

IMPAIRED DRIVING  
PREVENTION  
TOOLKIT  
KNOW THE FACTS



# IMPAIRED DRIVING PREVENTION TOOLKIT

United Way of Broward County Commission on Substance Abuse has developed this Toolkit as part of "Prevention in a Box" to bring relevant information about impaired driving prevention to individuals, families, practitioners, and other key community stakeholders. The Commission on Substance Abuse is dedicated to empowering our diverse community to live healthy and drug-free. Recognizing the consequences of substance abuse and mental health conditions among Broward County youth and adults, the Commission seeks to distribute accurate information and resources that promote health and wellness.

The Commission strives to build individual, family, and community competence and capacity for lasting positive social change. **Today, the majority of youth and adults in Broward County do not misuse substances.** The Commission, therefore, encourages all individuals to read, review, and utilize this toolkit in its entirety.

Sincerely,



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## Mission

United Way of Broward County Commission on Substance Abuse's mission is to **empower our diverse community to live healthy and drug-free.**

# TABLE OF CONTENTS

2-3	General Information
4	Laws and Legal Consequences
4	A Story of Hope and Recovery
5	Educating Individuals
6	Informing Families
7	Tools for Educators
8	Tips for Employers
9	Informing Practitioners
10	Advocacy Strategies
11	Health Promotion Plan
12	Notes
13	Resources



# IMPAIRED DRIVING

Impaired driving is driving while drunk, drugged, drowsy, and/or distracted.

Impaired driving is dangerous.

Impaired driving places the driver, passengers, other road travelers, and pedestrians at risk.

Consuming alcohol, illegal drugs, prescription and over-the-counter medication greatly increases the chance of injury or death for motorists and others on the road.

According to the National Safety Council, alcohol consumption is the #1 cause of roadway fatalities.

Prescribed and illegal drugs also account for motor vehicle injuries and deaths.

Alcohol and drugs affect attentiveness, capacity to make quick decisions, reaction time and reaction to environment changes, coordination, and ability to maneuver behind the steering wheel.

Alcohol and drug-related crashes cost communities money and lives.

## **Factors Affecting a Person's Reaction to Alcohol**

- Age
- Gender
- Amount of food eaten before consuming alcohol
- How quickly the alcohol is consumed
- Use of other drugs, prescribed and/or illegal

Impaired driving is preventable.







## LAWS AND LEGAL CONSEQUENCES

Driving While Intoxicated (DWI) is a crime in every single state in the U.S.

All states in the U.S. have adopted .08% blood alcohol concentration as the legal limit for operating a motor vehicle for drivers 21 years of age and older.

Drivers younger than 21 years of age are not allowed to operate a motor vehicle with any level of alcohol in their system.

Impaired drivers face prosecution, fines, and legal costs.

If an individual is convicted of DWI, they face substantial fines, a mandatory surcharge, license revocation, higher insurance premiums, and possible incarceration.

## STORY OF HOPE AND RECOVERY

### **Kelly's Story**

Getting a DUI was the result of my irresponsibility. I made a bad decision to drive after I had been drinking. It was the worst experience in my life, and I hope it's the worst I ever have. Prior to getting arrested for a DUI, I was never in trouble or broke a law - not even a parking ticket. Anyway, the evening I was arrested, I had to spend a night in jail which was horrific. I also had to appear in court, where I took a no contest plea. I was fined extensively which took all my savings. I was sentenced to probation and four weekends in jail - more horror. In addition to all of this, my license was suspended while I completed an educational program on responsible driving and substance use. And not to mention, I was dropped by my automobile insurance and now have much higher premiums with another carrier. This experience has been most embarrassing and hurtful for me, my family, and friends as well as with my employer. This DUI arrest was a wake-up call that it can happen to anyone who makes the stupid mistake of driving under the influence. You do not have to be an addict. This experience was a strong dose of treatment that reinforced my responsible attitude and behavior.

# EDUCATING INDIVIDUALS

Driving is a privilege that requires responsibility and accountable decision making.

It is important, therefore, to be educated about the facts associated with alcohol and drug use.

