



SERVING ALCOHOL AT AN EVENT?

HOW TO CONSIDER THOSE WHO DO NOT DRINK ALCOHOL



RECOVERY STATS

NATIONAL

For adults 18 or older,

21 million people

(6.4% of the population)

consider themselves to be in
recovery from an alcohol and/or
drug problem.

*National Survey on Drug Use and Health
(NSDH), 2020.*

OHIO

For Ohioans ages 12 and over,

739,000 people

(7.5% of the population)

consider themselves to be in
recovery from an alcohol and/or
drug problem.

*Source: Substance Abuse and Mental
Health Services Administration (SAMHSA)'s
restricted online data analysis system
(RDAS)*

*Survey: National Survey on Drug Use and
Health: 2-year RDAS (2018 to 2019)*



REASONS WHY SOMEONE MAY NOT DRINK ALCOHOL

- They may be in recovery from a substance use disorder.
- They may be supporting someone in recovery.
- They may have medical conditions that interact dangerously with alcohol.
- They may be pregnant.
- They may be trying to get pregnant.
- They may be an adult under 21.
- They may have religious reasons to abstain.
- They may have alcohol allergies or intolerances.
- They may simply choose not to.
- They may be in a culture that prohibits alcohol.
- They may be undergoing chemotherapy.
- They may be on a diet.
- They may have a diagnosed mental health condition.
- They may be immunosuppressed.
- They may be bound to sobriety by their employer.



To ensure your event has the **most reach possible**, consider having these measures:

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Partner with the recovery community to offer **recovery spaces**.



Focus on the content of your event, have alcohol as the compliment.



Create invitations or flyers that clearly state **non-alcoholic beverages** will be available.

To ensure your event has the **most reach possible**, consider having these measures:



Partner with the recovery community to offer **recovery spaces**.

- Mark the space with yellow balloons or use a yellow pop-up tent - a growing symbol for recovery safe spaces.



- If applicable, the space ideally should be close to the first aid area.
- Offer this space away from where alcohol is being served.

To ensure your event has the **most reach possible**, consider having these measures:



Create invitations or flyers that clearly state **non-alcoholic beverages** will be available.

- Offer tasty, healthy, **non-alcoholic beverages**.
- If hosting a public event, **host lines that don't serve any alcohol**.

- Great for serving the entire guest list
- Cutting the alcohol saves money and calories
- Can utilize fresh, organic ingredients instead of drink mixers full of preservatives and corn syrup
- **Avoid:** Using the term “mocktail” or presenting beverages because it could be harmful to those in recovery.

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Scan this QR Code for a reference list for this document and additional resources.



Thank you!

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