



A GUIDE TO SAFER DRINKING HABITS

The 0.0.1.3 campaign aims to promote responsible alcohol consumption and prevent substance misuse in Teton County. By applying these four key guidelines, individuals can make safer choices regarding alcohol consumption.

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0 Drinks Before the Age of 21

- Consumption of alcohol before reaching the age of 21 is illegal and poses significant health risks.
- Research indicates that early alcohol use is associated with an increased likelihood of developing alcohol-related problems later in life.
- Encourage young individuals to prioritize their health and well-being by delaying use of alcohol until they reach the legal drinking age.

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0 Drinks if You're Driving

- Driving under the influence of alcohol is one of the leading causes of accidents and fatalities on the road.
- Even small amounts of alcohol can impair judgment, coordination, and reaction time, significantly increasing the risk of accidents.
- Always designate a sober driver or utilize alternative transportation methods if you plan to drink alcohol.

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1 Drink with Water in Between Per Hour

- Moderate alcohol consumption is key to minimizing health risks and promoting responsible drinking habits.
- Drinking one standard alcoholic beverage per hour allows the body enough time to metabolize alcohol effectively.
- Hydrating with water in between alcoholic beverages helps to prevent dehydration and reduces the likelihood of overconsumption.

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No More Than 3 Drinks Per Event, Night Out, or Occasion

- Setting limits on the number of drinks consumed per night or occasion helps individuals maintain control over their alcohol intake.
- Excessive alcohol consumption can lead to a range of short-term and long-term health consequences, including injury, such as motor vehicle accidents or falling, violence, including suicide, sexual assault, and intimate partner violence, alcohol poisoning, liver disease, and alcohol use disorder.
- Individuals should be able to know their limits and prioritize their health and safety when drinking alcohol.



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Blood Alcohol Concentration (BAC) and Risk Factors

BAC refers to the concentration of alcohol in a person's bloodstream, typically measured as a percentage.

Factors influencing BAC include:

- Number of drinks
- Strength of drink
- Rate of consumption
- Body size/weight
- Food intake
- Drug use interaction with alcohol

Higher BAC levels are associated with increased impairment and greater risk of accidents, injuries, and legal consequences. Know the warning signs and understand the mental health and drinking connection.



mental health
& recovery services
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OSPREY
BEVERAGES

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National Resources for Prevention and Recovery:

- Substance Use Hotline: [1-800-662-HELP\(4375\)](tel:1-800-662-HELP(4375)) or visit [SAMHSA's National Helpline](https://www.samhsa.gov/national-help) | [SAMHSA](https://www.samhsa.gov)
- Resources to help: [Mental Health and Counseling returned 21 sub-categories Teton, Wyoming \(networkofcare.org\)](https://www.networkofcare.org)
- Treatment for alcohol problems: [Treatment for Alcohol Problems: Finding and Getting Help](https://www.niaaa.nih.gov/treatment-alcohol-problems-finding-and-getting-help) | [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\) \(nih.gov\)](https://www.niaaa.nih.gov)
- Support Groups: Connect individuals struggling with alcohol abuse or addiction to support groups such as [Alcoholics Anonymous \(AA\)](https://www.aa.org) or SMART Recovery

Local Prevention and Recovery Services:

Mental Health and Recovery Services of Jackson Hole offers a variety of services around substance use with sliding scale fees. Log on to their [website](http://www.mhrcj.org) to learn more.

Call **(307)- 733- 2046** for additional information or to make an appointment.

- **Counseling for Individuals, Family or Employers:** Individual counseling with a professional, experienced licensed therapist are available upon request. Insurance and third party billing is available.
- **Referral Services:** Mental Health & Recovery Services of Jackson Hole maintains contact with a network of regional residential treatment providers for those in need of inpatient placement or services not provided by Mental Health & Recovery Services of Jackson Hole.
- **Consultations:** If you have concerns about someone's drinking or drug use, but don't know what to do next, Mental Health & Recovery Services of Jackson Hole offers confidential consultations with a licensed therapist free of charge.
- **Intensive Outpatient Treatment (IOP) Programs:** We offer separate programs for Men, Women, and Adolescents. Group sessions are held every day, Monday through Friday. Programs include individual and group therapy as well as case management as needed.
- **Evaluation and Assessments:** We are a state-certified substance use evaluation provider. We provide assessments for many reasons including: personal information, business and corporate requests, criminal justice cases, and coordinated efforts with other service agencies.



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