



STARTING TOUGH CONVERSATIONS

ALCOHOL MISUSE

“The Marine Corps has been, and will continue to be America’s Expeditionary Force in Readiness - ready to respond to today’s crisis, with today’s Marine forces, today.”

Gen. James F. Amos, 35th Commandant of the Marine Corps

RECOGNIZE THE SIGNS OF ALCOHOL MISUSE

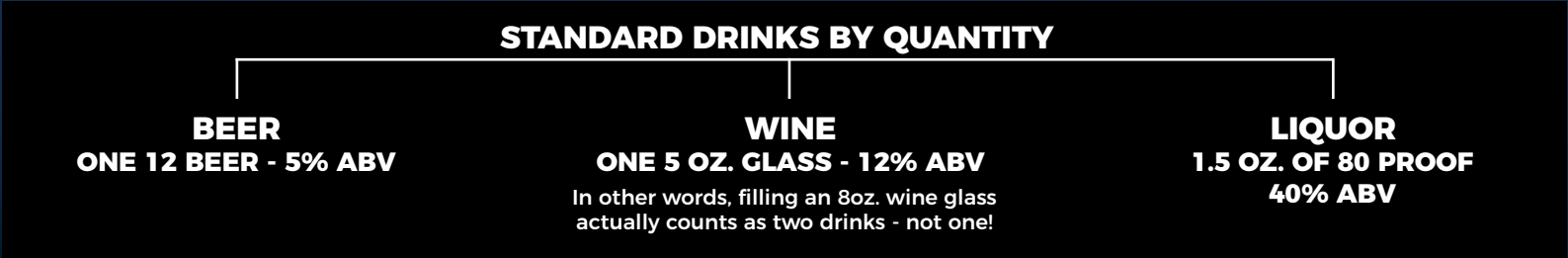
- Reduced productivity, efficiency, and concentration
- Sudden changes in appearance
- Unexplained absences
- Increased aggression
- Mood swings
- Inability to limit alcohol use

IDENTIFY AVAILABLE RESOURCES

[The Substance Abuse Counseling Center \(SACC\)](#) provides screening, assessment, early intervention, education, case management, and counseling services. To be ready to respond, remember the facts about low-risk drinking.

KNOW THE FACTS ABOUT LOW-RISK DRINKING

- A standard drink depends on the type of alcohol, alcohol by volume (ABV), and proof.
- Standard drinks are: 12 oz. beer (5% ABV); 5 oz. wine (12% ABV); 1.5 oz. liquor (40% ABV, 80 proof)
- Low-risk drinking means consuming no more than one standard drink per hour, two per day for women, and three per day for men, and 14 or fewer drinks per week.
- Low-risk choices improve well-being, readiness, and can help you achieve your fitness goals.
- Low-risk choices reduce the risk of health problems such as cancer, liver disease, sleep problems, depression, and accidental injuries.



PLAN YOUR APPROACH

Determine the best time and place to approach your Marine, family member, or friend to discuss his or her alcohol use. Make sure to set up your environment to be distraction free with no interruptions.

MAKE YOUR POINTS

Be specific about what you have witnessed. Express your concern. Alcohol misuse impacts readiness. Help the person understand why it's important to make good personal decisions.

Share the facts about alcohol and readiness:

- Alcohol is a depressant that slows reaction time and impairs judgement.
- Alcohol is high in calories and can cause dehydration, which impedes physical fitness.
- Alcohol is the most misused addictive substance.
- It takes approximately three hours to sober up for every two drinks you consume.
- Alcohol causes nearly 100,000 deaths per year.

Discuss available resources and make a plan.

FOLLOW UP

The Marine Corps is a family. Follow up with your Marine, family member, or friend to ensure that he or she is safe.

REMEMBER

Ignoring the situation only gives it time to get worse. If you see someone struggling with alcohol-related issues, talk about it and get the person to someone who can help. The earlier someone gets help, the better chance the person has to avoid more severe consequences.

Lead by example. Make sure you are encouraging low-risk alcohol use. Be mindful of your own drinking when around Marines, the stories you tell, and the messages you give about alcohol use. Substance Abuse Counseling Centers are located on all Marine Corps installations. To learn more, contact your installation's [Substance Abuse Counseling Center \(SACC\)](#).

SUPPORT AND RESOURCES

[Military OneSource](#) | [Own Your Limits](#)