

**Be Smart. Be Sober. Be Safe.
Travel Alcohol & Drug Free!**

WILCOX COUNTY COMMUNITY COALITION VOLUME III, ISSUE 4

**NEVER BEEN SCREENED FOR BREAST AND CERVICAL CANCER?
OR HAS IT BEEN A LONG TIME?**

The Cancer Screening Buses are coming to your community!

Thursday, February 27th, 2025
10:00-2:00 PM
City Hall Parking Lot
50 Dunn St.
Pine Hill, Alabama 36769

Detecting cancer early can save your life: **GET SCREENED** and tell your friends!
(Walk-ups accepted)

- **FREE** cancer screenings and treatment for women with no insurance and a low income.
- Breast cancer screening will be available for women 40 years and older who have not had a mammogram within the last 2 years.
- HPV/Pap Testing for cervical cancer screening is available for women age 40 and over, and also for women age 30-40 who have had their tubes tied and have not had an HPV/Pap test in the last 3 years.

ALABAMA PUBLIC HEALTH | Breast & Cervical CANCER | Alabama Department of Public Health

For questions or to reserve a time slot, call 334-682-4128

LAW ENFORCEMENT APPRECIATION DAY

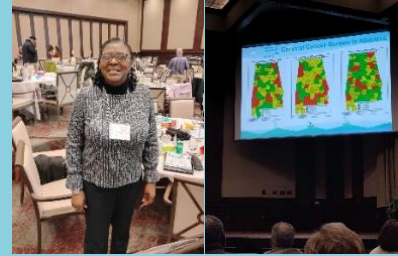
Every day, across towns and cities, law enforcement officers quietly step into their roles as protectors, peacekeepers, and pillars of safety in our communities. They wear their badges as a commitment to uphold justice and ensure that our neighborhoods remain places where families can thrive. On Law Enforcement Appreciation Day, we pause to honor these individuals who dedicate their lives to serving others.



Law Enforcement Appreciation Day was held on January 26, 2025 at New Hope II Missionary Baptist Church, Camden, Alabama.



The Second OPERATION WIPE OUT Summit, was held Friday, January 31, 2025, from 10 a.m. - 2 p.m. at The Harbert Center in Birmingham, Alabama. The event is hosted by the Rotary Club of Birmingham and partners.



<https://10.us-2.isolation.mimecastprotect.com/?sessionID=ec197454d23192ae679a>

ALCOHOL USE FACTS & RESOURCES

ALCOHOL USE FACTS

88,000
alcohol-related DEATHS
per year (2006-2010)

WHAT IS A STANDARD DRINK?



UNDERAGE DRINKING IS RISKY DRINKING
in 2016 ages 12 to 20

19.3% (7.3 Mil) reported alcohol use
12.1% (4.5 Mil) were binge drinkers
2.8% (1 Mil) were heavy drinkers

\$249 BILLION

Cost of excessive alcohol use in the U.S. in 2010

Workplace productivity: **\$179 billion**
Medical expenses: **\$28 billion**
Criminal justice: **\$25 billion**
Motor vehicle collisions: **\$13 billion**

ALCOHOL USE AGE 21 OR OLDER
in 2016

55.8% (129 Mil) reported alcohol use
6.2% (60 Mil) were binge drinkers
6.6% (15 Mil) were heavy drinkers

EXCESSIVE DRINKING

WOMEN

Binge drinking is having **4** or more drinks in one occasion
Heavy drinking is having **8** or more drinks per week

MEN

Binge drinking is having **5** or more drinks in one occasion
Heavy drinking is having **14** or more drinks per week

An occasion is one sitting or within two to three hours.

INDICATORS OF RISKY OR EXCESSIVE DRINKING

- Drink more, or longer than you intend
- Try to cut down or stop drinking, but are not able to
- Have to drink more than you once did to get the effect you want
- Continue to drink even though it makes you feel depressed or anxious or adds to another health problem
- Loved ones and/or trusted friends have made comments about your drinking pattern
- Spend a lot of time drinking or thinking about alcohol
- Find that drinking often interferes with daily activities, family, friends and/or work
- Have been arrested or had other legal problems due to drinking
- Experience symptoms of withdrawal when you don't drink (withdrawal symptoms include: shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)

