https://www.samhsa.gov/find-help/national-helpline>

Center for Disease Control and Prevention (CDC)
<https://www.cdc.gov/alcohol/resources.htm>

National Institute on Drug Abuse (NIDA)
<https://nida.nih.gov/>

Alcohol.org
<https://alcohol.org/resources/>

Kansas Department of Aging and Disability Services
<https://kdads.ks.gov/kdads-commissions/behavioral-health/services-and-programs/substance-use-disorder-treatment-services>

Epiphany Wellness Center (866-643-6118)
https://www.epiphanywellnesscenters.org/lp/kansas-addiction-treatment/alcohol-rehab/?gclid=CjwKCAjwvfm0BhAwEiwAG2tqzIJNeJOO-vyREjfpqkQOs1fGN9MGAyf7qcEy_YnF-YdVFSuYwsMZvhoCs3kQAvD

Link to image below:
<https://www.niaaa.nih.gov/alcohols-effects-health/overview-alcohol-consumption/what-standard-drink>

Harvard Health
<https://www.health.harvard.edu/>

Arista Recovery (877-664-7178)
<https://aristarecovery.com/>

988 Suicide and Crisis Lifeline
<https://988lifeline.org/>

DCCCA Behavioral Health Services
<https://www.dccca.org/behavioral-health-services/>

What Is a Standard Drink?

**12 fl oz of
regular beer**



**8–9 fl oz of
malt liquor**
(shown in a
12 oz glass)



**5 fl oz of
table wine**



**1.5 fl oz shot of
distilled spirits**
(gin, rum, tequila,
vodka, whiskey, etc.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol



about 40%
alcohol

Standard Drink by Alcohol Type:

- 12 oz of beer contains 5% alcohol content
- 8 oz of malt liquor contains 7% alcohol content
- 5 oz of wine contains 12% alcohol content
- 1.5 oz of 80-proof distilled spirits or liquor contains 40% alcohol content (rum, vodka, tequila, etc.)

To find the toolkits and other prevention
resources visit:
<http://www.kansaspreventioncollaborative.org>
<http://www.dccca.org/prevention-resources>

