Health Effects of Alcohol:

Health effects of problem alcohol use include:

- Damage to the liver, pancreas, brain and heart
- Increased risk for many cancers
- Fetal alcohol syndrome (in children born to mothers with problem alcohol use)

Alcohol and Injury

In addition to a strong relationship between alcohol and motor vehicle crashes, alcohol also is a risk for:

- Falls
- Burns
- Drownings
- Pedestrian Injuries
- Assaults
- Work Injuries
- Domestic Violence
- Sports Injuries

Contact Project ASSERT:
(203) 688-4854

Project ASSERT is a collaborative effort between Yale New-Haven Hospital and the Section of Emergency Medicine, Yale University School of Medicine.

Local Alcohol and Drug Treatment Resources:

**APT Foundation-Access Center**
One Long Wharf Dr., Suite 10, New Haven...781-4357
Walk-in screening available: M-F: 7:30p.m.-12p.m.
Outpatient, methadone, and residential treatment options for adolescents, men, women, including pregnant women, and women with children, Spanish-speakers, and HIV+ individuals.

**Crossroads Inc.**
44, 54 East Ransdell St., New Haven...387-0094, dial “0”
M-F: 9a.m.-5p.m.
Outpatient services and residential treatment facility for 18+ men, women, including women who are pregnant or have children, Spanish-speakers, those who are dual-diagnosed, and HIV+ individuals

**Grant Street Partnership**
62 Grant Street, New Haven.........................503-3350
M-F: 9a.m.-5p.m.
Outpatient services (18+ men and women) and residential treatment facility (for men only)

**Hispanic Clinic Substance Abuse Unit (CMHC)**
One Long Wharf Dr., New Haven.................974-5800
M, T, Th, & F: 9a.m.-4:30p.m., W: 11a.m.-6:30p.m.
Outpatient services for Latino clients who primarily use alcohol (No IV drug use)

**Hospital of St. Raphael Chemical Dependency**
New Haven............................................784-8790
M-F: 12:30p.m.-9p.m.
Outpatient services, including evening programs, for men and women 16+

**Multicultural Ambulatory Addiction Services (MAAS)**
426 East Street, New Haven.........................495-7710
M-F 9a.m.-5p.m.
Walk-ins: 8:30a.m.-11:30a.m.
Outpatient services, including methadone, for men and women 18+, especially African Americans and Latinos.

**Substance Abuse Treatment Unit (SATU)**
One Long Wharf Dr., New Haven.................974-5777
M-F: 8:30a.m.-5:30p.m., walk-ins accepted
Central evaluation, referral, and outpatient services for men and women 17+, Spanish-speakers, those who are dual-diagnosed, and HIV+ individuals

**South Central Rehabilitation Center (SCRC)**
232 Cedar St. New Haven.........................503-3300
24 hours a day, 7 days a week,
Walk-ins: 5:30 a.m.-12:30p.m.
Detox, methadone, and triage facility for men and women 18+, including dual-diagnosed individuals

**Taking Initiative Center (TIC)**
514-516 Whalley Ave. New Haven.............389-2970, x 1317
M-F 8a.m.-4:30a.m.
Drop-in center and outpatient services and referral for homeless of New Haven

Health Effects of Alcohol:

Health effects of problem alcohol use include:

- Damage to the liver, pancreas, brain and heart
- Increased risk for many cancers
- Fetal alcohol syndrome (in children born to mothers with problem alcohol use)
What is a Standard Drink?

1 Standard Drink is

<table>
<thead>
<tr>
<th>1 shot of liquor (whisky, vodka, gin, etc.)</th>
<th>1 regular beer</th>
<th>1 glass of wine</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 oz.</td>
<td>12 oz.</td>
<td>5 oz.</td>
</tr>
</tbody>
</table>

Each of these drinks has about 1/2 oz. of pure alcohol.

How Much Is Too Much?

If you drink more than this:

<table>
<thead>
<tr>
<th>Drinks per week</th>
<th>occasion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
</tr>
<tr>
<td>Age &gt; 65</td>
<td>7</td>
</tr>
</tbody>
</table>

you can put yourself at risk for illness and/or injury.

Sometimes even 1 drink is too much!

If you:
- are driving or planning to drive
- are at work or returning to work
- are pregnant or breast feeding
- have certain medical conditions or are taking certain medications (check with your health care practitioner)

How Much Do People Drink?

Men
30% don’t drink at all
60% have 4 or fewer drinks per week

Women
40% don’t drink at all
80% have 3 or fewer drinks per week