



Be Heard... Be Hope

Welcome






TODAY'S TOPIC AWARENESS PRESENTATION

Binge Drinking - Alcohol Poisoning - Fetal Alcohol Syndrome



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Meeting Agenda

	Agenda Items
	Ground Rules & clubhope™ Affirmation
	Topic Awareness Presentation: Binge Drinking - Alcohol Poisoning - Fetal Alcohol Syndrome
	Group Discussion
	Lessons Learned and Takeaways
	Next club Meeting Topic
	clubhope™ Instagram
	Adjourn Meeting

Ground Rules



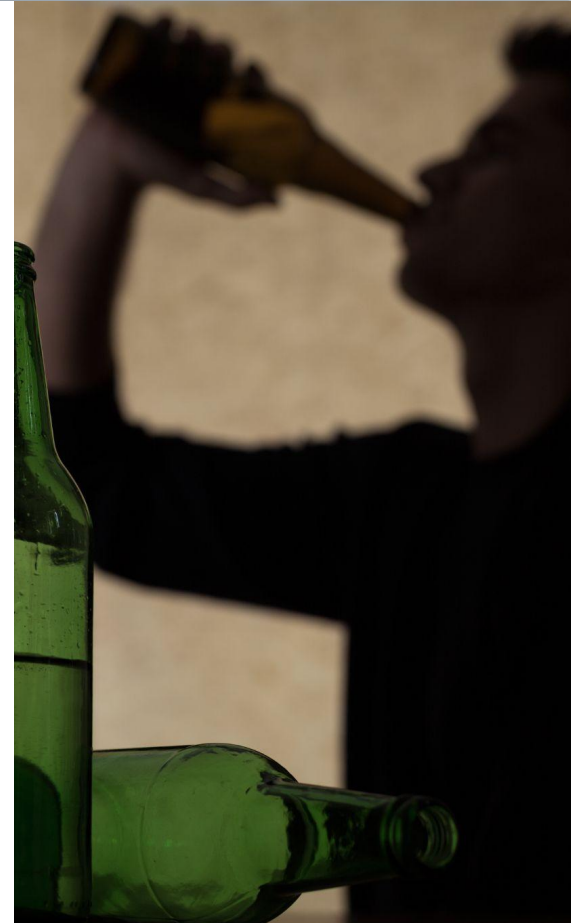
*No phone use please
No side conversations
All opinions accepted
It's important to share
Try to stay on topic*

clubhope™ Affirmation

- *We respect and honor all opinions and feelings.*
- *It is okay not to talk but all are encouraged to participate when ready.*
- *No one is judged, we show respect and empathy for each other.*
- *No one is perfect, we all face problems, and we try to improve our situation one day at a time.*
- *I may come to learn that others are dealing with the same issue I face.*
- *It is understandable that some of us possess untold truths about the way we feel and what we have experienced.*
- *We gather to have meaningful conversations to recognize we are not alone.*
- *Seeking professional support can help me, there is no shame in asking for help.*
- *We want to help others and ourselves.*
- *Be Heard . . . Be Hope*

What Is Binge Drinking?

- Does anyone know what binge drinking is?



What Is Binge Drinking?

