

RESOLUTION

76(23)

March 1, 2023

WHEREAS, National Alcohol Awareness Month recognizes how alcoholism claims the lives of more than 90,000 people every year, this month focuses on raising awareness about alcohol abuse and dependency before it is fatal; and

WHEREAS, a big part of the work of National Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. One goal is to point out that denial is a major characteristic of alcohol abuse, both from the person currently experiencing it and from friends and family members who are uncomfortable acknowledging the gravity of the situation; and

WHEREAS, for many, denial is a common trait among those struggling with alcoholism or alcohol abuse. They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit; and

WHEREAS, continuing to drink despite clear signs of significant impairments can result in an alcohol overdose. An alcohol overdose occurs when there is so much alcohol in the bloodstream that areas of the brain controlling basic life-support functions—such as breathing, heart rate, and temperature control—begin to shut down; and

WHEREAS, the developing brain is particularly vulnerable to effects of alcohol. Misuse of alcohol during adolescence and early adulthood can alter the trajectory of brain development, resulting in long-lasting changes in brain structure and function; and


WHEREAS, Alcohol Use Disorder (AUD) is a chronic brain disorder marked by compulsive drinking, loss of control over alcohol use, and negative emotions when not drinking. AUD can be mild, moderate, or severe. Recovery is possible regardless of severity; and

WHEREAS, National Alcohol Awareness Month gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

NOW, THEREFORE, BE IT RESOLVED, that the Ocean County Board of Health, County of Ocean, State of New Jersey proclaims April as NATIONAL ALCOHOL AWARENESS MONTH 2023 in Ocean County to increase awareness of the dangers and issues associated with alcohol abuse.

BE IT FURTHER RESOLVED that copies of this resolution shall be sent to the Ocean County Board of Commissioners, and Ocean County LACADA members.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓	✓		✓	✓	✓
Abstain									
Nays									
Absent						✓			



Secretary/Treasurer