

Re-Integration Worksheet:
Re-establishing Healthy Alcohol Behaviors

COVID Drinking Patterns

1. Do you feel the amount of alcohol you drank changed during COVID? **Yes No**
2. Do you feel the type of alcohol you drank changed during COVID? **Yes No**
3. Which type of alcohol did you consume most pre-COVID? **Beer** or **Wine** or **Liquor** (circle answer)
(Please specify type(s) of liquor _____)
4. When did you drink pre-COVID? **Weekdays** or **Weekends** or **Only After Work** (circle answer)
5. About how many drinks would you have in one sitting pre-COVID? _____ drinks per sitting
6. About, how many drinks did you consume per week pre-COVID? _____ drinks per week
7. Which type of alcohol did you drink most during COVID? **Beer** or **Wine** or **Liquor** (circle answer)
(Please specify type(s) of liquor _____)
8. When did you drink during COVID? **Weekdays** or **Weekends** or **Only After Work** (circle answer)
9. About how many drinks would you have in one sitting during COVID? _____ drinks per sitting
10. About how many drinks did you consume per week during COVID? _____ drinks per week
11. Did you consume alcohol while you were working from home during COVID? **Yes No**
12. Do you feel like you were drinking because you were **bored, sad, lonely, anxious, worried, or stressed?** If yes, circle reason. **Yes No**
13. Did you experience any significant weight gain or weight loss? **Yes No**
If so, how much? _____ pounds

Alcohol Myths -- BUSTED

From: <https://drugabuse.com/fact-or-fiction-busting-6-alcohol-myths/>
By: American Addiction Centers Editorial Staff

1. T or F It's safe to drink more and more over time because your body develops a tolerance to alcohol.
2. T or F Beer makes you less drunk than others types of alcohol.
3. T or F You can "sober up" with a pot of coffee or a cold shower.
4. T or F You'll get more drunk if you drink several types of alcohol.
5. T or F If I eat a big meal before I drink, I won't get drunk.
6. T or F A drink before bed helps you sleep.

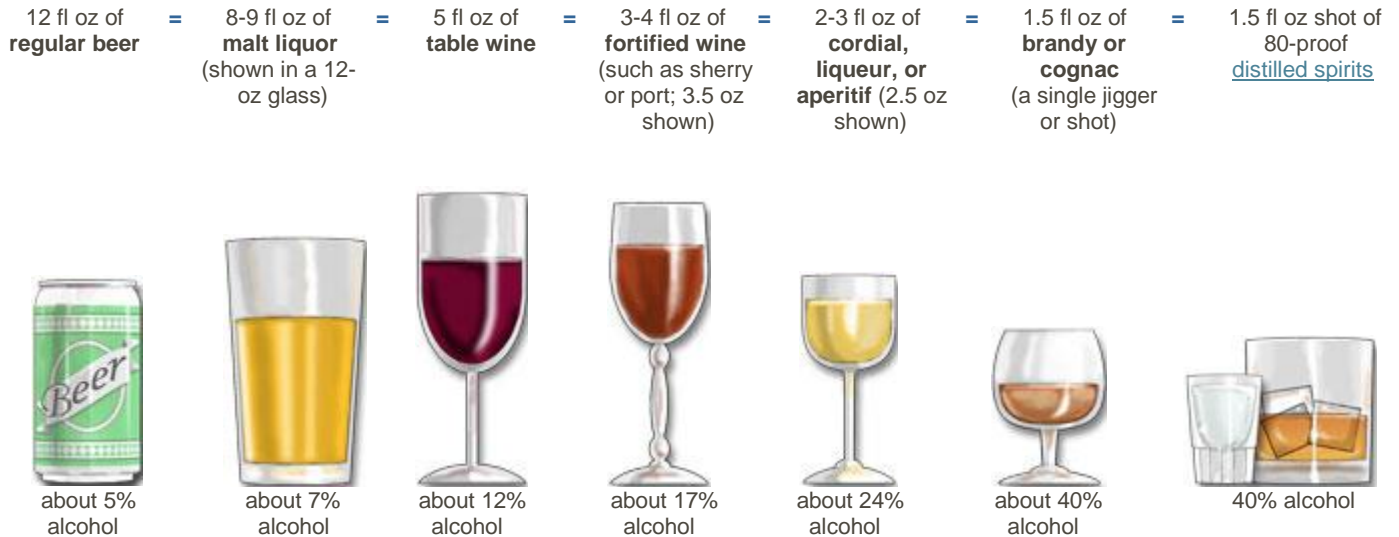
COVID Alcohol Trends

From: Micallef, J.V. (04Apr2020). How the COVID-19 Pandemic is Upending the Alcoholic Beverage Industry.
<https://www.forbes.com/sites/joemicallef/2020/04/04/how-the-covid-19-pandemic-is-upending-the-alcoholic-beverage-industry/#24c490e84b0b>