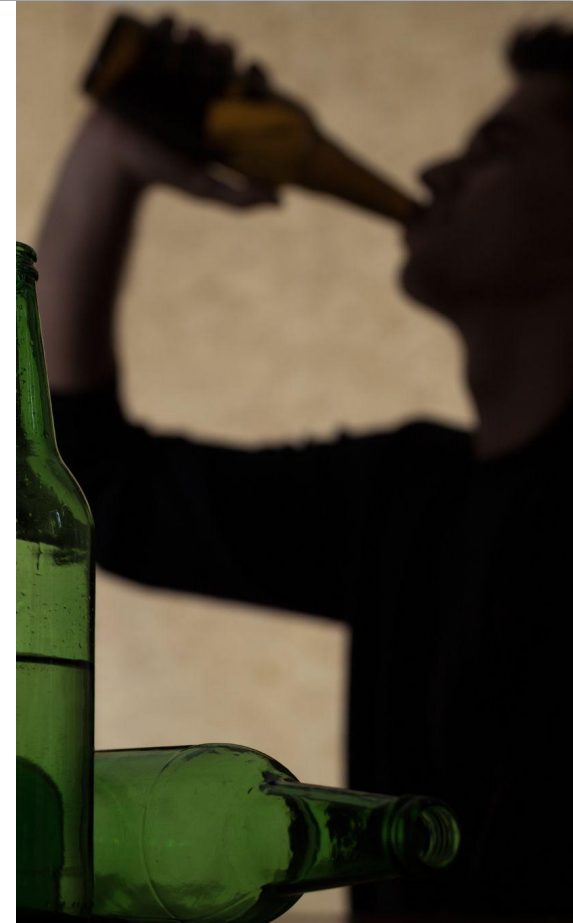
- Binge drinking is generally defined as the consumption of a significant amount of alcohol in a short period of time, resulting in a blood alcohol concentration (BAC) that exceeds a certain threshold.
- According to the American Addiction Centers, signs of binge drinking include:
 - Drinking 5 or more drinks in two hours for men
 - Drinking 4 or more drinks in 2 hours for women



Signs of Binge Drinking

Consuming Large Amounts of Alcohol Quickly

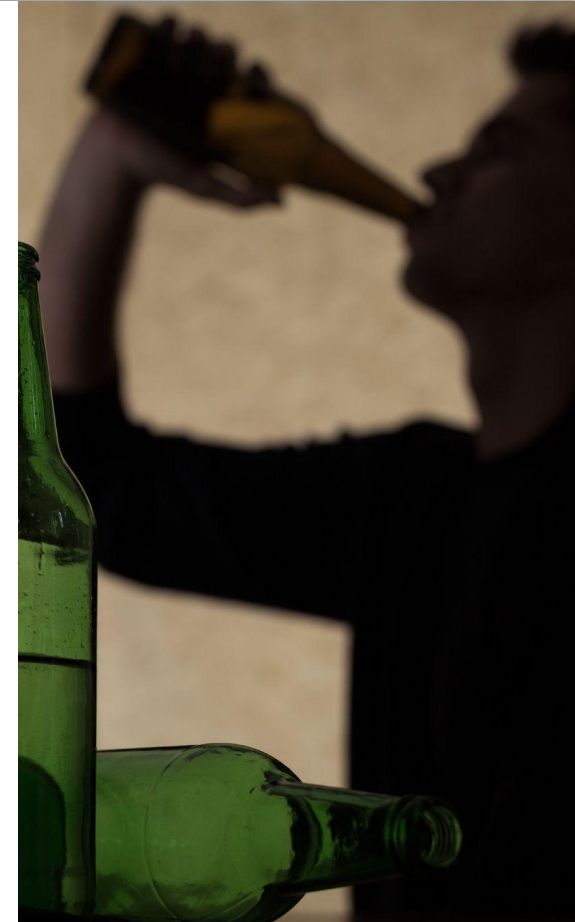
- Visible Intoxication:
 - Slurred speech
 - Unsteady gait
 - Stumbling
 - Impaired coordination
- Behavioral Changes:
 - Excessive laughter
 - Loud talking
 - Aggressiveness
 - Irritability, or mood swings



Signs of Binge Drinking

Consuming Large Amounts of Alcohol Quickly

- Memory Impairment
 - Difficulty recalling events that occurred while they were intoxicated.
- Blackouts
 - Unable to remember parts of actions or experiences during the drinking episode.
- Vomiting or nausea
- Bloodshot eyes
- Loss of Inhibition that can lead to risky behaviors
- Unconsciousness due to alcohol poisoning
- Hangover Symptoms:
 - Headaches
 - Dehydration
 - Fatigue
 - Sensitivity to light and sound.



