

ALCOHOL PREVENTION ACTIVITIES

Prevention System of Services, Community Youth Engagement

PROVIDING COMMUNITY EDUCATION AND AWARENESS REGARDING THE RISKS AND HARMS OF ALCOHOL USE.

- All SAPC-contracted Prevention Providers conduct **evidence based and locally innovative programs** which include lessons on life skill building, risk reduction, alternative activities to substance use, and health impacts of alcohol use.

COMMUNITY MOBILIZATION AIMED AT EMPOWERING COMMUNITY MEMBERS AND DEVELOPING STRATEGIES TO ADDRESS LOCAL RX ISSUES.

- SAPC prevention providers work with local alcohol retailers to reduce alcohol access and availability among youth and minimize alcohol-related harms. Providers also recognize responsible alcohol merchants and address arising concerns related to alcohol on-line sales and delivery to minors.
- Providers work with local stakeholders and community members in developing and advocating for conditional use permit ordinances, alcohol restricted use subdistricts, and social or commercial host ordinances to minimize alcohol related harms.

DATA COLLECTION INCLUDING IDENTIFICATION OF AT-RISK POPULATIONS AND HOTSPOTS, AND ASSESSMENT OF ALCOHOL-RELATED COMMUNITY ATTITUDES, KNOWLEDGE, AND BEHAVIORS.

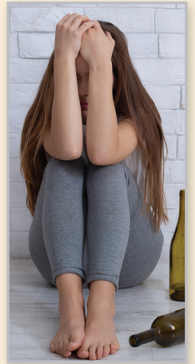
- Providers across all Service Planning Areas (SPAs) collect surveys to assess community needs, strengths, and service gaps. Surveys are analyzed to determine the prevalence of alcohol use and other problematic drinking across all 8 SPAs.
- SPAs are implementing a local innovative project to assess the extent of alcohol availability to minors through local alcohol delivery applications. Providers utilize QR codes and smart devices to verify that a delivery driver has confirmed proper identification of the recipient of the alcohol delivery.

FOSTERING PARTNERSHIPS THROUGH COALITION BUILDING BETWEEN STAKEHOLDERS FROM NON-PROFIT, PRIVATE, AND GOVERNMENT SECTORS.

- SAPC contracted prevention providers collaborate with the Los Angeles Alcohol and Drug Policy Alliance (LA DAPA) and other partners to reduce alcohol access and availability to youth and minimize alcohol related harms in Los Angeles.

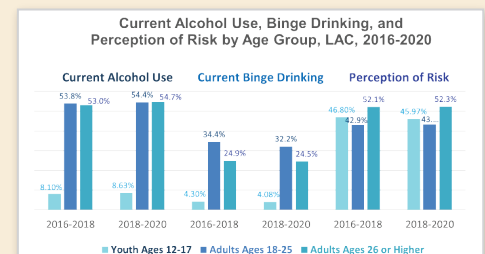
SAPC Vision: Healthy Communities that are safe and free from Alcohol and Other Drug (AOD) problems

Alcohol is a drug that acts as a depressant and slows down the brain and nervous system. It is the most widely used drug in the United States of America. Drinking a small amount is not harmful for most people, but drinking in adolescent, while pregnant, or drinking excessively on any one occasion can cause health, personal and social problems.



THE EFFECTS OF ALCOHOL DEPEND ON:

- how much you drink
- how quickly you drink it
- your size, age, and weight
- whether you are male or female
- how good your general health is
- how healthy your liver is
- where you drink
- whether you drink alone
- whether you use alcohol with other drugs including medications
- if there is a family history of alcohol and other drug dependence.



Because alcohol affects judgement, sight and coordination drinking often causes accidents – especially falls, car crashes and drownings. Alcohol misuse is a major contributing factor in child abuse, intimate partner violence, assaults, and other violent crimes.

ALCOHOL PREVENTION ACTIVITIES

- LA DAPA has provided public health education related to the LA City Restaurant Beverage Program (RBP) ordinance, eliminating the need to obtain a conditional use permit which significantly shortens the time and costs associated with the city approval process. Since 2020, LA DAPA has advised the Los Angeles City Planning Department on the development of a deemed approved ordinance, which requires that alcohol retailers be subjected to provisions to ensure public safety.

DEVELOPMENT AND/OR ADVOCACY OF ALCOHOL PREVENTION POLICY SUPPORTING ALCOHOL EDUCATION, AWARENESS, AND HARM REDUCTION.

- LAC SPA-based coalitions provide education to city officials about the harms associated with excessive alcohol use. Through partnerships with the LA DAPA, the California Alcohol Policy Alliance, and Alcohol Justice, providers collaborate with LA City Council to provide public health education on the community risks and harms associated with California bills in order to expand access to and availability of alcohol. Examples include California SB930, which would have extended closing times for on-sale retailers from 2 a.m. to 4 a.m.
- In collaboration with elected officials and community leaders, providers discuss the connection between substance use-related harms and addiction to disparate community conditions and social determinants of health. Agencies support health equity policies that address chronic disinvestment and community vulnerabilities, such as intergenerational poverty.
- In partnership with local government agencies, coalitions develop strategies, campaigns, and materials that target youth, parents, and the community to provide them with the information they need to understand the harms caused by alcohol use and the desired protective factors to decrease alcohol use among youth.

LAUNCH OF COUNTYWIDE MASS MEDIA CAMPAIGN TO PROMOTE ALCOHOL MISUSE PREVENTION EDUCATION AND AWARENESS.

- Recent population-level trends demonstrate that rates of drinking among women have increased in recent years. During the pandemic, binge drinking among women has increased, as has drinking as a coping mechanism. In response, LA County is developing a media campaign focusing on women ages 21 – 44 to reduce alcohol use among women.
- To address a long-standing need for alcohol misuse prevention strategies targeting college students, LA County launched a series of outreach events at local Universities to encourage safer practices when consuming alcohol.

SUBSTANCE ABUSE SERVICE HELPLINE
 **1.844.804.7500**

This document was created by Los Angeles County Substance Use Prevention Network

MIXING WITH OTHER DRUGS

Using alcohol at the same time as any other drug can be dangerous. This includes drinking alcohol while using prescription medication from a doctor or an unknown resource. One drug can make the negative effects of the other even worse. Alcohol can also stop medications from working properly.

Mixing alcohol with other drugs that slow down the body (e.g., Xanax, sleeping pills, heroin, cannabis, methadone, buprenorphine) can:

- make it harder to think clearly and properly control how your move.
- stop your breathing and cause death.



LONG-TERM RISK

Drinking a lot of alcohol regularly over time is likely to cause problems for your physical, emotional, and social health. Damage to some body organs can be chronic and permanent. It can also affect your long-term wellbeing by interfering in your studies, work, and cost you a lot of money. It may impair your capacity as a parent/primary caretaker of children.

Problems can include:

- poor diet
- stomach problems
- frequent infections
- skin problems
- liver and brain damage
- diabetes
- damage to reproductive organs
- memory loss/confusion
- heart and blood disorders
- depression
- relationship, work, or school problems
- domestic violence
- increased risk of victimization
- increased risk of dementia
- increased risk of some cancers
- money, legal troubles, gambling problems
- dependence

FETAL ALCOHOL SPECTRUM DISORDER

Fetal Alcohol Spectrum Disorder (FASD) are a group of conditions that can occur in a person who was exposed to alcohol before birth. FASDs are preventable if a baby is not exposed to alcohol before birth. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems (CDC).