ASSESS YOUR ALCOHOL USE • AUDIT-C ALCOHOL USE SCREENING TOOL

- How often do you have a drink containing alcohol?
 - Never = 0 points
 - Monthly or less = 1 point
 - 2-4 times a month = 2 points
 - 2-3 times a week = 3 points
 - 4 or more times a week = 4 points
- How many standard drinks containing alcohol do you have on a typical day?
 - 1 or 2 = 0 points
 - 3 or 4 = 1 point
 - 5 or 6 = 2 points
 - 7 to 9 = 3 points
 - 10 or more = 4 points
- How often do you have 6 or more drinks on one occasion?
 - Never = 0 points
 - Less than monthly = 1 point
 - Monthly = 2 points
 - Weekly = 3 points
 - Daily or almost daily = 4 points

Hazardous Drinking Score

Men: 4 points or higher is considered hazardous drinking
Women: 3 points or more is considered hazardous drinking

However, when the points are all from Question #1 alone (#2 and #3 are zero), it can be assumed that the patient is drinking below recommended limits and it is suggested that the provider review the patient's alcohol intake over the past few months to confirm accuracy.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov



TIPS TO CUT DOWN ON YOUR DRINKING

Monitoring your alcohol use can help you prevent risky drinking:

- Set a daily and weekly drinking limit. Write down your limit and keep it with you.
- Pace your drinking. Have no more than one standard drink per hour.
- Record how much you drink each day.
- Avoid situations and triggers that cause you to drink.
- Ask a friend who does not drink to help you stay within your limit.
- Speak with your doctor and/or seek treatment for your alcohol use.



The Behavioral Health Treatment Services Locator
Find alcohol, drug or mental health treatment facilities and programs.
<http://findtreatment.samhsa.gov>

SAMHSA's National Helpline
1-800-462-HELP (4357) • TTY: 1-800-487-4889
<http://samhsa.gov/find-help/national-helpline>
Suicide Prevention Lifeline
1-800-273-TALK (8255) • TTY: 1-800-779-4889
<http://suicidepreventionlifeline.org>

ALCOHOL RESOURCES



Underage Drinking Myths vs. Facts

This fact sheet for teens and pre-teens compares common myths about alcohol use with facts about the dangers and impact of underage drinking.
<http://bit.ly/UnderageMythFacts>



Finding Quality Treatment for Substance Use Disorders

This fact sheet serves as a guide for individuals seeking behavioral health treatment. It provides three necessary steps to complete prior to utilizing a treatment center and the five signs to finding a quality treatment center.
<http://bit.ly/FindingQualityTx>



Faces of Change: Do I Have a Problem With Alcohol or Drugs?

This resource explores the lives of five characters living with different substance use disorder conditions. It illustrates the stages of change and the value of treatment, recovery, and motivational incentives. It also includes a change plan worksheet.
<http://bit.ly/SMA15-4174>



The Next Step Toward a Better Life

This brochure describes the stages of recovery from alcohol and drug misuse, and what to expect after leaving detoxification services. It offers guidance on adjusting to sobriety, and long-term recovery.
<http://bit.ly/SMA14-4474>



National Prevention Week, May 13 to 19, 2018

National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. Each day has a theme and Tuesday, May 15, the theme is Prevention of Underage Drinking and Alcohol Misuse and links to a webinar. Learn more at: <https://www.samhsa.gov/prevention-week>



"Talk. They Hear You." Campaign

SAMHSA's underage drinking prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol. This campaign includes numerous tools and resources for parents and communities. Learn more at: <https://www.samhsa.gov/underage-drinking>



"Talk. They Hear You." Mobile Application

The app features an interactive simulation that helps you learn the do's and don'ts of talking to kids about underage drinking. Using avatars, you will:
• Practice bringing up the topic of alcohol
• Learn the questions to ask
• Get ideas for keeping the conversation going
Download on your Apple®, Android®, or Windows® mobile device. Learn more at: <http://bit.ly/UnderageDrinkingApp>



Alcohol FX Tablet Mobile Application: Alcohol's Effect on the Brain

A free, science-based, Reach Out Now mobile application for tablets that teaches students ages 10-12 on how alcohol can harm their brains if they drink. The app is intended to easily integrate into instruction in fifth- and sixth-grade classrooms and at home. Download on your Apple® or Android™ mobile device. Learn more at: <http://bit.ly/AlcoholFXVideo>



Talking With Your College-Bound Young Adult About Alcohol

This guide and video give parents information they need to talk with their college-bound young adults about the consequences of underage drinking. Find the guide at: <https://store.samhsa.gov/product/SMA15-4897>
Watch the video at: <http://bit.ly/TheSoundOfYourVoice>

Visit <https://www.store.samhsa.gov> for additional information and resources

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https://blackbeltcommunitiesinaction.org/wilcox_county