

Resources

Alcohol Use Self-Assessment

<http://alcoholscreening.org>

Department of Alcohol & Drug Addiction Services

Phone: 614-466-3445

www.odadas.state.oh.us

Treatment Locator

<http://dasis3.samhsa.gov/default.aspx>

Adjutant General's Department Prevention, Treatment & Outreach Program

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Prevention Coordinator

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Dear ONG Study participant,

When socializing with friends and family, many of us enjoy a drink, but when is it too much? Many people are surprised to learn that a standard drink is any drink that contains 0.6 fluid ounces or 14 grams of pure alcohol. A moderate level of alcohol consumption is 2 drinks a day for a male and 1 drink a day for a female.

Social drinking can lead to alcohol abuse or alcohol dependence. Alcohol abuse affects about 10% of women and 20% of men in the United States, most beginning by their mid teens. Since 2003, shortly after Operation Iraqi Freedom began, there has been an increase of 56% of soldiers treated for alcohol problems.

Alcohol use is often associated with life stressors and degrades work performance and personal quality of life. People undergoing traumatic or stressful life events may "self-medicate" with alcohol to alleviate their distress and to cope with problems.

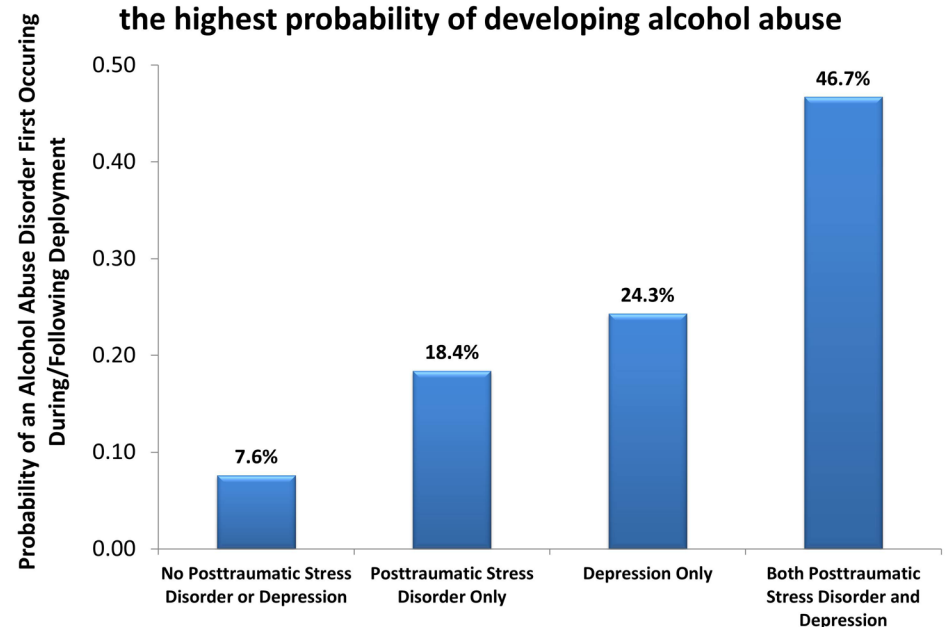
Definitions:

- Alcohol Abuse – Any use of alcohol that results in personal problems, particularly work life, family life, and social life.
- Alcohol Dependence – The most common symptom is the development of alcohol tolerance; one may have less effect from the same amount of alcohol or need more alcohol to reach the same effect.

Findings from the Ohio Army National Guard Mental Health Initiative:

- Alcohol abuse and dependence was the most common lifetime psychiatric illness among those who have been deployed.
- Individuals with a deployment history, 31.2% have had alcohol abuse compared to 22.1% for those who have never deployed
- Of the individuals who have a deployment history, 21.7% have had alcohol dependence compared to the 17.8% for those who have never been deployed.

Those with both posttraumatic stress disorder and depression developed during/after deployment have the highest probability of developing alcohol abuse



- Experiencing combat during the most recent deployment is associated with the development of alcohol abuse symptoms during and after deployment.
- The development of alcohol abuse increases for individuals with posttraumatic stress disorder and/or depression.



did you know?



All the above contain the same amount of absolute alcohol!

We look forward to sharing more information with you in newsletters to come and would also like to remind you to please inform us of address or phone number changes toll free at 888-590-6064 or email them to ONGStudy@SRBI.com.

Thank you again for your continued support!