



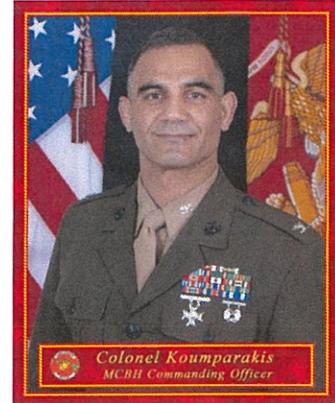
# MARINE CORPS BASE HAWAII COMMANDERS' PROCLAMATION



## APRIL IS ALCOHOL AWARENESS MONTH

Since 1987, the month of April has been designated as National Alcohol Awareness Month. To encourage a campaign for change, Marine Corps Base Hawaii (MCBH) will be making efforts to increase awareness and understanding of the nation's most prevalent public health issue: alcoholism (and alcohol-related problems). The theme this year is "Changing Attitudes: It's not a 'rite of passage.'"

According to the article "Drug Abuse Statistics" written by the National Center for Drug Abuse Statistics, there are approximately 140 million Americans ages 12 and over that drink alcohol, with 14.8 million of them having an alcohol use disorder. To foster a change in our attitudes, we must pronounce the idea that we can be independent, mature, and confident without having to drink for acceptance.



Any person who identifies a need for support should be encouraged to receive it without fear of judgement. We must turn away from the stigma that can come with asking for or getting help, and work together to address this issue. No one is immune to this disease, and we cannot sit by and hope that it will get better without action. By investing in people and caring about their well-being, we will not only change attitudes, but also create a culture of responsibility and pride, while we honor our leadership principles as our brother's and sister's keepers; caring for one another as an Ohana (family) and with Aloha (mutual regard and affection and extends warmth in caring with no obligation in return) that thrives for the health of a larger whole. Whether we reside here, work here, or play here, MCBH is our home, and we must work to create a unified front that builds relationships upon connections and trust. As we invest in the health of ourselves, MCBH will also become a healthier contributor to the larger community of Hawai'i, where we live and serve.

To support this year's theme, events for the month have been tailored to focus on the prevention and treatment of alcoholism, sober alternatives, personal and professional support, and healthy choice making. The goal is to gain a better understanding and increase knowledge of how our lives can be impacted by the use of alcohol. MCBH will begin our campaign by:

- Limiting our drinking by tracking quantities consumed
- Having open discussions about alcohol misuse and abuse
- Talking with healthcare providers and leadership about options for getting help

For more information on alcohol misuse or abuse, available programs and treatment, or prevention, please contact the SACC at (808)257-2456.

  
S. C. KOUMPARAKIS  
COLONEL, U.S. MARINE CORPS  
COMMANDING OFFICER, MARINE CORPS BASE HAWAII

We are MCB Hawaii &  
We are ready today for the fight tonight