

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:

- | | |
|--------------------------|----------------------------|
| <i>Falls</i> | <i>Burns</i> |
| <i>Drownings</i> | <i>Pedestrian Injuries</i> |
| <i>Assaults</i> | <i>Work Injuries</i> |
| <i>Domestic Violence</i> | <i>Sports Injuries</i> |

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 Ramsdell 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

PROJECT ASSERT

ALCOHOL:

How Much Is Too Much?



What is a Standard Drink?

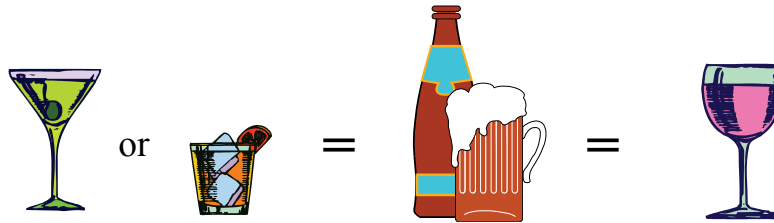
1
Standard
Drink

is

1 shot of liquor
(whisky, vodka, gin, etc.)
1.5 oz.

1 regular beer
12 oz.

1 glass of wine
5 oz.



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

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 Is Too Much?

If you drink more than this:

	Drinks per	
	week	occasion
Men	14	4
Women	7	3
Age > 65	7	3

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

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