



Will You Make Healthy Choices This Summer?

For Immediate Release

June 23, 2022

(Oneida, Wis.) – Summer is here and with it comes many opportunities for fun and celebration. With so many options, from the Pow Wow and music events, to the Farmers Market and family get-togethers, it’s important to make healthy choices.

“With so many different things going on in our lives during the summer months, it’s easy to overindulge, whether eating too much, drinking too much or just not getting the proper rest,” said Mari Kriescher, Director at [Oneida Behavioral Health](#) (OBH). “There can be a tendency to want to do everything and that can lead to problems.”

Kriescher adds that summer fun can quickly come to an end when alcohol is involved. The vast majority of summer accidents involve alcohol or other drugs. Continued overuse can also lead to a serious alcohol use disorder.

“If you do decide to drink, it’s important to set a limit and also try to stay somewhere cool since heat and alcohol can be a dangerous combination,” Kriescher added. “Whatever you do, be sure to think before you drink. Avoiding alcohol while boating, driving, swimming or during other activities will help keep you safe.”

For those serving alcohol during a summer event, be sure to:

- Offer non-alcoholic drink options; including having plenty of water on hand
- Provide a variety of healthy foods and snacks
- Help your guests get home safely by having designated drivers or using ride share services.

“The bottom line, we want everyone to be safe this summer and throughout the year,” Kriescher said. “But if you feel like you need help, don’t hesitate to reach out to Oneida Behavioral Health.”

###

Oneida Behavioral Health (OBH) offers a wide range of services to members of the Oneida Nation and their families, including individual adult, youth and children’s therapy, ATODA services, suicide prevention, depression awareness, grief counseling and more. Services are provided at locations including the Ka?nikuhli.yo Family Center, Anna John Resident Centered Care Community, Veterans office and Oneida Nation schools.

Media contact:

Scott Stein
Leonard & Finco Public Relations, Inc.
(920) 676-0711
sstein@LFpublicrelations.com