



Prevention Newsletter

DECEMBER 2020

***To schedule any of our FREE Prevention Programs, please contact the Shelocta Office for Armstrong and Indiana Counties and the Clarion Office for Clarion County.**

**AICDAC
Offices**

**Clarion Office:
814-226-6350**

**Indiana Office:
724-463-7860**

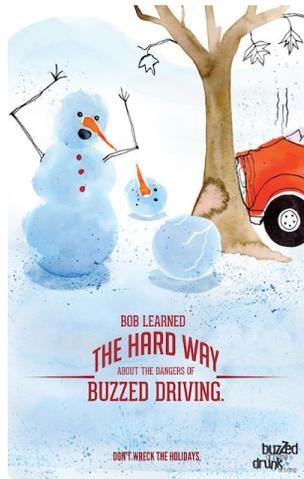
**Shelocta Office:
724-354-2746**

**Vine Street
Office:
724-545-1614**

National Impaired Driving Awareness

The holiday season is the time of the year when intoxicated and impaired driving accidents are most prevalent. Drug and alcohol use impairs judgment, delay reaction times, and can result in deadly consequences when driving. According to the National Highway Traffic Safety Administration, drugs are involved in about 18% of motor vehicle driver deaths while drunk driving accidents account for 31% of all motor vehicle accidents. Additionally, thousands of drivers and passengers lose their lives each year because of drunk and drugged driving.

Here are some tips for celebrating and driving safely this holiday season:



- Designate a non-drinking driver ahead of time.
- If drinking alcohol at a party or other celebration, allow at least one hour between drinks. It takes one hour to get rid of one drink from your body (one drink is equal to a 12-ounce beer, 5-ounce glass of wine, or 1-ounce shot of liquor).
- Set limits beforehand of the number of drinks to have and stick with it.
- Alternate drinking alcoholic beverages with soda, juice or water and eat food.
- Never mix alcohol with other drugs, including over-the-counter and prescription medications.
- Never ride with someone who is under the influence of a substance. Use other means of transportation such as a taxi, public transportation or a driver who is sober.

Most people would never imagine that their holiday celebration could result in a fatality or imprisonment, but the risks associated with driving while impaired are very real and can result in tragic consequences for everyone involved.

During National Impaired Driving Awareness Month, recommit yourself to preventing the loss of life by reminding others to be sober and drug free, and use safe driving practices on the road. Drink responsibly, drive responsibly and encourage family members, friends, and co-workers to be safe and responsible drivers for the holidays and beyond.

DUIs Surrounding the Holidays

Two of the most celebrated dates in December (Christmas Eve and New Year's Eve) are also among the most dangerous. In 2019, drunk driving crashes claimed 108 lives in those two days alone, accounting for nearly half of the total traffic deaths.

According to the National Highway Traffic Safety Administration, in December of 2019, 839 people died in alcohol-related crashes. While drunk driving deaths typically represent around a third of all traffic fatalities, that increased to nearly 50% on December 24 and December 31, and on December 25, 2019, 35 people died in drunk driving crashes.

That is why Mothers Against Drunk Driving® (MADD) is teaming up with law enforcement agencies across the country throughout the month of December, which has been recognized as National Impaired Driving Prevention Month for the 39th consecutive year.

Follow AICDAC
on Social Media

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mydrugfreecommunity](https://www.facebook.com/mydrugfreecommunity)

[www.facebook.com/
clariondrugfree](https://www.facebook.com/clariondrugfree)

Instagram—
[AICDAC_Prevention](https://www.instagram.com/AICDAC_Prevention)

MADD is asking everyone to take personal responsibility this holiday season by making a plan for a safe ride home **before** your celebrations begin.

You can also show your commitment to drive sober by displaying one of their “Tie One On for Safety” red ribbons or magnetic decals on your vehicle, which are available at their local MADD offices around the country and their website madd.org/toofs.



Lottery Holiday Campaign

The World Lottery Association (WLA) joins the North American Association of State and Provincial Lotteries in endorsing the Lottery Holiday Campaign, which has one simple message – **that lottery tickets are risky gifts for children.**

Whether or not it is legal for minors to purchase lottery tickets in a given jurisdiction, a responsible gambling message is always appreciated, especially around the holidays. The Lottery Holiday Campaign encourages parents and loved ones not to give lottery products as holiday gifts to minors. Research shows that the majority of adolescents gamble at least occasionally, and that lottery products may be a gateway to problem gambling. Youth gambling has been shown to be linked to other risk-taking and addictive behaviors such as smoking, drinking and substance use.

According to the Pennsylvania Youth Survey (PAYS) 2019 data, 39.8% of students in Armstrong county engaged in gambling for money or anything of value in their lifetime with the most frequently reported form of gambling being “lottery (scratch cards, numbers, etc.)” reported by 32.7% of students. Along with 32.5% of students in Indiana county engaged in gambling for money or anything of value in their lifetime with the most frequently reported form of gambling being “lottery (scratch cards, numbers, etc.)” reported by 23.2% of students and 37.9% of students in Clarion county engaged in gambling for money or anything of value in their lifetime with the most frequently reported form of gambling being “lottery (scratch cards, numbers, etc.)” reported by 29.0% of students.

Since 2002, the campaign has raised awareness about the risks of underage lottery play during the winter holiday season. Lottery Holiday Campaign 2020 is the eighteenth year of the campaign and the International Centre for Youth Gambling Problems welcome lottery organizations wishing to partner in this important educational program.



Curriculum Spotlight



Alcohol and Driving is a program for high school students before they obtain their driver's license, or newly licensed drivers. The program discusses Pennsylvania laws regarding underage alcohol use and underage driving while intoxicated (DWI), to understand the risks and dangers related to underage use of alcohol and other drugs, and to stress it is the responsibility of the driver to remain sober and concentrate on driving. This innovative program includes the viewing of the DVD, "Stoned Cold II –Aftermath", as well as, a law enforcement officer directly answering student questions about underage drinking. This program can be offered in-person or virtually.

Suggested Schedule: 3 classroom sessions

Grades: 9th & 10th grades

More Information: *Stoned Cold II DVD preview*, <http://goo.gl/tlyzrH>



Drunk Busters Pedal Kart is a program that allows the participants to safely drive a simulated course "sober", then "impaired" while wearing impairment goggles. As in real life situations, the participant begins with complete control of the kart, but then becomes impaired while wearing the goggles, and is not in 100% control.

Suggested Schedule: 1 classroom session

Grades: junior high and high school grades

Meet Our Staff



Patrick Tack (Pat) just started as a Prevention Specialist with the Armstrong Indiana Clarion Drug and Alcohol Commission. As a graduate of Slippery Rock University of Pennsylvania with a bachelor's degree in Criminology and Criminal Justice, Pat found a passion working with kids while working at a juvenile detention center. Pat really enjoys building relationships with the students and seeing the excitement they have when he comes into their classroom. When Pat is not working, he can be found in the gym or spending as much time as he can with his beautiful fiancée.



Armstrong Indiana Clarion Drug and Alcohol Commission

wishes everyone a happy & safe holiday!