



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

APRIL IS



Alcohol Awareness Month

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HEALTH

**Institute for
Prevention
and Recovery**



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

This month,
the DART Prevention Coalition of Ocean County will be sharing information and
resources related to alcohol use, alcohol use disorder, and underage drinking.

Want to help spread awareness and share on your own social media?

Make sure to keep an eye out on the DART Facebook page for our posts and feel free to repost
or share with your family, friends, and groups! If you want to share elsewhere, great!

Alcohol Use Disorder

Alcohol use disorder is a chronic disease characterized by uncontrolled dependence on alcohol. It can include periods of alcohol intoxication and symptoms of withdrawal.



**753,000 youth ages 12 to 17
had AUD in the past year**

**28.8 million adults ages 18
and older had AUD in the past year**

Source: <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics/alcohol-facts-and-statistics/alcohol-use-disorder-aud-united-states-age-groups-and-demographic-characteristics>

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[Alcohol Use Disorder](#)

WHAT'S THE RISK?

What's the Risk?



Underage drinking and other drug use can have severe consequences for adolescents under the age of 21.

Underage Drinking can lead to:



- **School problems, such as higher rates of absences or lower grades.**
- **Social problems, such as fighting or lack of participation in youth activities.**
- **Legal problems, such as arrest for driving or physically hurting someone while drunk.**
- **Disruption of normal growth and brain development**
- **Increased risk of physical and sexual violence.**
- **Increased risk of suicide and homicide.**

Source <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

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[What's the Risk?](#)

UNDERAGE DRINKING

Underage Drinking

21+

Poor Decisions

Drinking can lead people to make poor decisions and engage in risky behaviors, such as drinking and driving, unsafe sexual behavior, and using other substances that can result in a range of negative consequences.



Recognizing Danger

Alcohol use also slows down the ability to recognize—and respond to—potential danger. This could lead to fights and accidents. Alcohol use can also lead to injuries in other ways, such as burns, falls, or drowning.

Effect on Academics

Drinking has been associated with drops in academic performance in teens and young adults, such as missing classes and getting lower grades. However, it is important to note that other life factors may be the root cause for both drinking alcohol and poor academic performance.

Source: <https://niaaoforteens.niaaa.nih.gov/alcohol-and-your-health>

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[Underage Drinking](#)

FUN SPRING SIPS RECIPES

Watermelon Mint Refresher

INGREDIENTS

2 fresh mint leaves, plus more for garnish

Ice

3/4 cup watermelon juice

1/2 cup club soda

Small slice watermelon for garnish



DIRECTIONS

Mash mint leaves in the bottom of a large cocktail glass or pint glass with a muddler or small wooden spoon. Fill the glass one-third full of ice; add watermelon juice. Top with club soda and garnish with a watermelon slice and more mint leaves, if desired.

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Layered Strawberry-Mango Freezes

INGREDIENTS

3 cups frozen strawberries

½ cup orange juice, divided

3 cups ice, divided

¼ cup simple syrup, divided

1 cup water, divided

3 cups frozen mango chunks

⅔ cup lime juice, divided

DIRECTIONS

Place strawberries, 1 1/2 cups ice, 1/2 cup water, 1/3 cup lime juice, 1/4 cup orange juice and 2 tablespoons simple syrup in a blender. Puree until smooth. Transfer to a pitcher or bowl.

Place mango and the remaining 1 1/2 cups ice, 1/2 cup water, 1/3 cup lime juice, 1/4 cup orange juice and 2 tablespoons simple syrup in the blender. Puree until smooth.

Decoratively layer the two in 6 glasses.



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Whipped Frozen Lemonade

INGREDIENTS

For Lemon Simple Syrup:

½ cup granulated sugar

½ cup water

zest of 1 lemon

For Lemonade:

½ cup freshly squeezed lemon juice (from 2 lemons)

1 cup full-fat coconut milk

2 ½ cups ice cubes

DIRECTIONS

To prepare simple syrup: Bring sugar and water to a simmer in a small saucepan over medium heat, stirring occasionally until the sugar dissolves. Stir in lemon zest and remove from heat. Cover and let steep for 1 hour, then strain the syrup through a fine-mesh sieve; discard the zest.

To prepare whipped lemonade: Add ½ cup simple syrup, lemon juice, coconut milk and ice to a blender. Blend until the ice is crushed and the mixture is slushy. Divide between 4 8-ounce glasses and serve immediately.



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[**Watermelon Mint Refresher**](#)

[**Layered Strawberry-Mango Freezes**](#)

[**Whipped Frozen Lemonade**](#)

RESOURCES

[**Alcohol and Your Brain: A Virtual Reality Experience**](#)

>>Interactive virtual experience through National Institute on Alcohol Abuse and Alcoholism.

[**Alcohol and Your Health**](#)

>>National Institute on Alcohol Abuse and Alcoholism teen fact page.

[**DART Prom Fact Card**](#)

>>DART Fact Card with tips for ensuring safety during Prom season.

[**DART Underage Drinking Fact Card**](#)

>>DART Fact Card with tips for talking to your child about underage drinking.

NIAA for Middle School

>>National Insitute on Alcohol Abuse and Alcoholism resources and activities for middle school students.

Teen Drinking

>>National Insitute on Alcohol Abuse and Alcoholism teen drinking homepage.

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DART Prevention Coalition of Ocean County

RWJBarnabas Health Institute for Prevention and Recovery

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You are subscribed to The DART Coalition mailing list asdart@rwjbh.org.

Please note: If you click "unsubscribe" below, you will be removed from all prevention email lists, including all DART Coalition, Communities That Care (CTC), and SOCIAL Network emails. If you wish to unsubscribe from just one of the above groups, please email us directly for assistance.



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