PHI SIG

MEMBER SAFETY PROGRAMMING

PROTECTIVE ALCOHOL STRATEGIES PRESENTATION GUIDE

MATERIALS NEEDED

- Protective Alcohol Strategies PowerPoint Presentation
- This presentation guide is also needed and is beneficial to read through ahead of the program.

TIMEFRAME

- This program should run around 45 minutes.

PROGRAM OUTCOMES

- Identify a standard drink or a single serving of alcohol.
- Better understand how alcohol works and affects the body.
- Dispel myths and misunderstandings about alcohol.
- Reflect on individual alcohol consumption habits.
- Develop risk reduction strategies.
- Explore ways to support someone who is working on reducing their consumption of alcohol and support those who chose not to drink.

FACILITATOR NOTES

This session is not intended to tell participants how they should consume alcohol or shame them based on how they consume alcohol. It is focused on providing accurate information about alcohol and how it affects the body, with the intention that participants will use this information to reflect on their drinking habits and decide whether they need to change.

Facilitation tips:

- Mix things up. Use different strategies, including individual reflection, pair sharing, and group brainstorming to help keep the conversation moving.
- Use adult education strategies. Ask participants for their ideas/what they already know about the topic before providing information. Reiterating the "why" of this presentation is also helpful.
- Can be done in person or virtually. Adjust accordingly, and use tools like the whiteboard, polls, and breakout groups to facilitate discussion.

PRESENTATION NOTES

Use these talking points in conjunction with the PowerPoint slides linked above.

Slide 4: Scenario

- *We will revisit this at the end of the session, so just get their initial responses.*
- *As you ask the questions, try and jot down their responses to compare for later.*

Slide 6: A Standard Drink

- Two pints of microbrew beer:
  - 32 oz divided by 10 = ~3

Adapted from the Alcohol Skills Training Program (ASTP), based on the research of Dr. Jason Kilmer, Ph.D., University of Washington

- Four red cups of beer:
  - 64 oz divided by 12 = ~5
- Two double shots:
  - About four drinks (if a standard shot = 1.25 oz of 80 proof hard alcohol/liquor)
- Three hard seltzers
  - Three, if it is a standard 12 oz can.; same applies to standard beers

Slide 7: Alcohol 101: How does alcohol get into your system?

- If any other methods of alcohol entering the body come up other than drinking it through the mouth, remind them that it is very dangerous.
- Without going through the digestive system, the alcohol could get into the blood stream incredibly quickly and spike a person's BAC more quickly than expected.
- Because some alcohol is absorbed through the stomach lining, BAC can start to increase within a couple minutes of the first drink.

Slide 8: Alcohol 101: Rates of Absorption

- Concentration: The higher the concentration, the more alcohol there is to absorb.
- Rate of Consumption: The more you drink, the more there is to absorb.
- Food: Eating before or while consuming alcohol can slow down the alcohol from leaving the stomach and going into the small intestines.
- Effervescence: Fizziness or carbonation will cause the valve from the stomach to the small intestines to open more often, increasing the rate of absorption.

Slide 9: What is BAC?

- Blood Alcohol Content. Sometimes referred to BAL (Blood Alcohol Level). It is a numerical representation of how much alcohol is concentrated in a person's blood stream, depicted as a percentage.
- *Notes on Biological Sex BAC Differences:*
  - This is looking at biological sex markers and characteristics rather than gender identity.
  - Women's bodies tend to have high body fat percentages. With a high body fat, there is less water in the system to concentrate with alcohol, so the BAC will rise quicker.
  - Men have more enzymes in the stomach that can start to break down alcohol before it gets into the blood stream, which lowers the BAC.

Slide 10: BAC: Sobering Up

- Metabolizing alcohol by the body is a very consistent, but slow process. Research shows that the rate of 0.016%/hour is consistent across all types of people, and there is nothing to help the liver speed up the process.
- These strategies will not work to lower BAC:
  - Coffee and other forms of caffeine just mask the depressive effects of alcohol, making you feel more alert.
  - Taking a shower or trying to sweat out alcohol does not speed it up either. It just perks you up, similar to caffeine.
  - Throwing up can help prevent BAC from going any higher but does not help lower a person's BAC once it is already entered the blood stream.

Adapted from the Alcohol Skills Training Program (ASTP), based on the research of Dr. Jason Kilmer, Ph.D., University of Washington

- This is the same with eating after drinking. It can help slow down any new alcohol from raising the BAC but will not do anything to lower a person's current BAC.

Slide 11: BAC: Sobering Up

- Imagine you stopped drinking at 2am at a 0.08%
  - You would reach 0.00% in 5 hours (7:00 am).
- Imagine you stopped drinking at 2am at a 0.24%
  - You would reach 0.00% in 15 hours (5:00 pm).
- What are the implications of this information?
  - You might still have an elevated BAC or be drunk when you wake up.
  - This could put you at risk of driving under the influence when you wake up and have to go to work, pick up a friend, drive home, or run out to get breakfast.
  - This could mess up your plans for the day (trouble finishing homework, dealing with a hangover, or sleeping in late).

Slide 13: BAC: Sex Differences

- *Discuss why this is important to understand:*
  - Women will experience negative effects of alcohol sooner.
  - Drinking games with a focus on drinking a lot quickly can be dangerous.
  - Women should also avoid trying to go drink for drink with men.
  - Use this information to help keep your female friends safe.

Slides 15 & 16: Scenario

- Review the scenario and questions again and see if participants' responses change or if they can better explain their answers.

Slides 17: Risk Reduction Strategies

- You can use these strategies to help avoid over drinking and some of the negative outcomes related to alcohol consumption.
- To completely avoid the negative outcomes, you can also choose not to drink.

Slide 18: Supporting Others

- How can we support or help a friend who struggles with consuming alcohol, avoiding over consumption, or is trying to change their drinking habits?
  - Help them stick to their intentions and limits.
  - Some of us have triggers that might influence us to drink more, or situations or environments where we tend to drink more compared to others. Knowing these for yourself, and your friends, can help you know when you need to pay extra attention.