

❖ What is CASI?

CASI is short for Computerized Alcohol Screening and Intervention, a computer program that helps to identify at-risk and dependent drinkers and assists in interventions regarding alcohol use.

- If your CASI results reveal that you are a dependent drinker, a UC Irvine Healthcare clinical social worker and medical team will meet with you to provide information about treatment options in Orange County.
- If your CASI results show that you are an at-risk drinker, please study your personalized printout. Our staff will meet with you to address concerns and questions about your at-risk drinking behavior.

Who are at-risk drinkers? They are people who are at risk of causing future physical, psychological or social harm as their drinking increases. While they are not considered dependent drinkers, they are more likely to drive after drinking and are also at greater risk of causing serious alcohol-related injury or illness. For every U.S. adult who is considered a dependent drinker, there are six more adults who are at risk of experiencing problems from their drinking – including injuries that require the services of a trauma center.

TRAUMA SERVICES INJURY PREVENTION PROGRAM

UC IRVINE • HEALTHCARE

For more information, call the
Orange County Health Care Agency
Alcohol and Drug Abuse Services
at 714.834.3840.

ALCOHOL AND YOUR HEALTH Are You at Risk?

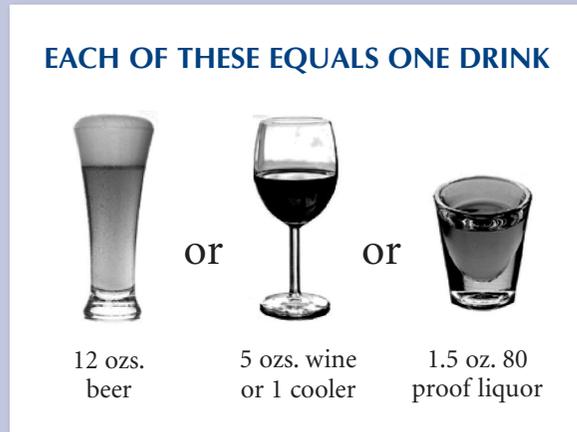
WHAT CAN YOU DO IF YOU ARE IMPAIRED?

- Call a sober friend to assist you.
- Call a taxi
 - CA Yellow Cab
800.YELLOW.CAB
 - OC Yellow Cab
800.TAXI.RIDE
 - Yellow Cab of Greater Orange County
800.TAXI.CAB
- Ask the bartender, restaurant manager or food server to assist you.



❖ How Much Do You Drink?

You do not have to be an alcoholic for alcohol to put you at risk for injury or illness.



At-Risk Drinking Levels*

Men: > 14 drinks per week or
> 4 drinks in any day

Women: > 7 drinks per week or
> 3 drinks in any day

Age 65 and older: > 7 drinks per week or
> 3 drinks in any day

No amount is safe when you are driving. Your crash risk goes up, even with small amounts.

No amount of alcohol is safe if you are pregnant or trying to become pregnant.

*Medications and medical or mental conditions may increase risk.

❖ Alcohol and Injury

Drinking any amount of alcohol increases the risk for a motor vehicle collision, which can cause traumatic injury. In addition, alcohol consumption can lead to many other injuries, such as:

- Falls
- Burns
- Drowning
- Pedestrian injuries
- Assaults
- On-the-job injuries
- Domestic violence
- Sports injuries

❖ Alcohol and You

Ask yourself these questions:

- How did alcohol contribute to my injury?
- How would my life be different if I were to change my drinking habits?
- What are some of the most important things in my life? (Family? Job? Educational goals? Career goals?)
- How could my drinking interfere with my ability to hold onto or pursue these important aspects of my life?
- What changes am I willing to make to my drinking patterns and the amount I drink?

❖ Safer Drinking Strategies

- If you drink, do not drive.
- Never ride with a driver who has been drinking.
- Before you drink, plan ahead.
 - Designate a non-drinking driver before you go out, or arrange for a sober ride home.
 - Before you go out, always know how you are getting home.
 - Arrange to stay overnight at the host's house or at a nearby hotel.
 - Carry cab money and cab telephone numbers with you.
- Drink responsibly and set your limit before you begin drinking.
 - Eat a full meal before you have your first drink.
 - Drink no more than one drink per hour.
 - Drink non-alcoholic beverages between alcoholic drinks to slow the rate of consumption.
 - Avoid drinking games, doing shots or guzzling drinks.
- Do not mix alcohol with other drugs – over-the-counter, prescription or illegal.
- Leave any drinking situation that is out of control before you get involved.