## Effects of Alcohol Consumption

Consuming alcohol affects a driver and increases their risk for a motor vehicle accident as follows:

**.02 Blood Alcohol Level** - Some loss of judgement, relaxed and altered mood, decline in visual function and ability to multitask

**.05 Blood Alcohol Level** - Psychomotor performance significantly impaired; slower eye movements and visual perception; reduced information processing, reaction time, and coordination; decreased ability to track objects and response to driving situation changes

**.08 Blood Alcohol Level** - Poor muscle coordination; impaired judgement, self-control, reasoning, and memory; loss of information processing, perception, and speed control; harder to detect danger

Drug use has similar effects as alcohol on a driver's ability to operate a motor vehicle and navigate the roadway.

Individuals possess the power of choice and the ability to not engage in impaired driving.

## Protective Measures

Employing protective factors associated with substance use and driving is vital.

These protective factors include:

- Obtain factual education about substance use and driving
- Plan ahead when planning and/or needing to drive
- Avoid alcohol and substance use when needing to drive
- If you have used alcohol and/or substances find an alternative means of transportation
- Build and maintain motivation for a healthy lifestyle
- Associate with individuals who do not use alcohol or substances
- Participate in social and community activities of interest without substance use
- Using coping skills when dealing with peer pressure
- Do not be afraid to say "No"
- Be a positive role model
- Seek help if you are struggling with substance use

# INFORMING FAMILIES

The positive influence of family and the home environment promotes an individual's wellbeing.

Families play an extremely critical role in preventing impaired driving.

It is important for families to understand the implications of substance use and driving.

Family risk factors can heighten an individual's likelihood of substance use and impaired driving.

- History and/or current family and parental substance use influence an individual's attitude, choices, and behaviors about alcohol and drugs
- Disorganized family structure and functioning can affect an individual's substance use

**Florida law prohibits parents from permitting underage children to consume alcohol even within the family home.**

## FAMILY GUIDANCE

Guidelines to help families include:

- Educate yourself and your family members about substance use and impaired driving
- Discuss the harmful effects and consequences associated with substance use and driving
- Maintain parental involvement and strong family bonds
- Communicate the importance of healthy attitudes and behaviors
- Encourage positive conversations and active listening
- Ask questions
- Engage in open and regular communication
- Set clear expectations and consequences about substance use and driving
- Discuss ways to refuse alcohol and drug offers
- Be observant of and monitor family member's condition, mood, and behaviors
- Get treatment support for someone suspected of substance abuse or dependence
- Take advantage of teachable moments



# TOOLS FOR EDUCATORS

Youth and young adults spend a considerable amount of time in school.

Educators and school administration should be aware of substance use and impaired driving

Driving under the influence of alcohol and drugs is present in schools and on college campuses.

Educators and school administrators can play a pivotal role in decreasing and preventing substance use and impaired driving.

Student engaged in substance use may display the following:

- Persistent antisocial behavior
- Loss of interest and/or attention in school
- Poor school and class attendance
- Lack of motivation and/or commitment to one's educational career
- Academic failure

Substance use affects healthy brain development and functioning.

Engaging students in critical thinking helps youth filter information and messages.

## TIPS FOR EDUCATORS

Educational institutions can employ the following strategies related to substance use and impaired driving:

- Stay aware of students and the patterns of substance use and impaired driving
- Institute policies about substance possession and consumption
- Provide training to faculty and staff on substance use and impaired driving
- Consider substance use when students display symptomology
- Implement evidence-based substance abuse education and prevention programming
- Utilize substance abuse screening and early detection approaches
- Establish standard protocols for detected substance abuse among students
- Promote suspension alternatives
- Partner with treatment and medical practitioners
- Get treatment support for someone suspected of drug abuse or dependence

# TIPS FOR EMPLOYERS

Millions of people drive as part of their jobs.

Employers need to manage the safety of their employees on the roads just as they manage other risks in the workplace.

Employers may notice an emotional state and/or behavior in an employee that may be use and/or abusing alcohol and/or drugs.

Substance use may negatively impact an individual's workplace performance.

Substance use in the work environment can present a safety risk and liability.

Substance use by an employee can be associated with:

- Decreased focus and concentration
- Impaired thinking and judgement
- Elevated mood and increased agitation
- Decreased inhibitions and risk taking
- Inability to perform and/or complete tasks
- Decreased productivity
- Workplace accidents

## TOOLS FOR EMPLOYERS

Employers can utilize the following strategies related to substance use and impaired driving:

- Start with an understanding of keeping employees safe
- Institute a drug-free workplace
- Implement drug-free policies and activities
- Conduct drug-testing
- Provide workplace substance abuse prevention education
- Conduct defensive driving safety training
- Offer specialized supervisory training
- Ensure access to employee assistance counseling and treatment
- Select a health insurance plan with addiction treatment coverage

# INFORMING PRACTITIONERS

A number of health and human service practitioners play a vital role in the prevention and treatment of substance use and impaired driving.

