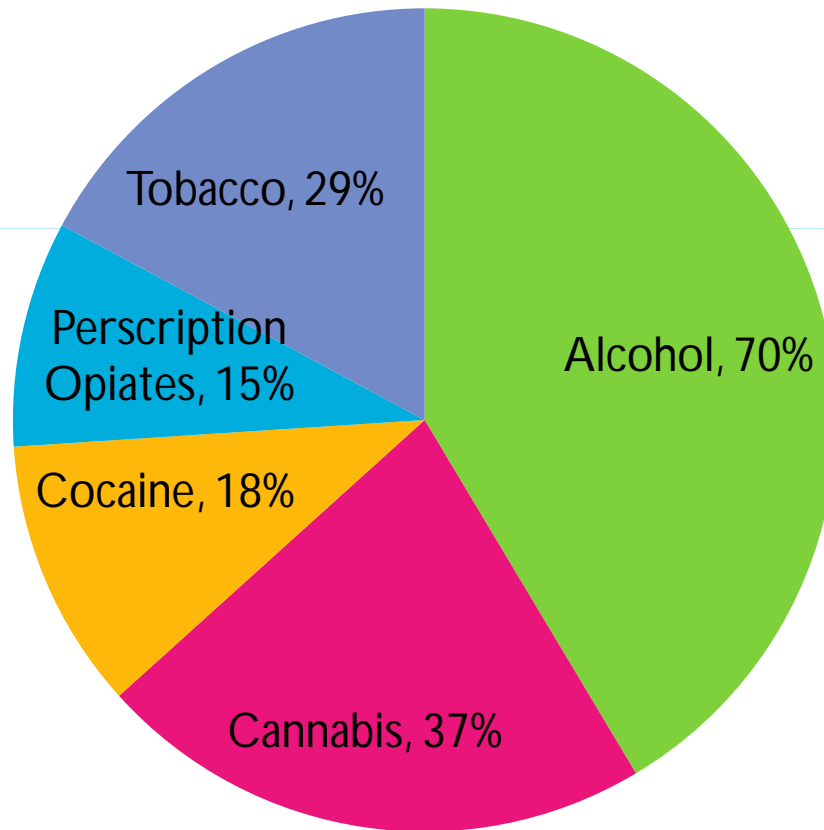


# Harm Reduction for the Holiday Season

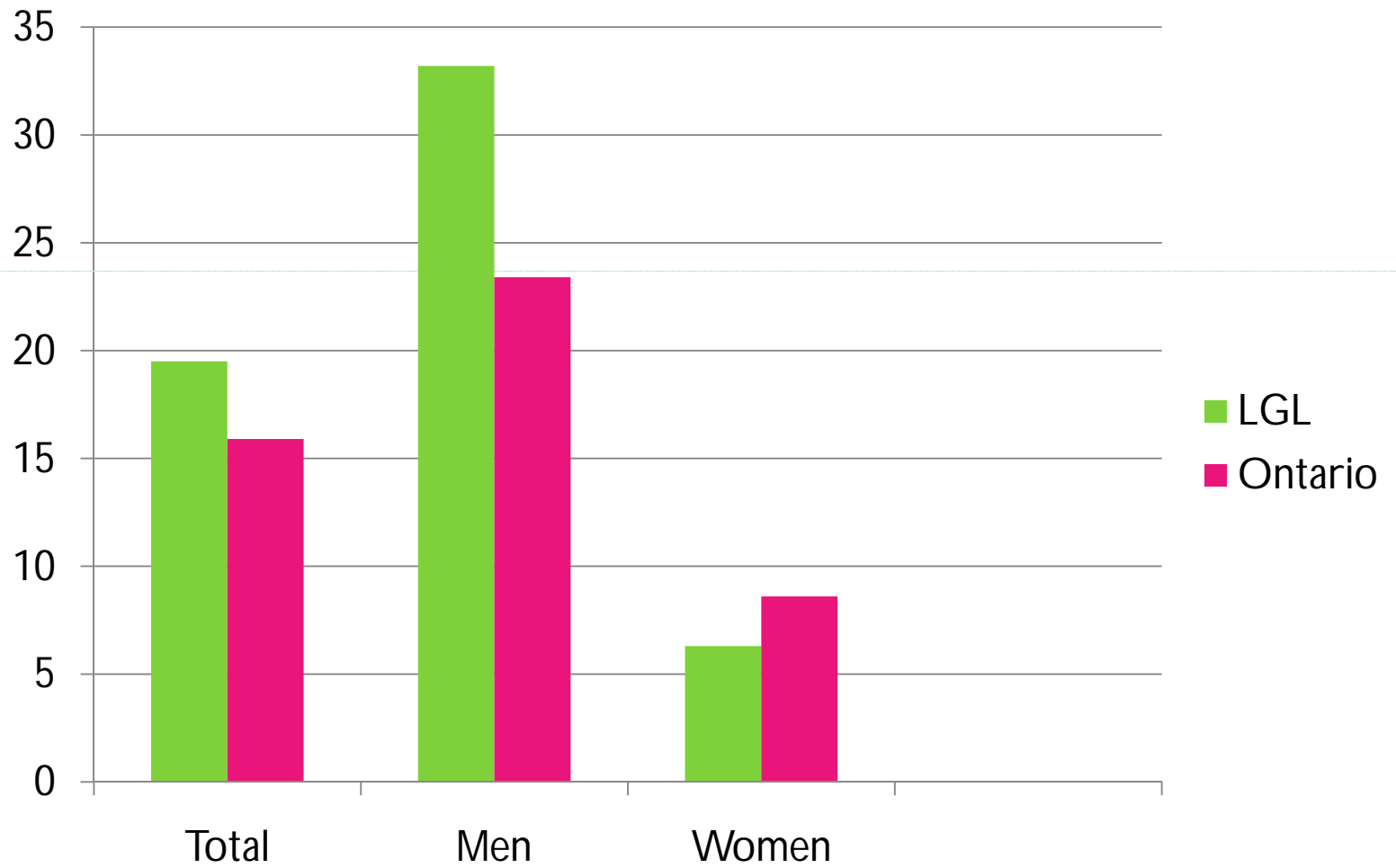
Sara Hammel  
Health Promoter  
TriCounty Addiction Services