Consequences of Binge Drinking

- Unintentional injuries due to a loss in motor control and coordination
 - Motor vehicle accidents & fatalities
- Violence:
 - Sexual assault
 - Homicide
 - Suicide
 - Intimate partner violence
- Sexually transmitted diseases
- Alcohol poisoning and brain damage
- Unintended pregnancy, fetal alcohol spectrum disorders, and stillbirth
- Chronic diseases:
 - High blood pressure
 - Stroke,
 - Heart disease
 - Liver disease
 - Memory and learning problems

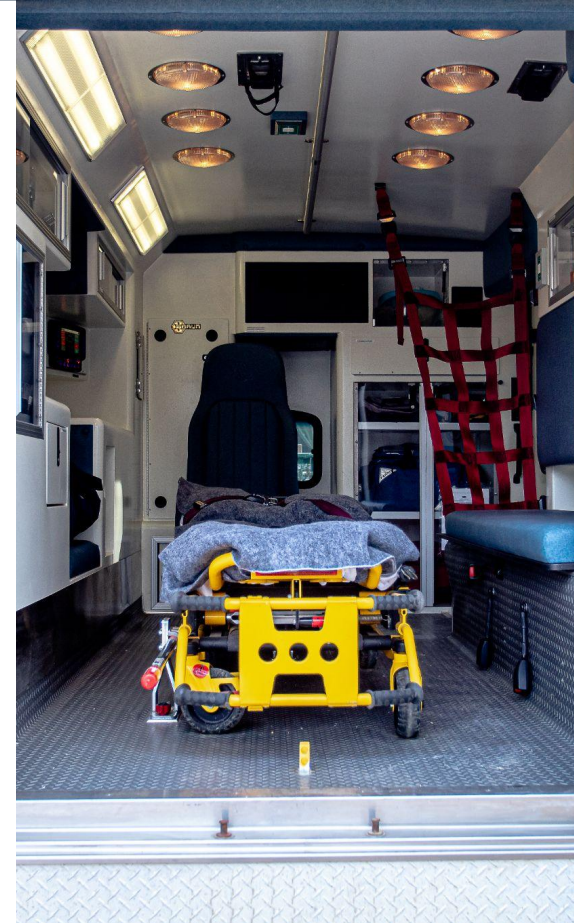
Alcohol Poisoning

- Does anyone know what alcohol poisoning is?



What Is Alcohol Poisoning

- Alcohol poisoning is the serious and sometimes fatal consequence of drinking large amounts of alcohol over a short period of time.
- An individual suffering from this condition requires immediate medical attention.



Deaths Due Due to Alcohol Poisoning

According to the Centers For Disease Control (CDC)::

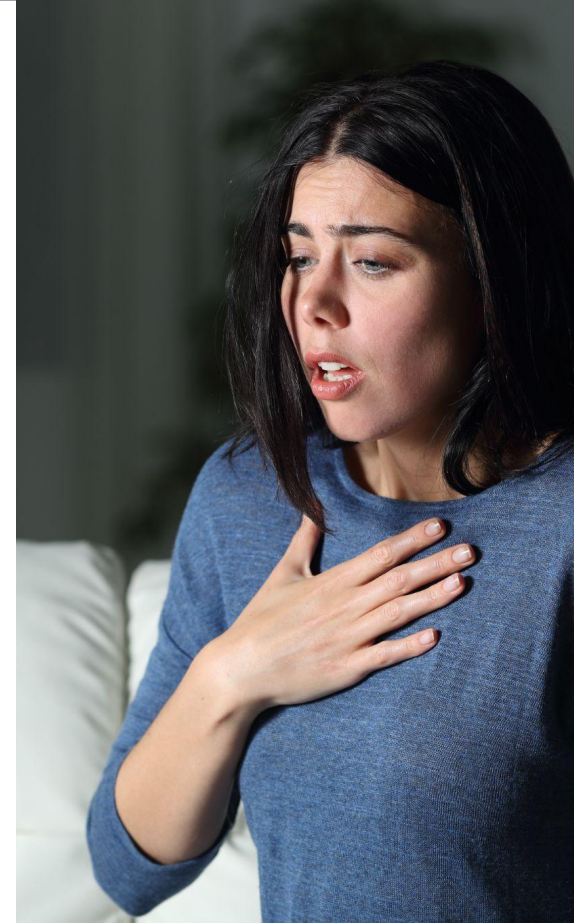
- An average of **6 people die of alcohol poisoning each day** in the United States.
- This accumulates to an average of 2,200 alcohol poisoning deaths in the United States each year.



