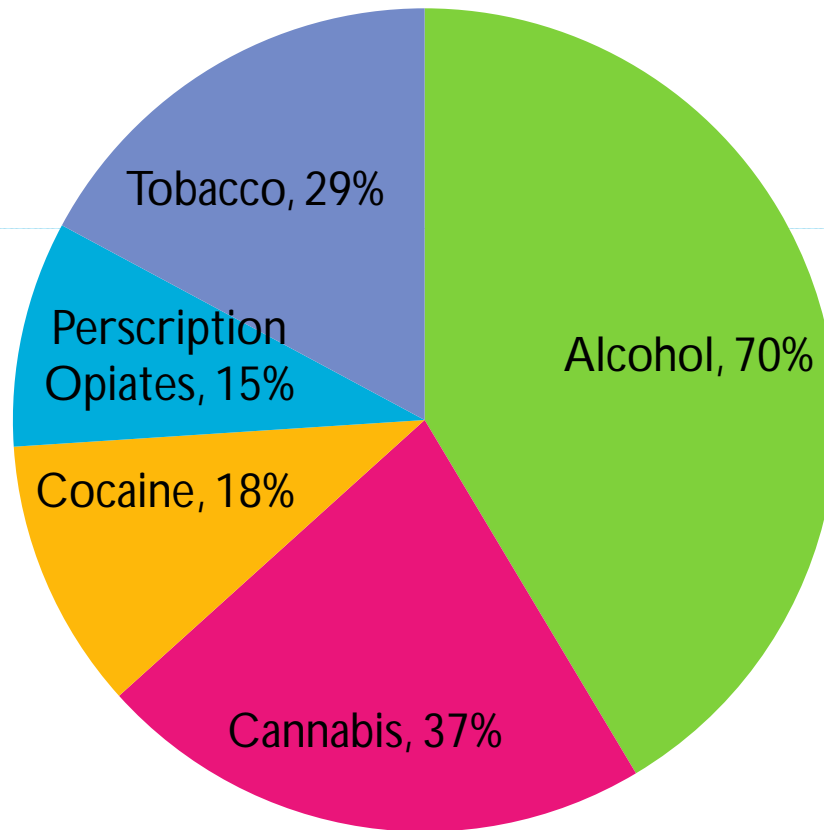


Harm Reduction for the Holiday Season

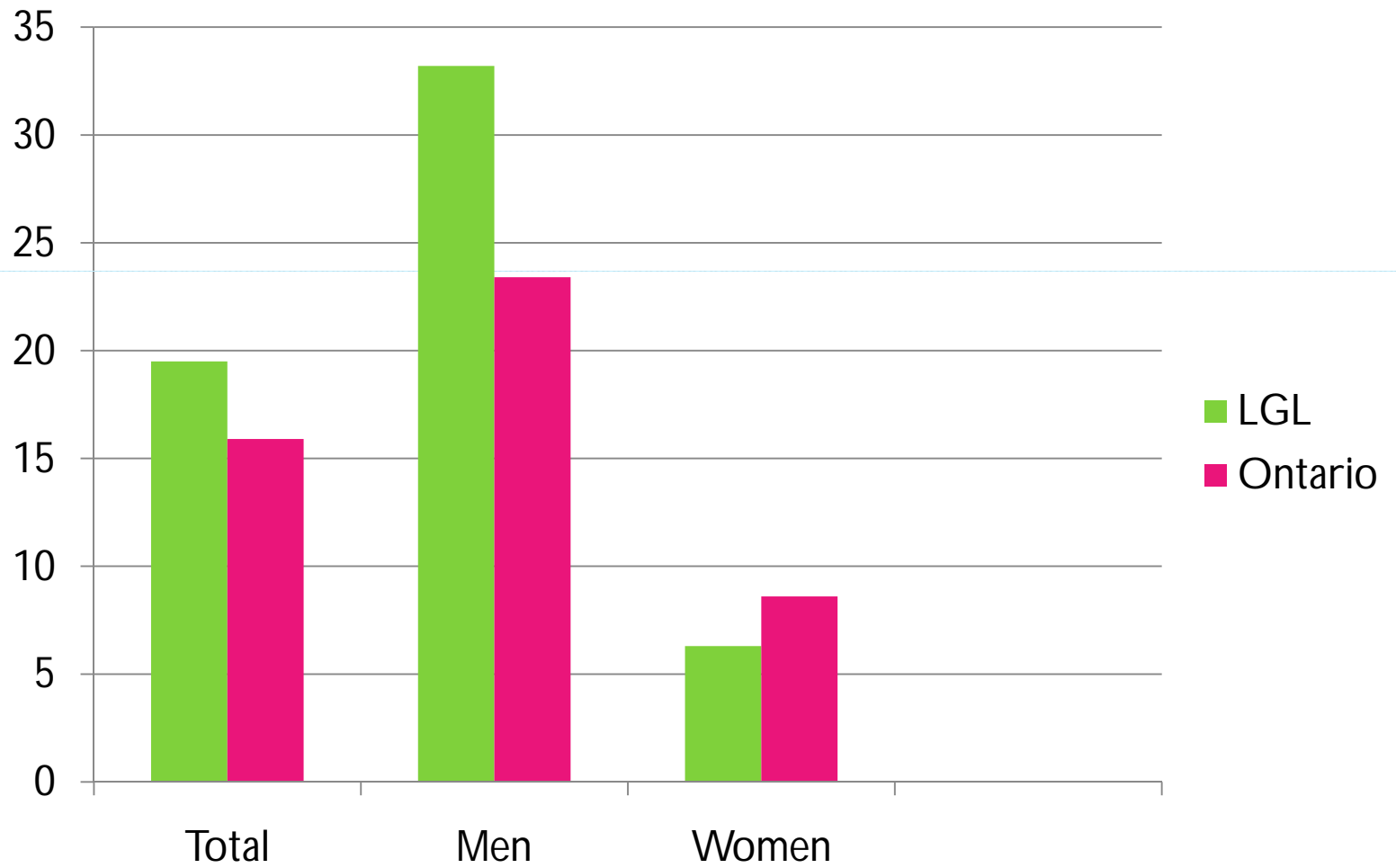
Sara Hammel
Health Promoter
TriCounty Addiction Services



