



## ALASKA CHAPTER

*ADVANCING EMERGENCY CARE*



### **March is Sobriety Awareness Month**

Alaska ACEP gives its enthusiastic support to HB 138 establishing March as sobriety awareness month in Alaska. As emergency physicians, we see daily the destruction that addiction wreaks on Alaskans. While opioids have been front and center in the news of late (deservedly so), other addictive substances like methamphetamine, other stimulants, and alcohol are also destroying many Alaskan lives. Clearly, the best solution for the dangers that addiction pose to our family, friends, and neighbors is prevention. Highlighting the importance of sobriety, as a lifestyle choice, is a wonderful way to demonstrate to Alaska's youth a path that steers far and wide from a life of addiction, despair and death. And for those battling active addiction or managing their recovery, a month dedicated to sobriety can be a powerful reinforcement to continue the incredibly hard work they are doing, pursuing a sober life.