

Responsible Low Risk Drinking Guidelines

- Alternate alcoholic drinks with water.
 - Never leave your friends.
 - Follow the 0-1-2-3 rule.
 - 0- Choose not to drink
 - 1- Drink no more than 1 drink/hour
 - 2- Drink no more than 2 days/week
 - 3- Drink no more than 3 drinks/day
 - Have a plan, set limits and stick to them.
 - Eat a full meal before drinking.
 - Consider age, body weight, health, family history and tolerance levels when determining how much is too much.
 - Have a Designated Driver and helpful numbers in your phone (DDPP, Taxi, Uber, Lyft, non-drinking buddies, Unit CoC,) in case your plan fails.
- Go to www.ddpp.us to sign up to ride OR to volunteer at your local chapter!! Or call 315-775-8813



ACTUAL COST OF A DUI

THE FIRST FINES ARE JUST THE TIP OF THE ICEBURG

+ INITIAL FINES PEOPLE THINK A DUI COSTS: **\$500-\$2,000**

\$2,500 LEGAL FEES	\$60-\$200 INCARCERATION PER DAY	\$5,000 BAIL	\$250 LICENSE REISSUE FEE
\$60-\$120 IGNITION INTERLOCK PER MONTH	\$\$\$\$\$ LOSS OF INCOME OR TERMINATION OF EMPLOYMENT	\$3,000-\$4000 INSURANCE COSTS PAID YEARLY BY HIGH RISK DRIVERS FOR 3 YEARS	

WHAT A DUI COSTS: **\$10,000+**

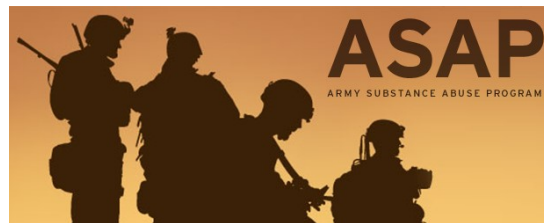
IF IT TOOK YOU 4 DRINKS TO GET ABOVE LEGAL LIMIT, THAT'S \$2,500 PER DRINK



ASAP Specialists
315-772-6706/2371

~
ASAP Prevention Chief
315-772-6704

~
ASAP Program Manager
315-772-5447



Army Substance Abuse Program



Prevention Education

Prevention is a proactive process that promotes healthy lifestyles and discourages drug use or high risk consumption of alcohol.



Army Substance Abuse Program

315-772-6706 / 315-772-2371

ASAP Prevention

What is the Mission?

The Army Substance Abuse Program mission is to strengthen the overall fitness and effectiveness of the Army workforce, to conserve manpower and enhance combat readiness of Soldiers.



Unit Training IAW AR 600-85

- The Commanders of companies, detachments, and equivalent units will ensure all Soldiers receive a minimum of 4 hours of alcohol and other drug abuse prevention training per year (section 2-32).
- The ASAP Specialists track alcohol and drug prevention training conducted by units (section 2-19) and provide assistance in developing tailored prevention strategies to the unit.
- ASAP Specialists can also conduct additional training as risks are identified through needs assessments (Risk Reduction).



What are we here for?

To provide Commanders, Unit Prevention Leaders (UPL), Soldiers, DA Civilians, Contractors and Family Members the education and training necessary to make informed decisions about alcohol and other drug use

To provide Commanders the resources and tools to meet their annual 4 hours (2 hours for DA Civilians) of alcohol and other drug awareness training requirement IAW AR 600-85

To provide prevention tools to deter substance abuse and to encourage responsible alcohol use

What are the objectives?

Provide up to date information on drug and alcohol trends affecting military communities

Provide training materials/resources for Commanders and UPLs to utilize in training and educating the unit about alcohol and other drugs

Provide the Fort Drum community a resource for drug and alcohol information

Provide up to date information on drug and alcohol trends affecting the Fort Drum military community

What kind of training is offered?

Unit Prevention Leader Certification: A five day class. For certifying Unit Prevention Leaders. Contact ASAP for scheduling. Recertification is available upon request.

Prime For Life: A 2-day class primarily for, but not limited to, individuals who have had a recent alcohol or drug incident. It is a substance use risk reduction program. Further, this class is Army certified and will satisfy alcohol & drug education requirements imposed by civilian judges and Probation Officers in most States, for individuals who have had DUI/DWI offenses.

Alcohol and Drug Abuse Prevention Training: Educational classes and hands-on activities are available to cover a variety of prevention topics. These classes can be conducted by ASAP Specialists or Unit Prevention Leaders (UPL). Units can call the ASAP office to request and schedule classes presented by ASAP Specialists or UPLs may access available training resources from the ASAP training library.

WHAT'S A STANDARD DRINK?



Note: some beers and coolers have more alcohol than one standard drink.

WHAT'S MORE THAN A STANDARD DRINK?