These practitioners include:

- Doctors
- Nurses
- Health Educators
- Clinicians
- Social Workers
- Certified Addiction Professionals

Health care practitioners can influence individuals' perception, attitude, and behaviors associated with substance use and driving.

## TIPS & TOOLS FOR PRACTITIONERS

The medical and human service communities can employ the following strategies to address substance use and impaired driving:

- Screen individuals for substance abuse
- Educate individuals about substance use, impaired driving, and its consequences
- Provide health promotion counseling
- Assess and monitor individuals' health status
- Monitor patients' response to treatment
- Engage in continuing education regarding substance use and impaired driving



# ADVOCACY STRATEGIES

Preventing impaired driving due to alcohol and/or drug use requires a community-wide response and sense of responsibility.

Equally important is decreasing any stigma associated with individuals using substance as well as those persons requiring drug abuse or dependence treatment.

Education, advocacy, and community action are essential for health promotion associated with impaired driving.

## SOCIAL ACTION

The following strategies can be employed to address impaired driving:

- General factual community education and prevention regarding substance use and impaired driving
- Health care practitioner education regarding substance use and impaired driving
- Insurance coverage and treatment access for individuals with drug abuse and dependence
- De-stigmatization of individuals requiring substance abuse treatment
- Community policies regarding alcohol and drug access
- Community dialogues about substance use and impaired driving
- Alternative drug-free community activities and events





# HEALTH PROMOTION PLAN

By completing this page, individuals can examine health status and health promotion behaviors.

## General Health Rating

Excellent       Good       Fair       Poor

## Do you

Use alcohol and/or drugs (prescribed or illegal)?	_____ YES	_____ NO
Operate a motor vehicle after drinking alcohol or using drugs?	_____ YES	_____ NO
Use alcohol and/or drugs regularly and/or heavily especially to relax?	_____ YES	_____ NO
Use alcohol and/or drugs alone and/or to cope?	_____ YES	_____ NO
Experience negative consequences from substance use?	_____ YES	_____ NO
Plan your life and/or your friends around substance use?	_____ YES	_____ NO
Obsessive about getting and/or using substances?	_____ YES	_____ NO
Unsuccessful attempts to reduce or stop substance use?	_____ YES	_____ NO

## YES answers to any of these questions may indicate potential risk.

Health Risks (Factors that Negatively Impact Health): \_\_\_\_\_

Health Promotion (Factors that Positively Impact Health): \_\_\_\_\_

Health Goal(s): \_\_\_\_\_

Strategies to Accomplish Health Goals: \_\_\_\_\_

Success Influencers (Factors that Positively Impact Goal Attainment): \_\_\_\_\_

Where to go for help: \_\_\_\_\_

Other Important Factors: \_\_\_\_\_



# RESOURCES

**United Way of Broward County Commission on Substance Abuse**

[www.drugfreebroward.org](http://www.drugfreebroward.org)

**National Safety Council**

[www.nsc.org](http://www.nsc.org)

**MADD – Mothers Against Drunk Driving**

[www.madd.org](http://www.madd.org)

**SADD – Students Against Destructive Decisions**

[www.sadd.org](http://www.sadd.org)

**NIDA - National Institute on Drug Abuse**

[www.drugabuse.gov](http://www.drugabuse.gov)

**National Council on Alcoholism and Drug Dependence, Inc.**

[www.ncadd.org](http://www.ncadd.org)

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

[www.samhsa.gov](http://www.samhsa.gov)

**National Treatment Finder**

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

**National Treatment Referral Helpline**

1-800-662-HELP (4357) or 1-800-487-4889 (TDD for hearing impaired)

**Narconon Drug Rehab 24-Hour Helpline**

1-800-775-8750

**Smart Recovery®**

[www.smartrecovery.org](http://www.smartrecovery.org)

**The Partnership at Drug-Free.org (Partnership for Drug-Free Kids)**

[www.drugfree.org](http://www.drugfree.org)

# SOURCES

**National Institute of Drug Abuse**

**National Council of Alcoholism and Drug Dependence, Inc.**

**National Safety Council**

**Centers for Disease Control**

**Florida Statute**



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