1. According to David Ozgo, Senior Vice President, Economic and Strategic Analysis at the Distilled Spirits Council of the US (DISCUS), overall consumption of alcoholic beverages would not change much. Only the distribution pattern would change dramatically.
2. Nielsen data indicated that there was an overall increase of 55% in sales of alcohol in the US for the week ending March 21.
3. The 1.75 liter sized bottles showed the largest increase in sales while the 375 ml bottles showed the smallest increase.
4. Tequila sales saw a spike of 75% while wine was up 66% and beer only 42%.
5. Corona beer sales were feared to decrease due to its name similarity to the Coronavirus. However, sales of Corona soared 50% exceeding overall beer sales.
6. According to Nielsen, online spirits sales were up 243% during the week ending March 21.
7. Drizly, nicknamed the "Amazon of liquor," recorded a 300% increase in online sales in the US and Canada.
8. Vivino, another wine app, experienced increased in sales of about 162% in the US and about 282% in Italy.
9. Anecdotal data suggests that millennials are the biggest group of premium wine drinkers. Millennials spend more per bottle on wine than their parents.
10. Roughly 50% of a typical bar's revenues comes from the sale of alcoholic beverages, about 20% liquor, 5% wine, and 25% beer.

What is considered a “standard” drink?

From: <https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/What-counts-as-a-drink/Whats-A-Standard-Drink.aspx>



Each beverage portrayed above represents one U.S. standard drink (also known as an alcoholic drink-equivalent). The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types.

What are different drinking levels?

From: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>

Moderate alcohol consumption:

According to the "Dietary Guidelines for Americans 2015-2020," U.S. Department of Health and Human Services and U.S. Department of Agriculture, moderate drinking is up to 1 drink per day for women and up to 2 drinks per day for men.

Binge Drinking:

- National Institute of Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.
- The Substance Abuse and Mental Health Services Administration (SAMHSA), which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month.

Heavy Alcohol Use:

- SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month.

Patterns of drinking associated with Alcohol Use Disorder:

- Binge drinking and heavy alcohol use can increase an individual's risk of alcohol use disorder.

Certain people should avoid alcohol completely, including those who:

- Plan to drive or operate machinery
- Participate in activities that require skill, coordination, and alertness
- Take certain over-the-counter or prescription medications that may interact with alcohol
- Have certain medical conditions that could worsen due to alcohol
- Are recovering from alcohol use disorder or are unable to control the amount that they drink
- Are younger than age 21
- Are pregnant or trying to become pregnant

9 Tips for mindful drinking.

By: Patt Denning, coauthor of *Over the Influence, Second Edition* and *Practicing Harm Reduction Psychotherapy, Second Edition*

Here are nine simple and effective strategies to help you become more mindful about your drinking during these challenging times.

1. **Resist New "Happy Hour" Habits.** Lots of people are video conferencing with friends and families and the online happy hour has really taken off! But this isn't the time to start new drinking habits if you didn't do this before. Maybe you went to happy hour on Fridays after work, but now you're getting requests for several times a week. Remember that you don't have to drink alcohol during all those video happy hours. You can hold a glass of anything and join in the conversation.
2. **Notice the Time.** Now that we're working bizarre schedules, it's easy to not even notice what time it is when the urge to drink hits, or a request to have a drink with someone comes into your inbox. Think about your habits prior to this shelter-in-place. If you were pretty much satisfied with your drinking pattern then, now isn't the time to start day drinking.
3. **Make Some Rules.** Our regular structures have taken a hit with this virus shutdown. We join Zoom meetings in our pajamas, or from our front porch. Who knows what time it is? Decide how much, how often, and with whom you want to drink. Make some rules about it. Not before 5:30PM. Not more than three times a week. Not with people you never used to drink with before. Even if you don't always follow your rules, you'll have a benchmark to assess how you're doing and what you might want to change.
4. **Beware of the Home Delivery Boxes.** Really? You need to buy three bottles just in case? Or you really need a case just because? Having a lot of booze around makes it hard to notice how much you're drinking and contributes to overdoing it.
5. **Learn to "Surf the Urge."** When you first feel the wish to drink, check the time and write it down if you can. Then just stand still. Don't do anything. Or if it's easier, move around, adjust the window shades, get a drink of water. Distract yourself for a while. The impulse will go away. As soon as you notice that you forgot about drinking, check the time. Was it one minute, or ten? This is your time frame for controlling yourself. You can say to yourself, "If I can wait ten minutes, this urge to use will go away." If the urge comes back, do it again. You're trying to teach yourself, "This urge will go away whether or not I drink!"