# 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


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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"><li>• 12 oz.</li><li>• 5% alcohol</li></ul>	<ul style="list-style-type: none"><li>• A bottle = 1</li><li>• A pint = 1.3</li><li>• A pitcher = 5</li><li>• Mini Keg = 14</li><li>• Keg = 165</li></ul>
Malt Liquor <ul style="list-style-type: none"><li>• 8-9 Oz.</li><li>• 7% alcohol</li></ul>	<ul style="list-style-type: none"><li>• A bottle = 1.5</li><li>• 40 Oz. = 4.5</li></ul>
Table Wine <ul style="list-style-type: none"><li>• 5 Oz.</li><li>• 12%</li></ul>	<ul style="list-style-type: none"><li>• A glass = 1</li><li>• A bottle = 5</li></ul>
Hard Liquor <ul style="list-style-type: none"><li>• 1.5 oz.</li><li>• 40 %</li></ul>	<ul style="list-style-type: none"><li>• A mixed drink = 1-3</li><li>• A fifth (25 oz) = 17</li><li>• 40 Oz. = 27</li></ul>



# 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



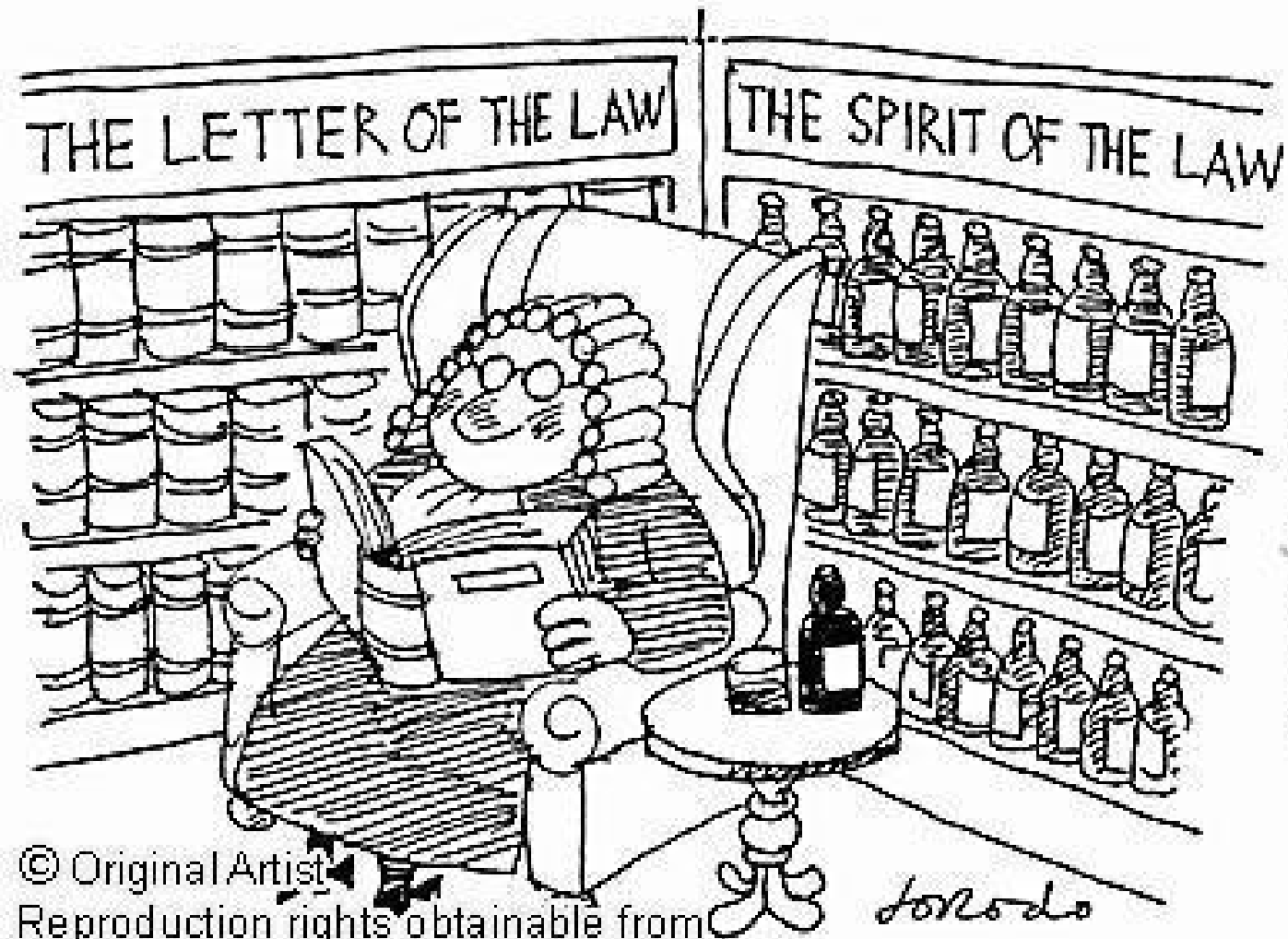
# Having a Party?

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

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- 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



search ID: jd00095

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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...

