



Labor DAY (2020) SUBSTANCE ABUSE PRE-HOLIDAY SAFETY BRIEF

Presented by the

Substance Abuse Combat Center, Henderson Hall
"Prevention with an Attitude-Come Get the Love You Need"



SITUATION - KNOW WHAT'S AT STAKE AND KNOW THE RISKS

- The Labor Day Holiday constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of all of us
 - As you contemplate your activities for the holiday weekend, take a moment to reflect on the sacrifices of all who have worked to achieve the prosperity and opportunity our great nation provides
 - While for many, the Labor Day weekend is often spoiled by mishaps, the majority of holiday-related deaths might be averted if drivers avoided the deadly combination of alcohol, fatigue, speed, distraction, and failing to buckle up.
 - One key to a safe and enjoyable weekend, is practicing risk management concepts on-and-off duty
 - Certainly, if your plan includes alcohol use, please do so responsibly and avoid drinking and driving
 - So PROTECT WHAT YOU'VE EARNED. Take care of yourself, your family and the Marines to your left and to your right, because, we are all our brother and our sister's keeper.

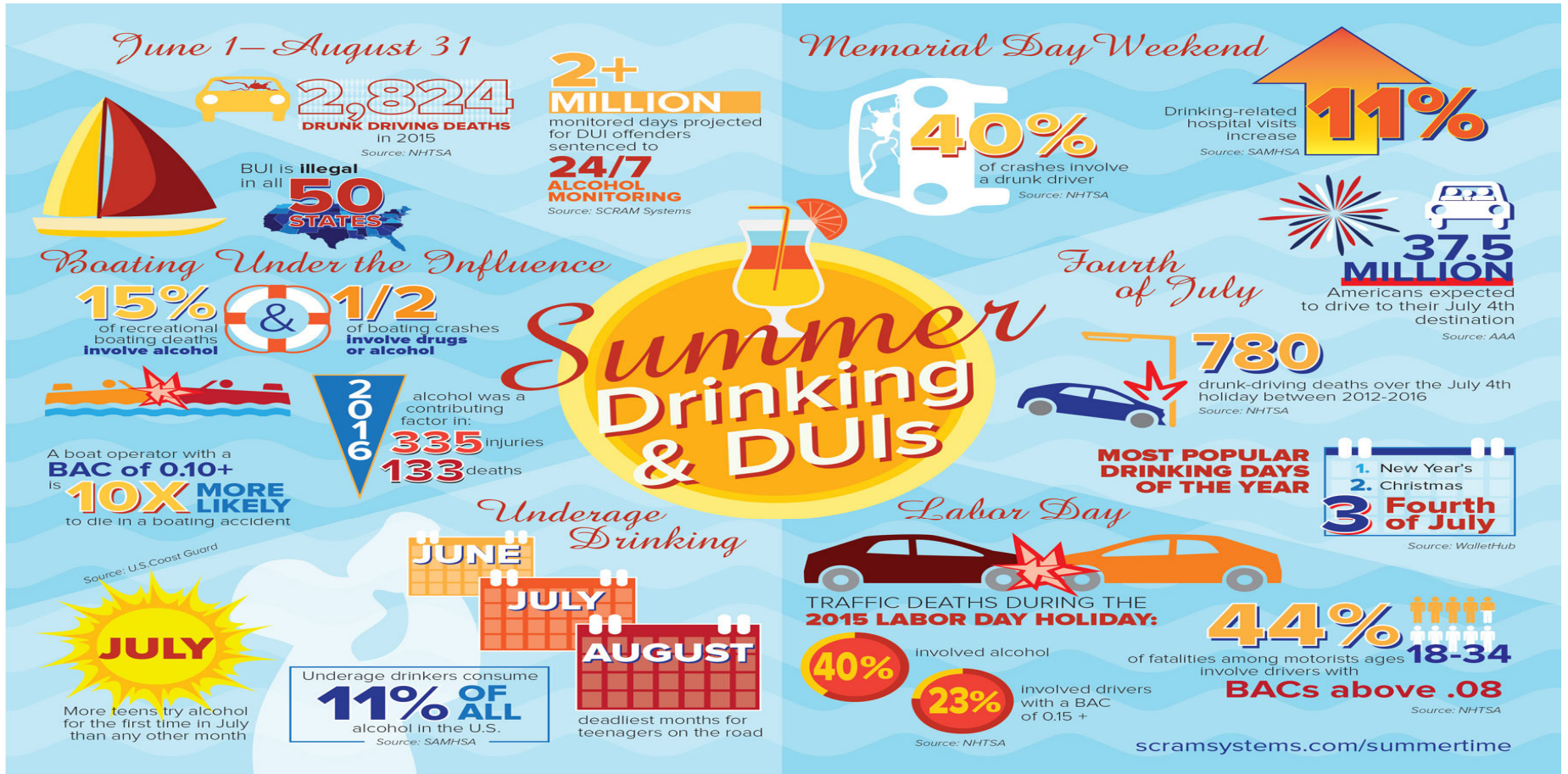


SITUATION - KNOW WHAT'S AT STAKE AND KNOW THE RISKS

- Drivers who consume alcohol before driving can suffer from impairments to:
 - Judgment
 - Concentration
 - Comprehension
 - Coordination
 - Visual acuity
 - Reaction time
- Drunk drivers are also far more likely to fall asleep behind the wheel, lose control of their vehicles, and put everyone else in danger
- Combining any of these deficits with operating a vehicle during a busy holiday period, can substantially increase the chances of causing an accident.