6. **Fill Your Schedule with Activities that are Incompatible with Drinking.** Many people find strenuous exercise, like running, a great way to release built up tension. You could also go for a long walk or bike ride. Don't underestimate the power of breathing fresh air! But if exercise isn't your thing, get creative. Sit in the car and sing at the top of your lungs; take a long, hot shower; or sign up for a class online
7. **Make Self-Monitoring a Habit.** You can do this by simply writing down each drink, what time it was, and how much you consumed; or use an app like DrinkControl. The point is not to be self-critical, but simply to be self-aware. It's important to know what your usual pattern is if you want to be able to change it.
8. **Remember the Core Values of Harm Reduction:**
 - *Understanding.* Understand your choices and the things you have done in your life so far. Knowing why you drink is essential to figuring out what to do about it.
 - *Acceptance.* Accept yourself and your choices and receive acceptance from others. Appreciate that you are doing your best right now, and look for the strengths, the humor, and the cleverness in your efforts.
 - *Compassion.* Guilt is paralyzing, and you must forgive yourself and have self-compassion in order to move forward on your journey to balance and moderation.
 - *Kindness.* Be kind to yourself and surround yourself (virtually!) with people who are kind to you.
 - *Connection.* Attachment—to a frosty IPA or a glass of white wine—can be replaced by, or exist alongside, connection to other people.
 - *Freedom to choose.* Always remember that you have autonomy—the right and the opportunity to have a hand in the direction of your life.

9. **Practice Mindfulness with the SOBER Breathing Space*:**

Stop or slow down right where you are and bring awareness to this moment.

Observe what is happening in this moment, in your body, your emotions, and your thoughts.

Breathe and notice the sensations of the in-breath and the out-breath.

Expand awareness to the reactions in your body to the situation you are in.

Respond mindfully and choose a course of action. Do not judge your choice.

**Adapted from Controlling Your Drinking, Second Edition*

For additional assistance with alcohol contact ADAPT @ 478-327-8398.

Alcohol Myths -- **BUSTED**

From: <https://drugabuse.com/fact-or-fiction-busting-6-alcohol-myths/>

By: American Addiction Centers Editorial Staff

1. Fact or **Myth** It's safe to drink more and more over time because your body develops a tolerance to alcohol.

Truth: Tolerance is a warning sign, not a stamp of approval to drink more. If your body develops a tolerance (you have to drink more to feel the same buzz), this means your body is being physically affected by alcohol. The more you drink, the more damage it causes your body. The risks continue to grow, not shrink.

2. Fact or **Myth** Beer makes you less drunk than others types of alcohol.

Truth: The alcohol content of a drink is what makes you drunk. A beer, a large glass of wine, and a double vodka all have nearly three units of alcohol each. Whatever you consume, in large enough quantities, it's going to make you drunk.

3. Fact or **Myth** You can "sober up" with a pot of coffee or a cold shower.

Truth: Time is the only thing that will make you sober again. Your body has to process the alcohol. It typically takes about an hour to process one unit (12 fl oz of beer, 8 fl oz malt liquor, 5 fl oz wine, 2 fl oz liqueur, 1.5 fl oz brandy, 1.5 fl oz shot of distilled spirits.)

4. Fact or **Myth** You'll get more drunk if you drink several types of alcohol.

Truth: Mixing things up with a glass of wine, then a beer, then a shot does not affect how drunk you get. (The order of the drinks doesn't matter either.) Your blood alcohol content determines how drunk you are. This is affected by how much **alcohol content** you drink, not how much *variety* you drink. (But throwing down a mix of different drinks could make you a lot more nauseous.)

5. Fact or **Myth** If I eat a big meal before I drink, I won't get drunk.

Truth: Food does not prevent alcohol from affecting your body. The alcohol still gets in your system. It may be delayed a bit by the food, which will slow the rate of absorption, but if you drink heavily, you still get drunk.

6. Fact or **Myth** A drink before bed helps you sleep.

Truth: A nightcap can actually make you lose sleep. Research has shown that alcohol disrupts sleep and reduces your REM time, which is essential for a good night's sleep.

