

## ALCOHOL AND YOU

A drug is a substance which alters one's physical, mental or emotional state. Alcohol is a drug. Alcohol affects your central nervous system, which means alcohol affects your inhibitions, judgment, reactions and coordination.



### Adolescents have told us they drink because:

- It helps them fit in
- Alcohol helps them relax
- It helps them forget their problems
- Their friends drink
- Their parents or family members drink

### Did you know that:

- The human brain is still developing and growing until a person is in their early 20's. Alcohol may have long-lasting effects on intellectual capabilities and may increase the possibility of alcohol addiction.
- Adolescents who drinks alcohol are more likely to participate in sexual activity and less likely to use protection.
- Alcohol consumption can make it difficult for a person to think clearly.

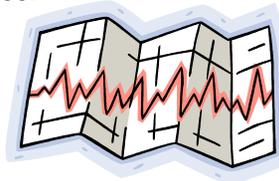
### How to handle the urge or pressure to drink:

- Remind yourself of reasons for not drinking.
- Talk with friends, family or someone else that you trust.
- Get involved with fun and safe activities in school or at home.
- When offered a drink, have a planned response ready.

For more information, please visit  
[www.dontserveteens.gov](http://www.dontserveteens.gov), [www.abc.ca.gov](http://www.abc.ca.gov)

## THE TRUTH ABOUT ADOLESCENT DRINKING

- Adolescents who binge drink are 7 times more likely to use other drugs.
- 55% of adolescents have been drunk at least once by 12th grade. 40% of adolescents have had their first drink by 8th grade, with 30% of 12-14 year old drinkers getting their alcohol from someone in their family.
- More than 13 million adults who have alcohol dependence or abuse started drinking before age 21. Adolescents who start drinking before age 15 are five times more likely to develop alcohol dependence or abuse. More than 4 in 10 of them eventually become alcoholics.
- Between 2008-2010, 14% of adolescent trauma patients (12-18) treated at UC Irvine Medical Center had positive blood alcohol levels. 22% of the adolescent trauma population during the same time tested positive for other drugs.



## ALCOHOL and INJURY

- 5,000 people under the age of 21 die every year in the US from injuries caused by underage drinking. Almost 40% of them die in car crashes.
- High school students who drink are 2x more likely to consider suicide, and those who binge drink are 4x more likely to attempt suicide.
- Long-term alcohol misuse can cause liver disease, cancer, cardiovascular disease, and psychiatric problems like depression, anxiety, and antisocial personality disorder.

For more information, please visit  
[www.oas.samhsa.gov](http://www.oas.samhsa.gov), [www.cdc.gov](http://www.cdc.gov),  
[www.drugfactsweek.drugabuse.gov](http://www.drugfactsweek.drugabuse.gov)

## SAFETY STRATEGIES

- Do not drink and drive
- Never ride with a driver who has been drinking
- If you drink, plan ahead:
  - Designate a non-drinking driver before you go out or arrange a sober ride home.
  - Before you go out, always know how you are getting home.
  - Arrange to stay overnight at the host's house or at a nearby hotel.
  - Carry cab money and cab telephone numbers with you.
  - Avoid drinking games, doing shots or pounding drinks.
- Do not mix alcohol with other drugs (over-the-counter, prescription or illegal)
- Leave any drinking situation that is out of control **before** you get involved

**Drinking is against the law and unsafe for anyone under the age of 21. Doctors recommend that you do not drink at all.**

If you're under 21 and have even a sip of alcohol and are caught driving, you face:

- 1 to 3 year suspension of your driver license.
- If you don't have a driver license, you'll have to wait up to 3 years to get one

If you try to buy alcohol with a fake ID (or are caught with a fake ID) you face:

- A fine
- Community service
- Jail time
- 1 year suspension of your driver license
- If you don't have a driver license, you'll have to wait an extra year before you can get one



## WHAT IS CASI?

Computerized Alcohol Screening and Brief Intervention (CASI) will be used to assess adolescents ages 12-17 years old for alcohol and drug use. By identifying these patients during hospital based interactions, early detection, intervention, and referral to services can be initiated.

## WARNING SIGNS THAT YOUR ADOLESCENT MIGHT BE USING AND ABUSING SUBSTANCES

- Changes in friends
- Negative changes in schoolwork, grades, school attendance, personal appearances and hygiene
- Secretive about their possessions, activities, and conversations with friends
- New use of mouthwash and breath mints (to cover up the smell of alcohol), incense, room deodorant or perfume (to hide smoke or chemical odors), eye drops (to mask bloodshot eyes or dilated pupils)
- Increase in borrowing money
- Evidence of drug paraphernalia or use of inhalant products (such as hairspray, nail polish, correction fluid, common household products)
- Missing prescription drugs (especially narcotics and mood stabilizers)
- The smell of alcohol on their breath
- Intoxication
- Difficulty focusing (glazed appearance in the eyes)
- Uncharacteristically passive, combative, or argumentative behavior
- Unexplained bruises and accidents
- Flushed skin
- Loss of memory/black out

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For more information, please visit  
[www.thecoolspot.gov](http://www.thecoolspot.gov)

## TRAUMA SERVICES INJURY PREVENTION PROGRAM UC IRVINE • HEALTHCARE

### LOCAL RESOURCES

- **Anaheim Alcohol Drug Abuse Services**  
Orange County Healthcare Agency  
(714) 446-8000
- **Associates in Counseling and Mediation**  
ACM Recovery Services Inc  
(714) 978-1098
- **Breakaway**  
(714) 957-8229
- **CA Yellow Cab**  
(800) YELLOW CAB
- **California Youth Services**  
(949) 303-9016
- **Center for Discovery**  
(800) 760-3934
- **Chapman Medical Center-Positive Achievement Center**  
(800) 337-2966
- **Hope Institute**  
(714) 432-0232
- **Orange County Alcoholics Anonymous**  
(714) 556-4555
- **Orange County Narcotics Anonymous**  
(714) 590-2388
- **Touchstones**  
(877) 507-6242



CALIFORNIA OFFICE  
OF TRAFFIC SAFETY

## CENTER FOR TRAUMA & INJURY PREVENTION RESEARCH UC IRVINE SCHOOL OF MEDICINE

## ADOLESCENTS AND SUBSTANCE ABUSE