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IT'S NOT JUST ALCOHOL

- Marijuana use is unsafe when you're behind the wheel of your vehicle
 - It is the most common illegal drug found in drivers who die in vehicle accidents (around 14%), often in combination with alcohol/other drugs
 - It affects a number of skills required for safe driving: alertness, concentration, coordination, and reaction time, so it's not safe to drive "high" or to ride with someone who's been smoking marijuana.



MISSION

- Successfully celebrate the Labor Day Holiday Period, and Have Yourself a GOOD TIME without
 - Putting those things you value most on the line
 - Getting Yourself or Anyone Else Hurt or Killed
 - Getting into trouble by doing anything You'll regret later
 - Doing Anything to Hurt Your Career, so that you can
- Still "RESPECT YOURSELF IN THE MORNING" when next you report in to your duty section.



MISSION

- KNOW WHAT YOU ARE DRINKING
 - One 12-ounce bottle of beer or a 5-ounce glass of wine contains as much alcohol as 1.5 ounces (1 Shot) of hard liquor
 - Mixed or large-type drinks such as Long Island Ice Tea may contain even more alcohol
 - Instead of one, you may actually be getting 3-4, or more drinks in one glass.



- **ALCOHOL DRINKING MYTH**
 - **MYTH:** Beer and wine are safer than hard liquor
 - **FACT:** Alcohol can cause you problems no matter how you consume it



EXECUTION

- SAFE ALCOHOL USE
 - Place special emphasis on safe consumption of alcohol, and avoid drinking & driving, or distracted driving
 - You don't want to increase your chances of becoming a statistic — or making someone else a statistic — by getting behind the wheel impaired.



ADMINISTRATION

Marine Corps Policy - Substance Abuse, to include alcohol misuse, illegal/unlawful-wrongful drug use & distribution, and legal & prescription drug abuse:

- Undermines Marines' performance
- Is contrary to our Marine Corps mission
- WILL NOT BE TOLERATED.



AND NOW A WORD (FROM OUR SPONSOR) ABOUT CBD OIL

- The Marine Corps holds you ultimately responsible for Whatever (As in **WHATEVER**) you decide to put into your system, so
- **DON'T BELIEVE THE HYPE!**
- Local Marines have tested positive for THC based on the misguided belief that the CBD OIL product they chose to ingest "Is legal."





COMMAND & SIGNAL

- It is a time for celebration and reflection, but when you're trying to stay sober, the Labor Day holiday can seem like the ultimate test
- Everywhere you turn there are parties and celebrations - alcohol can feel as much a part of the traditions as the barbecue
- If you are in recovery from a substance use disorder and working hard to stay there (Or even if you just want to be safe), keep the following six tips in mind to help you make it through the holiday period:



COMMAND & SIGNAL

- SIX TIPS TO HELP YOU MAKE IT THROUGH
 - PREPARE (AND BE ALERT) FOR TRIGGERS - Plan ahead: the knowledge that you are likely to react with an urge to use if you see a cold bottle of beer on ice or an old drinking buddy is half the battle that can allow you to interrupt a destructive process
 - CREATE YOUR OWN (NEW) TRADITION - If you don't feel grounded enough in your recovery to risk subjecting yourself to such cues yet, find a fresh approach to celebrating the day and having sober fun
 - REMIND YOURSELF OF WHAT YOU HAVE TO LOSE - If you're looking for some extra incentive to say no to alcohol, keep in mind that law enforcement is usually out in full force on such holidays, making a DUI a real possibility for those who do drink



COMMAND & SIGNAL

○ SIX TIPS TO MAKE IT THROUGH

- GET A SOBRIETY BOOSTER - Before starting your Labor Day celebrations, spend a little time doing whatever helps you most in maintaining sobriety, such as meeting attendance, exercising, or spending time with friends & family
- "WALK SOFTLY AND CARRY A BIG" EXIT STRATEGY - Plan ahead and think of a way to remove yourself from whatever situation you might find yourself in
- KEEP TOMORROW IN MIND - Think past the immediate moment and picture yourself the next day as a way to remind yourself of all that's at stake. That way, you will be enhancing your chances of a sober and trouble-free recovery.



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