What are we Seeing?



Heavy Drinking (%)



Ontario Student Drug Use and Health Survey 2011

	South East & Champlain LHINs	Ontario
Alcohol	72.2%	66.7%
Binge Drinking	32.9%	29.3%
Drunkenness	30.3%	26.0%

Harms associated with general use




Alcohol

- Almost 1 in 10 current drinkers report that they experienced harm from their drinking during a one year period
- Almost 1 in 3 people report having been harmed at least once during a one year period because of someone's drinking

Illicit Drugs

- About 17.5% of past-year users of illicit drugs, including cannabis, and 36.7% of past-year users, excluding cannabis, report experiencing harm due to their drug use





Strategies that are used to address substance use




Prohibition



Abstinence



Placing limitations or bans on substances



**NO SINGLE SOLUTION TO
PROBLEM SUBSTANCE
USE WORKS ALL THE TIME**



What is Harm Reduction?

Harm reduction is a way of thinking about and practicing healthy ways of being that build on the risk reduction strategies we all use to keep ourselves as safe and healthy as possible.

Trip Project of Toronto definition

Harm Reduction can be as simple as...



Giving information about safer use



Substituting the drug of choice with a safer one



Planning Ahead



Getting a healthy amount of food, water, sleep and exercise



Avoiding mixing different drugs



Referring to needle exchange programs

Low(er) Risk Drinking Guidelines



Lowest risk of an alcohol related problem



No more than 2 standard drinks on any one day



Women: up to 10 standard drinks a week



Men: up to 15 standard drinks a week



Low(er) Risk Drinking Guidelines

- Plan non-drinking days every week to avoid developing a habit
- Reduce your risk of injury and harm by drinking no more than 3 drinks (women) and 4 drinks (men) on any single occasion
- Plan to drink in a safe environment
- If you are a child or youth, you should delay drinking until your late teens.
- If you are drinking, plan ahead and follow local alcohol laws

Safer Drinking Tips

- Set limits for yourself and abide by them
- Drink slowly. Have no more than 2 drinks in any 3 hours
- For every drink of alcohol, have a non-alcoholic one
- Eat before you drink
- Always consider your own circumstances
- Do not start to drink, or increase your drinking for health benefits

Standard Drinks



Standard Drink Equivalents	Approximate Number of Standard Drinks In:
Beer or Cooler <ul style="list-style-type: none">• 12 oz.• 5% alcohol	<ul style="list-style-type: none">• A bottle = 1• A pint = 1.3• A pitcher = 5• Mini Keg = 14• Keg = 165
Malt Liquor <ul style="list-style-type: none">• 8-9 Oz.• 7% alcohol	<ul style="list-style-type: none">• A bottle = 1.5• 40 Oz. = 4.5
Table Wine <ul style="list-style-type: none">• 5 Oz.• 12%	<ul style="list-style-type: none">• A glass = 1• A bottle = 5
Hard Liquor <ul style="list-style-type: none">• 1.5 oz.• 40 %	<ul style="list-style-type: none">• A mixed drink = 1-3• A fifth (25 oz) = 17• 40 Oz. = 27



Having a Party?

