

WHY AM I DRINKING?

Before you drink, ask yourself "Why am I drinking?" If you are primarily motivated to drink to help you socialize, decrease or numb out unpleasant emotions, or cope with stress, you are at-risk for alcohol misuse. This can have serious consequences on your job status and health. Potential legal, financial, and relationship consequences can also worsen your situation.



HAVE A PLAN!

Know your limits

Alcohol affects individuals differently. Those with family members who have drinking problems are more biologically vulnerable to also developing a substance abuse problem and show limited awareness. Different drinks contain varying amounts of alcohol. Be informed about your family history, how alcohol re-acts to your body, and how it interacts with any medication you are taking.

Don't drink and drive

Set a plan for a designated driver or use a transportation service to get home safely.

Don't possess your firearm

Never carry your firearm when you drink alcohol. Keep it secured at home.



Call (213) 738-3500
for more information
about these resources and to get
the support you need.



Psychological Services Bureau (PSB)
Free and confidential consultation and counseling for Department employees and their spouse or significant other.

Substance Abuse Resource Program (SARP)
Free and confidential resources and support for Department employees and their spouse or significant other. The SARP Coordinator can help you locate the resources to meet your needs, including information about alcohol and other substance abuse outpatient residential treatment facilities.

Peace Officer's Fellowship (POF)
Free and confidential support to first responders. Completely of the Department, POF assists employees to overcome problems with alcohol. Times and locations of meetings can be found by contacting the SARP Coordinator.

Chaplains and Peer Support
Free and confidential support from a Department PSB chaplain or Peer Support member.



Los Angeles County
Sheriff's Department

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10/2018



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ALCOHOL AND THE LAW ENFORCEMENT PROFESSION

EDUCATION · RESOURCES · SUPPORT



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IS ALCOHOL A PROBLEM?

Each year, alcohol-related incidents result in discharge or discipline of Department personnel. In addition to work consequences, alcohol misuse often contributes to problems with relationships and emotion management. When you drink alcohol, judgment is impaired. This can lead to poor decision making. Thoughts such as “I’m okay to drive” or “I only had a few drinks” are common errors in judgment that can lead to serious consequences for your job, relationships, physical safety, and finances.



Binge drinking is a significant problem among law enforcement personnel. This is defined as **4+ drinks for women and 5+ drinks for men in one sitting**. If you fit this criteria, you are **at-risk for developing alcohol-related problems** that will impact both your personal and professional life.



Are you at risk for problems related to alcohol misuse?

Take the Alcohol Use Disorders Identification Test (AUDIT)*

Questions	Points	0	1	2	3	4
How often do you have a drink containing alcohol?		Never	Monthly or less	2 to 4 times a month	2 to 3 times per week	4 or more times a week
How many drinks containing alcohol do you have on a typical day when you are drinking?		1 or 2	3 or 4	5 or 6	7 to 9	10 or more
How often do you have six or more drinks on one occasion?		Never	Monthly or less	2 to 4 times a month	2 to 3 times per week	4 or more times a week
How often during the last year have you found that you were unable to stop drinking once you started?		Never	Monthly or less	2 to 4 times a month	2 to 3 times per week	4 or more times a week
How often during the last year have you failed to do what was normally expected from you because of drinking?		Never	Monthly or less	2 to 4 times a month	2 to 3 times per week	4 or more times a week
How often during the last year have you needed a drink in the morning to get yourself going after a heavy drinking session?		Never	Monthly or less	2 to 4 times a month	2 to 3 times per week	4 or more times a week
How often during the last year have you had a feeling of guilt or remorse after drinking?		Never	Monthly or less	2 to 4 times a month	2 to 3 times per week	4 or more times a week
How often during the last year have you been unable to remember what happened the night before because you had been drinking?		Never	Monthly or less	2 to 4 times a month	2 to 3 times per week	4 or more times a week
Have you or someone else been injured as a result of your drinking?		No		Yes but not in the last year		Yes during the last year
Has a relative or friend, or a doctor or other health worker, been concerned about your drinking and suggested you cut down?		No		Yes but not in the last year		Yes during the last year

A score of 8+ generally indicates a pattern of harmful or hazardous drinking.

*Alcohol Use Disorders Identification Test (AUDIT) use is courtesy of the National Institute on Alcohol Abuse and Alcoholism, www.niaaa.nih.gov

Call (213) 738-3500 for additional resources, information, and support