

FOR IMMEDIATE RELEASE:

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November 14, 2018

Happy Holidays: Don't Drink & Drive

With Thanksgiving, Christmas and New Year's just around the corner, it is important to remember that alcohol can be a part of the holidays for many Americans and over consumption of alcohol combined with driving can be disastrous. From 2012-2016, there were 33 people involved in an alcohol related car accident in Anadarko with some of those being fatal¹. There are many prevention tips designed to keep you and your loved ones safe and here are some ways you can take part²:

- Plan ahead if you are going to drink at holiday get-togethers by having a designated and sober driver.
- Manage your alcohol consumption, and limit yourself from over-indulging.
- When hosting holiday get-togethers for family and friends, provide a wide range of choices of non-alcoholic beverages. In addition to sparkling waters, fruit juices and teas, there are non-alcoholic beers and wines.
- As the host of a holiday get-together, you are responsible to ensure your guests, whether family or friends, do not leave under the influence of alcohol and get behind the wheel of a vehicle. Ensure the person has a designated sober driver to get them home safely, and if not, provide them a place to spend the night and sleep it off.
- Do not provide alcohol to youth; it's a direct violation of Oklahoma's Social Host Law. And always remember, an alcohol-free holiday is the best kind!

Red Rock RPC takes a proactive approach in reducing substance abuse among communities, specifically underage drinking and the non-medical use of prescription drugs. They identify factors in a community that cause the risk of substance abuse and work to promote protective factors that serve to minimize the risk of substance use/abuse and is funded through the Oklahoma Department of Mental Health and Substance Abuse Services. The Red Rock RPC wishes everyone safe and Happy Holidays this year! If you have questions for the RPC, please call us at 580-323-9736.

¹ Oklahoma Highway Safety Office. <http://ohso.ok.gov/crash-data2>

² Alcoholism Prevention Tips: Thanksgiving Can Be High Risk Holiday for Abuse.

<http://www.narconarrowhead.org/blog/alcoholism-prevention-tips-thanksgiving-can-be-high-risk-holiday-for-abuse.html>