Signs and Symptoms of Poisoning

The following symptoms are characteristic of alcohol poisoning. Note that it is not necessary to present all of these symptoms before seeking medical attention.

- Confusion
- Vomiting
- Seizures
- Shallow, slow, and/or irregular breathing
- Pale or blue hued skin
- Hypothermia (low body temperature)
- Unconsciousness (unable to be awakened)



If Someone Has Alcohol Poisoning

Call 911 immediately. Alcohol poisoning cannot be “slept off.” Emergency medical intervention is necessary and time is of the essence.

Do not be afraid that a parent will find out. A parent would always rather you call 911 instead of taking no action. They would always want to have a living child versus one who died because no immediate action was taken.

Inform emergency personnel about the circumstances surrounding the individual’s condition.

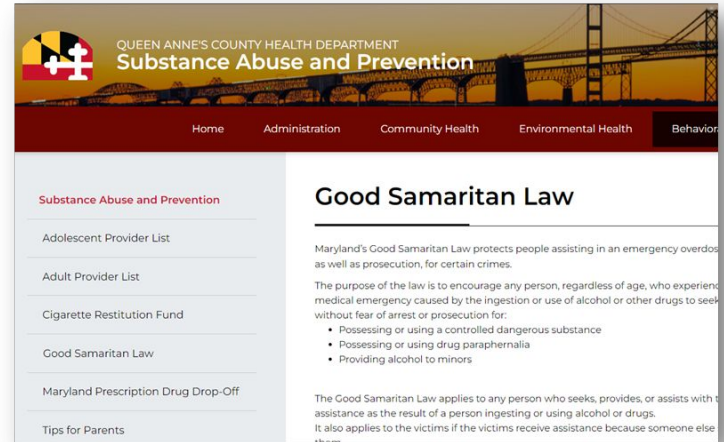
- How much alcohol did they drink?
- What type of alcohol did they drink?
- When did they drink it?
- What have you observed about their condition? Has anything changed?

Good Samaritan Law - You Cannot Be Prosecuted for Helping With An Overdose

Good Samaritan Law protects people assisting in an emergency overdose situation from arrest, as well as prosecution, for certain crimes.

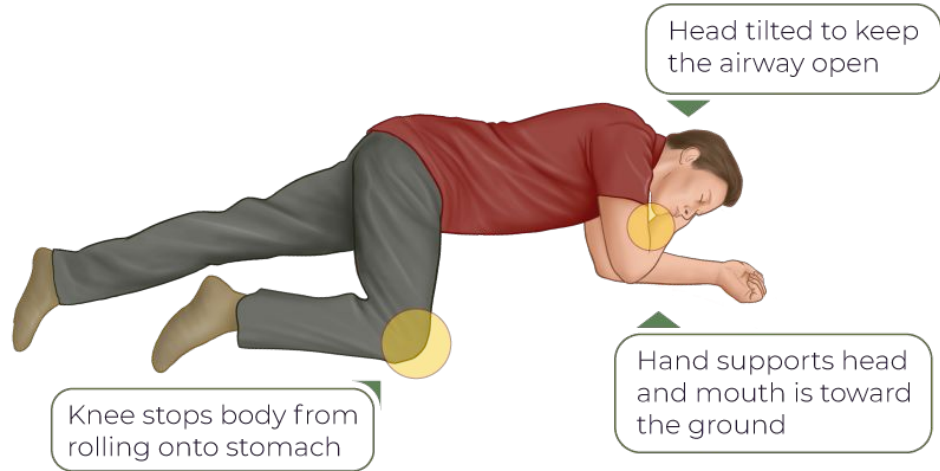
You or the person overdosing cannot be arrested or prosecuted for:

- Possessing or using a controlled dangerous substance
- Possessing or using drug paraphernalia



If Someone Has Alcohol Poisoning

- Talk to the individual and try to keep them awake to prevent a loss of consciousness.
- **Do not leave the individual alone, especially if they are unconscious.**
- Alcohol poisoning inhibits the function of the gag reflex.
- Someone with alcohol poisoning is at high risk of choking on their own vomit and blocking their airway. **Therefore you should not attempt to make the person vomit while waiting for emergency assistance to prevent choking.**
- Keep the person sitting up. If they have to lie down, ensure that they are laying with their head turned to the side to prevent choking using the **Recovery Position**.



The Recovery Position

Consequences of Alcohol Poisoning

- Seizures
- Hypothermia
- Severe dehydration
- Choking
- Unconsciousness
- Brain damage
- Death



What Is Fetal Alcohol Syndrome (FASD)?

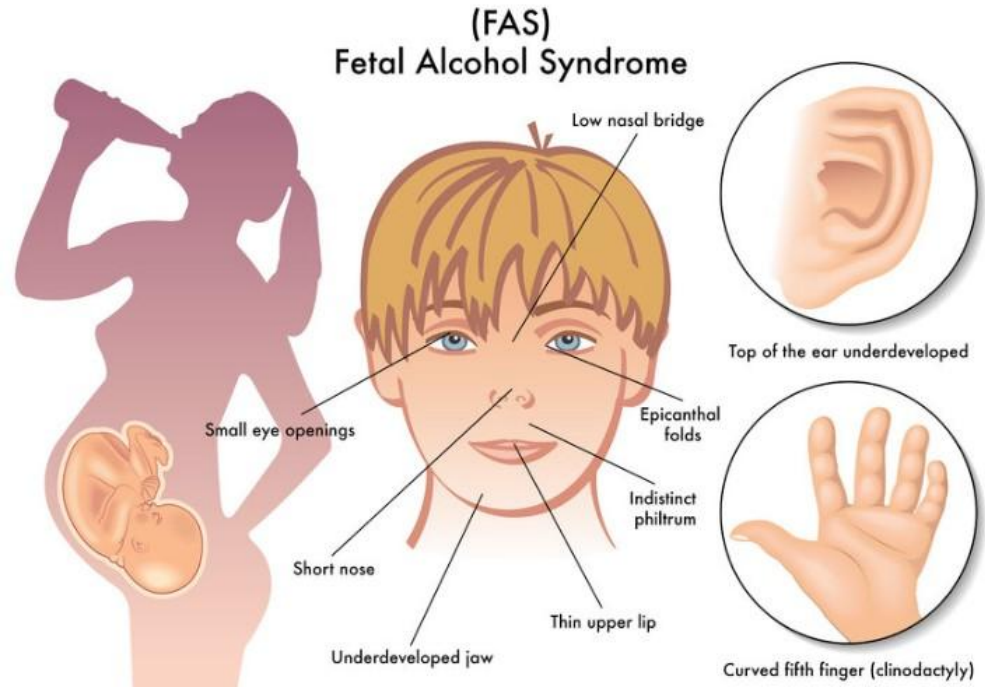
- Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person who was exposed to alcohol before birth.
- These effects can include physical problems and problems with behavior and learning.



What Is Fetal Alcohol Syndrome (FASD)?

