

HMP & YOI Doncaster CARAT Alcohol Risks Sheet

I, _____ have discussed and understood the following, and received further information and explanation where necessary.

Date		
<u>Risk Factors for Alcohol Use</u>	I know that using alcohol with drugs increases the risk of overdose	
	I understand what to do to keep safe	
	I am aware of the recommended alcohol units a day	
	I am aware of the social problems alcohol can cause	
	I am aware of the health problem alcohol can cause	
<u>Avoiding Overdose</u>	Tolerance levels	
	Put them in the recovery position	
	Call an ambulance and give the correct information.	
	Keep calm and stay with them	
<u>What not to do</u>	I should not leave them alone; call 999 and wait for the ambulance to arrive	

Previous Overdose: Y / N
Details:

Signed (client)		
Signed (worker)		
DATE		

Alcohol Risk Sheet Guide

Using alcohol with other drugs:

- Alcohol is a depressant drug and when used with other depressant drugs such as heroin and benzodiazepines this can cause overdose as alcohol slows down the heart rate and slows the breathing and when used together could slow the heart down so much that it will stop.

What to do to keep safe:

- Don't drink alcohol on an empty stomach, as you will get drunk very quickly
- Avoid high strength lagers and ciders. These will get you too drunk too quick, meaning you are more likely to be sick or pass out.
- Avoid mixing drinks
- Don't drink on your own
- Its not truth that coffee, cold showers or vitamins help sober you up
- Drink plenty of water as well as drinking alcohol, and also drink a pint of water before going to bed. This will help your body recover and reduce the effects of a hangover.

Alcohol Units

- | | | |
|--|--|--------------|
| • 14 units a week (one to two units a day) for women | Can of normal strength lager or cider (440ml) | 2 units |
| • 21 units a week (one to three units a day) for men | Bottle of strong lager or cider(330ml) such as Stella, Kronenbourgh or Strongbow | 2 units |
| | Bottle of strong cider – White Lightening | 8 units |
| | Bottle of alcopop (330ml) | 2 units |
| | Bottle of wine – different wines are different Strengths | 7 to 9 units |
| | Bottle of spirits (1 litre) Vodka, Gin & so on | 40 units |

Social Problems

- Unplanned and unprotected sex, leading to STD's
- Unwanted sexual encounters, assault and rape.
- Could lead to drunk driving, which then could lead to a prison sentence.
- Makes you an easy victim for robbery.
- Reduces common sense and your ability to control your impulses –this could lead to aggression, arguments and fights that can get out of hand.

Health Problems:

- Loss of brain cells
- Liver damage, which can then cause skin problems due to when the liver is damaged by alcohol, it can't process the vitamins your skin needs.
- Stomach ulcers
- Certain types of cancer
- Heart attacks
- Epilepsy

- Weight gain – a can of strong lager has the same number of calories as a Mars Bar.

Call an ambulance:

- If a person passes out when they get drunk and you cannot wake them, get help – call an ambulance by phoning 999. You could save a life.

Recovery position:

- Put them in the recovery position this will stop them from choking on their own vomit.

Information:

- When the ambulance arrives, tell them everything they need to know – your friend's name, what they have been drinking, how much and when.

Keep calm and stay with them.

- Staying with them could save their life and this will also allow you to call an ambulance, put them in the recovery position and inform paramedics of all the information needed.