

# American Drug Testing

Drug-Free Workplace Programs

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## DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORK-

### Website Offers Tools to Assess and Address Drinking Risks

The [National Institute of Alcohol Abuse and Alcoholism](http://www.niaaa.nih.gov) (NIAAA) has created a new website called "[Rethinking Drinking](http://rethinkingdrinking.niaaa.nih.gov)," (<http://rethinkingdrinking.niaaa.nih.gov>) designed to help users define their drinking patterns and develop strategies and options for dealing with alcohol-related problems.



"Most people don't know what 'drink responsibly' means -- they think it means not getting tanked," says Mark Willenbring, director of treatment and recovery research at NIAAA. The new website is part of a broader effort to increase understanding of the array of alcohol-related disorders and re-

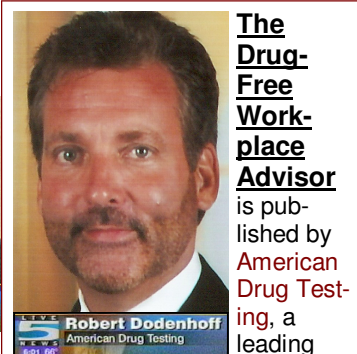
fine the way terms like "abuse" and "dependence" are used. The website utilizes an in-

teractive form that allows users to enter daily and weekly drinking amounts to determine how their consumption compares with national averages. The site has a drink-size chart and a content calculator to aid in determining what comprises

a "standard" drink. The NIAAA considers the consumption of no more than four standard-size alcoholic drinks a day for a man or no more than three for a woman as placing individuals at low risk for serious alcohol problems. The weekly "low-risk" limit is no more than 14 drinks for a man or seven for a woman. More daily or weekly consumption creates a higher risk of abuse or dependence. Very few Americans exceed the weekly limits without exceeding the daily limita-

provoke drinking). The site uses an "urge tracker" to monitor events sur-

rounding the urge to drink, along with a section on "refusal skills" for coping with social situations. The site also features a downloadable print version that Willenbring said will serve as a resource for those who counsel people concerned about their drinking habits. For more information, call American Drug Testing at 843-747-4111. For additional tips, see the "client area" at [www.AmericanDrugTesting.net](http://www.AmericanDrugTesting.net).



**The Drug-Free Workplace Advisor** is published by American Drug Testing, a leading drug-free

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tions, Willenbring said. "Rethinking Drinking" presents options and strategies to the user -- from "space and pace" (no more than one drink per hour) strategies to "avoiding triggers" (understanding the external situations that may

provoke drinking). The site uses an "urge tracker" to monitor events sur-



rounding the urge to drink, along with a section on "refusal skills" for coping with social situations. The site also features a downloadable print version that Willenbring said will serve as a resource for those who counsel people concerned about their drinking habits. For more information, call American Drug Testing at 843-747-4111. For additional tips, see the "client area" at [www.AmericanDrugTesting.net](http://www.AmericanDrugTesting.net).

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