- Drink Moderately or don't drink at all
- Serve Food
 - ✓ Vegetables, cheese, light dips
 - ✗ Salty, sweet or greasy foods
- Offer low-alcohol and alcohol-free cocktails and other drinks, including water

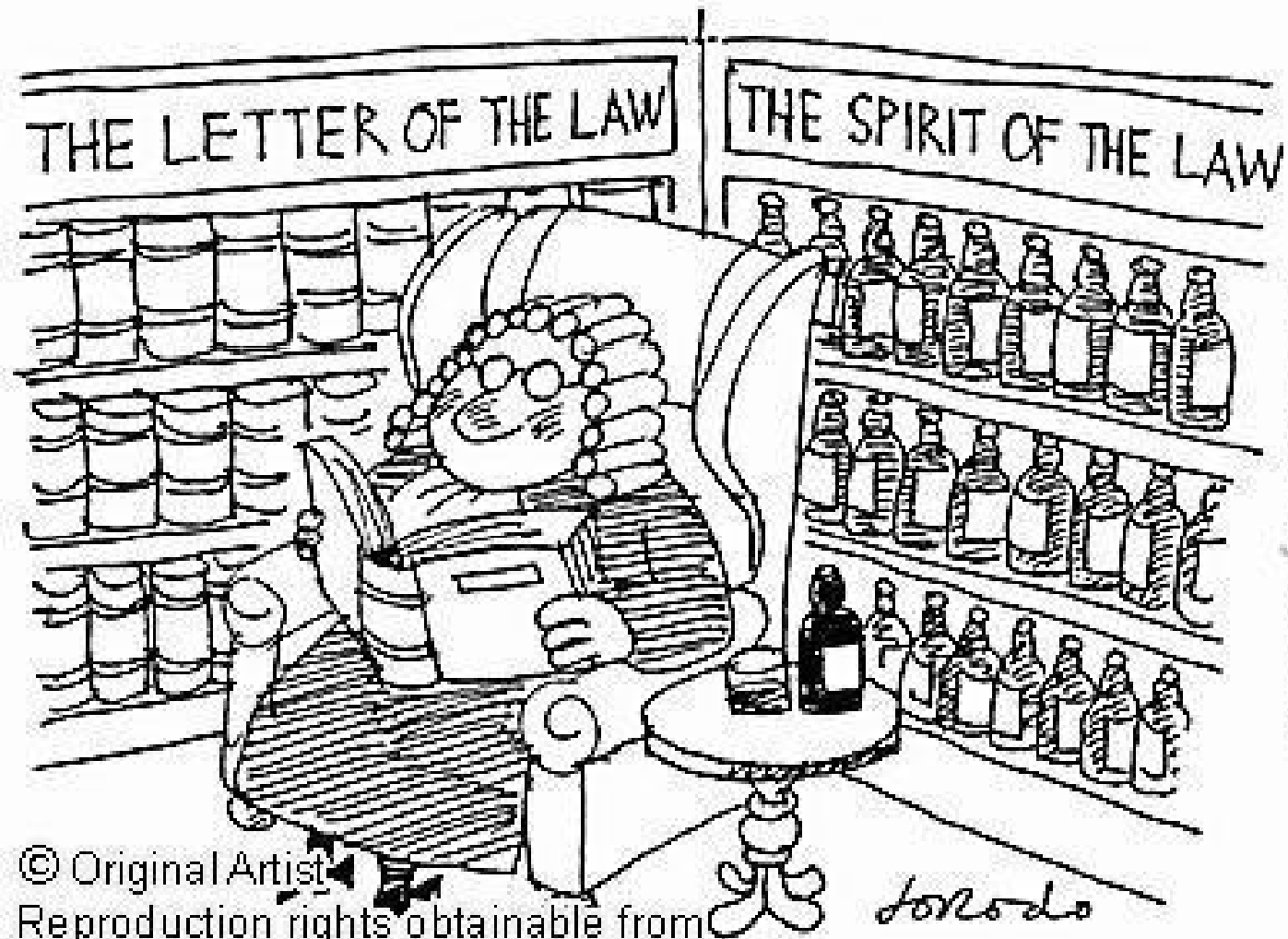


Having a Party?

- Don't Permit Drinking Games or Contests or serve alcohol before planned physical activities, like skating or snowmobiling

- Try to prevent guests from becoming intoxicated, if they do have a plan to deal with the issue
- Make sure guests who have too much alcohol get home safely

Know the Laws



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Alcohol, Minors and the Law

- Under the Liquor License Act (LLA)
 - Parents and legal guardians can:
 - Provide alcohol to their own children (not their children's friends)
 - Alcohol must be provided and consumed in a residence or private place
- If an alcohol-related injury results from any of the following situations, you could be liable:
 - You knowingly permit your underage child to host a drinking party in your home or elsewhere on your property
 - Includes BYOB events
 - Courts more likely to be critical of your actions if you bought or provided the alcohol for the underage event



Alcohol, Parties and the Law

- If an alcohol-related injury results from any of the following situations, you could be liable:
 - You host a party in your home and provide alcohol to a guest who is obviously intoxicated, and who you know is planning to drive.
 - You organize an alcohol-related function, such as a wedding in a rented hall, and fail to take reasonable steps to ensure the safety of your guests while they are on the property.
 - You organize a company party at which alcohol is provided to employees and guests who are intoxicated.

WE WISH YOU ALL...

