



280 Main Street • Damariscotta, ME 04543 • 207-563-1330 • [www.healthylincolncounty.org](http://www.healthylincolncounty.org)

**For Immediate Release:**

April 14, 2017

**Contact:**

Kate Marone, Director  
563-1330

**Alcohol Awareness Month**

**Damariscotta, ME:** While Maine is in the midst of an opioid crisis, alcohol is still the most misused or abused substance in our community. Healthy Lincoln County (HLC) and the Substance Use Prevention Partnership are focused on preventing teens from drinking alcohol during Alcohol Awareness Month.

“The adolescent brain is not ready to drink alcohol. During the teen years, the brain is still under construction and introducing alcohol puts them at risk for addiction and poor decision making,” says Kate Marone, HLC Director. Those teens that begin consuming alcohol before the age of 17 are 5 times more likely to develop an unhealthy relationship with alcohol as adults. Teen brains are also wired for risk taking and they do not have the same capacity as adults for making sound decisions.

“There are several things we can all do to help keep our youth from consuming alcohol. For parents, we encourage networking with other parents, keeping an open dialogue with your child about where they go and who they are with, lock up and count your alcohol, and thank the store clerks for asking for ID when someone purchases alcohol. While each of these seems like small gestures, if we all do them, we can make a big difference,” says Marone.

In addition, if you hear about or witness an underage party, you can send an anonymous tip by texting 274637 (CRIMES) with the time and location of the party. You can also use the anonymous LTip web link found at [healthylincolncounty.org](http://healthylincolncounty.org). This sends information to our law enforcement that might just save a life.

For adults, drinking too much alcohol increases the risk of injury, violence, drowning, liver disease, and some types of cancer. **Know your limits:** For most adults, 1-3 drinks in a day is a low risk choice, but more than 3 drinks on any given day increases your risk of impairment and injury. **Know your drink sizes:** Not all alcohol beverages are created equal. For instance, a 5 ounce serving of wine, a 1.5 ounce serving of liquor, and a 12 ounce beer have roughly the same amount of alcohol. Caffeine and carbonated mixers speed up absorption in your blood stream. What’s more, one serving of alcohol can take up to two hours for your body to break down. This can vary depending on your metabolism, weight, age, gender, and alcohol content.

There are apps for tracking your Blood Alcohol Level or BAC, and other tips like alternating drinks with water or other non-alcohol beverage to keep your BAC in check.

For more information, or parent tips on talking to your teens about alcohol and drugs, check out our Facebook page at [facebook.com/HealthyLincolnCounty](https://facebook.com/HealthyLincolnCounty).

###