



U.S. Army Installation Management Agency



Army Substance Abuse Program

Alcoholic Blackouts and the Brain

Our Mission - *provide equitable, effective and efficient management of Army installations worldwide to support mission readiness and execution, enable the Well-being of Soldiers, civilians and family members, improve the Army's aging infrastructure and preserve our environment.*

Leading Change for Installation Excellence



Learning Objectives

➤ Terminal Objectives

- Raise awareness of alcoholic blackouts
- Illustrate the dangerous effects of binge drinking on the brain

➤ Enabling Objectives

- Define binge drinking
- Identify some affects of binge drinking
- Identify effects alcohol has on the brain
- Define alcoholic blackouts



Alcoholic Blackouts

- **What is a binge drinker?**
- **What might be an effect of binge drinking?**
- **What effects does alcohol have on the brain?**



What happens to the brain during an alcoholic blackout?

Some mental functions continue. The alcohol interferes with the chemical process of recording an event in the brain's memory. A person is not rational, or able to make good judgments in such a state, or have memory of their behavior.



What is binge drinking?

Periodically drinking heavily or drinking to get drunk, consuming too much alcohol in too short amount of time for the body to process effectively. Approximately 5 drinks in a setting for males and 4 in a setting for females.



➤ **Do you think binge drinking is dangerous and/or addictive behavior?**

➤ **Explain.**



➤ **What do you think should be done about binge drinking?**



SUMMARY

- **We have defined alcoholic blackouts**
- **Illustrated the dangerous effects of binge drinking on the brain**
- **Explained how large quantities of alcohol consumed in a short amount of time can affect the brain**
- **Are there any questions on what we have discussed?**



INSTALLATION MANAGEMENT AGENCY



“Sustain, Support and Defend”