

# Sobriety Awareness Month

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HB 138 - Representative Ivy Spohnholz

# HB 138 Sectional Analysis



“An Act establishing the month of March as Sobriety Awareness Month.”

**Section 1. *Uncodified Law.*** states that the State of Alaska recognizes the importance of sobriety in Alaskan lives

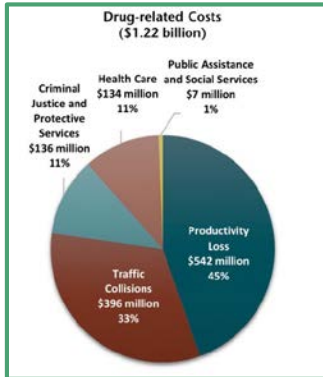
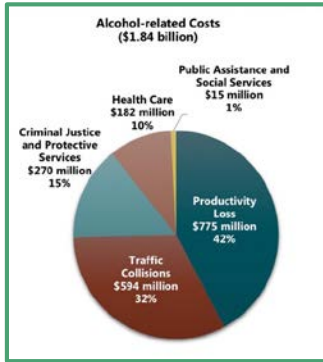
**Section 2. *AS 44.12.150.*** adds a new section of statute designating March of every year as Sobriety Awareness Month, where schools, community groups, public and private agencies, and individuals can celebrate with activities related to sobriety

# What is Sobriety Awareness Month?

- Sobriety Awareness Month began with the AFN Sobriety Movement
- The Alaska Legislature declared the first Sobriety Awareness Month in 1995 and amended the Uniform Alcoholism & Treatment Act (A.S. 47.37.010) the following year to further support sobriety in Alaska
- In 1992, Aniak musher and sobriety activist Mike Williams carried signatures of Alaskans who pledged a life of sobriety during the Iditarod Trail Sled Dog Race. The event, now known as the “Iditapledge for Sobriety”, took place in March



# Why is Sobriety Important?



Alcohol and drug abuse create increased health care, criminal justice, workplace productivity and public assistance costs, and can strongly impact an individual's quality of life

- In 2015, the estimated total economic cost of alcohol and drug abuse to the Alaska economy was \$3 billion
- According to a 2013 – 14 study, 1.6 M gallons of ethanol are consumed by Alaskans ages 14+ per capita
- Nationally, Alaska ranks 31<sup>st</sup> for binge drinking and 21<sup>st</sup> for alcohol abuse alone
- In 2013 – 2014, 22% of Alaskan youths ages 12 – 20 were underage drinkers

# How Can “Sobriety Awareness Month” Help?

- Gives Alaskans the opportunity to recognize and celebrate individuals who live a sober lifestyle
- Focuses on the “problem” of alcohol and drug abuse in Alaska by focusing on the “solution” of sobriety
- Builds a positive norm of sobriety in Alaska that allows us to highlight individuals who’re sober and/or in recovery



Edger Nollner, Sr. of Galena signs the sobriety pledge last year for the Alaska Federation of Natives Sobriety Movement. Nollner is the last surviving member of the original 1925 Serun Run to Nome.

*Tundra Times file phot by Greg Nothstine*

# Questions?

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