Physical defects may include:

- Distinctive facial features:
 - Small eyes,
 - Exceptionally thin upper lip
 - Short, upturned nose
 - Smooth skin surface between the nose and upper lip
- Deformities of joints, limbs and fingers



What Is Fetal Alcohol Syndrome (FASD)?

Physical defects may also include:

- Slow physical growth before and after birth
- Vision difficulties or hearing problems
- Small head circumference and brain size
- Heart defects and problems with kidneys and bones



Lasts A Lifetime
No Cure



Alternative Choices to Drinking

- **Physical Activity** to create endorphins and reduce stress.
- **Creative Hobbies** to channel energy into something productive and enjoyable.
- **Reading** to offer a healthy way to escape and unwind.
- **Volunteering** to provide a sense of purpose, help others, and allow teens to connect with like-minded individuals.
- **Learning a New Skill** like cooking, coding, photography, or a foreign language, can be fulfilling and enhance cognitive abilities.
- **Socializing** spending time with friends and family to build strong relationships and develop social skills.
- **Mindfulness and Meditation** to aid in managing stress and improving emotional well-being.
- **Yoga** combines physical activity with mindfulness.
- **Journaling** provides a safe outlet for emotions, thoughts, and self-reflection.



Alternative Choices to Drinking

- **Outdoor Activities** such as hiking, biking, or simply going for a walk can be refreshing and encourage a healthy lifestyle.
- **Cooking Healthy Meals** is a fun and valuable skill that promotes physical well-being.
- **Joining Clubs or Groups** aligned with personal interests can provide a sense of belonging and connection.



Seeking Help

Talk to someone you TRUST such as a:

- Parent
- Family member
- Guardian
- Teacher
- School Counselor
- Coach

Opening up about your struggles can be a relief and provide you with much-needed support.

Seeking Help

Reach out to these people who can provide expert guidance, coping strategies, and offer a safe place to talk about your struggles:

- Mental health professional
- Counselor
- Therapist

Opening up about your struggles can be a relief and provide you with much-needed support.

Group Discussion



CAPTURE TAKEAWAYS

Group Discussion



- Why do you think binge drinking is prevalent among teenagers?
- Do you think binge drinking affects academic performance? How?
- What strategies can you use to resist peer pressure related to alcohol?
- Can you name some signs that someone might have a problem with binge drinking?
- How might alcohol poisoning symptoms be different from simply being very drunk?
- What are some of the warning signs that someone might be experiencing alcohol poisoning?
- What steps can you take to ensure you and your friends stay safe if you're in an environment where alcohol is being consumed?
- Have you ever encountered situations where you needed to educate someone about the risks of alcohol consumption during pregnancy? How did you handle it?
- How can we support pregnant women in making informed decisions about alcohol consumption during pregnancy?
- Can you think of any alternative ways to celebrate or cope with stress that don't involve alcohol that you have tried and would like to share?

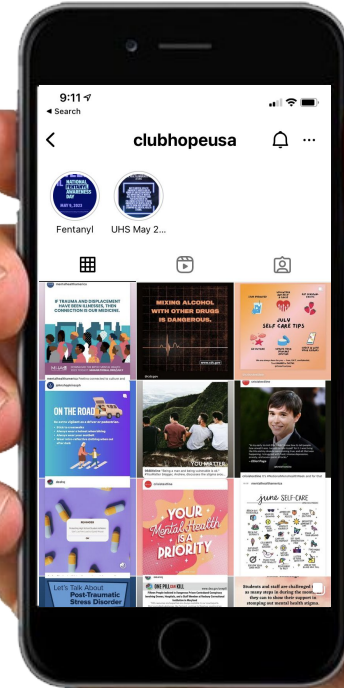


CAPTURE TAKEAWAYS

Instagram

@clubhopeusa

<https://www.instagram.com/clubhopeusa>



Club Business

- Status of Fundraisers & Events
- Next Meeting Date & Time



That's All Folks
Meeting Adjourned

