

The Marine Corps Air Station (MCAS) Yuma Alcohol Abuse Prevention Program's (AAPP) primary responsibility is to support the Marine Corps' alcohol misuse prevention activities and education to all commands.

The Alcohol Prevention Specialist's (APS) primary responsibility is to support the alcohol misuse prevention activities while review surrounding community reports detailing the current alcohol situation related to driving under the influence and underage alcohol consumption.

The primary goals are:

- to reduce alcohol related incidents
- to diminish under-age drinking
- to eliminate alcohol related problems due to driving under the influence

Trainings and educational classes are offered at least once a month for Marines/Sailors and their dependents at the Substance Abuse Counseling Center.

For assistance or questions regarding this training or other AAPP classes, please reach out to Amie Zaja, APS at 928-269-3079 or at amie.zaja@usmc.mil
MCAS Yuma building 598

Substance Abuse Counseling Center
928-269-5634

Drug Demand Reduction Program
928-269-2791

Sexual Assault Prevention Response
DoD SAFE Helpline
1-877-995-5247

Family Advocacy Program
928-269-2567

Suicide/crisis lifeline
988

ALCOHOL: ENHANCING WHAT YOU KNOW





Alcohol: Enhancing What You Know workshop is an opportunity to learn about the levels of drinking while developing a better understanding of the concerns related to each level of drinking. Do you drink alcohol? Do you drink just at special occasions?

Do you drink daily? Why does it even matter how much or how often you consume alcohol? With the use of “drunk goggles”, allow yourself to bust myths about alcohol while entertaining the idea of low-risk drinking to better support mission readiness

How Does Alcohol Effect Your Body & Brain?

- 1) How long does it take for alcohol to affect your brain?
A. 1 minute B. 90 seconds
C. 2 hrs. D. 90 minutes
- 2) Your Liver can only handle about _____ per hour.
A. 1 drink B. 2 drinks
C. 3 drinks D. 4 drinks
- 3) Nearly _____ people die every year as a result of binge drinking.
A. 10, 000 B. 30,000
C. 50,000 D. 80,000

Answers 1.A 2.A 3.D

SACC Building #598
1500-1630

14 September
12 October
9 November
14 December
18 January
15 February

**Call to secure your seat:
928-269-3079 Amie Zaja**

Other Workshops Offered Through AAPP:

- Survive the Ride-quarterly
- Mocktails by request