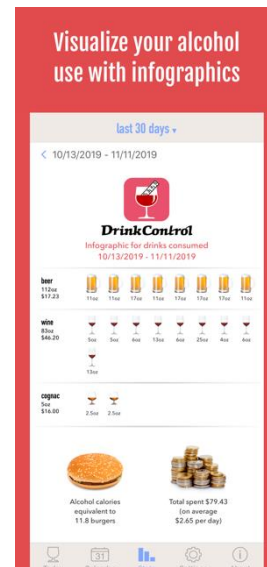
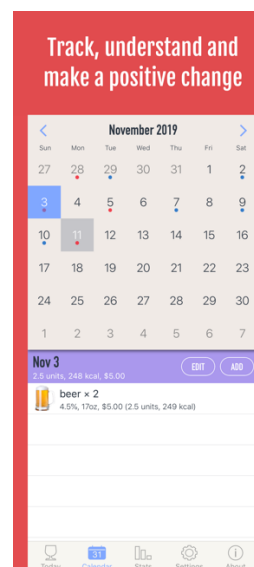
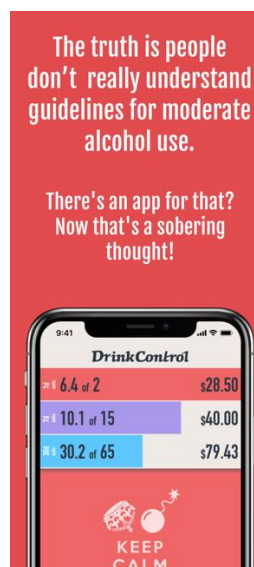
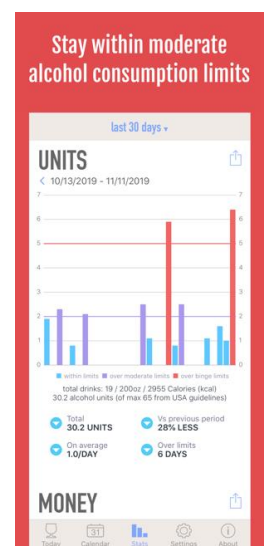
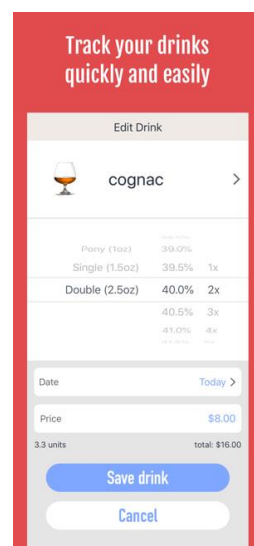
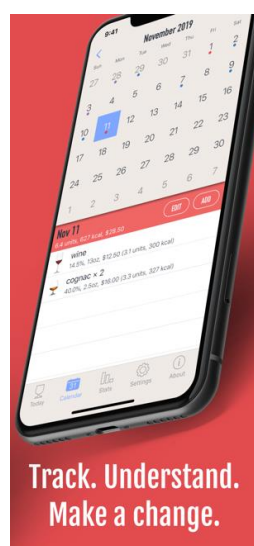
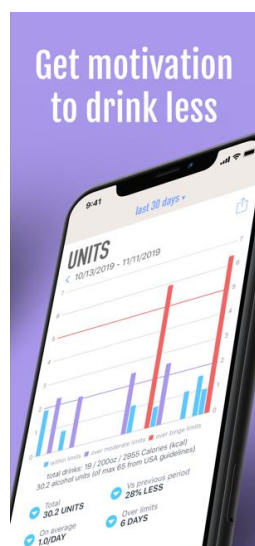
Description of DrinkControl App (FREE!!)



DrinkControl is an **iOS** smartphone app that tracks and converts your alcohol intake quantities, such as glasses, bottles or cans, into the standard units of alcohol, and lets you know when you are going over the limits (set by moderate drinking guidelines) as well as how much you have spent on drinks and calories you consumed from alcohol. There is a paid version available which provides detailed, long-term statistics along with the ability to export data to a spreadsheet and back up that information on Dropbox from right within the app.

The key features of DrinkControl include:

- Easily track your drinks and alcohol expenses, manage your drinking history in calendar
- Monitor your alcohol consumption against moderate drinking guidelines from leading health organisations
- Understand amount of alcohol calories in your drinks, sync data with Apple Health
- Get statistics and charts, compare alcohol consumption, expenses and calories with previous time period
- Get your personal infographic on drinks consumed
- Use app in dark or light mode



Description of AlcoDroid App (FREE!!)



AlcoDroid is an android smartphone app alcohol consumption tracker, drinks diary and blood alcohol content calculator. AlcoDroid helps you get a better handle of what you drink and change your drinking habits. It also tracks costs of your drinks.

The key features of AlcoDroid include:

- Provides an estimate of your blood alcohol content (BAC) based on the drinks you've logged, plots your BAC development in a chart and indicates when you get below the legal limit or back to sobriety.
- Widgets are available to display your current BAC on the home screen.
- Named a Top Alcoholism App of 2015 in Healthline: <http://www.healthline.com/health/addiction/top-alcoholism-iphone-android-apps>
- AlcoDroid also allows you to:
 - show, edit and export your drink logbook
 - chart your drinking habits daily, weekly or monthly
 - display and export daily, weekly and monthly alcohol consumption statistics
 - set your drinking goal (e.g. 21 standard drinks per week, SD/w) and see how your drinking matches the goal
 - setup your own list of "drink presets" to log your drinks fast
 - pin the most frequently used drinks to the main screen to log your drinks by two clicks

