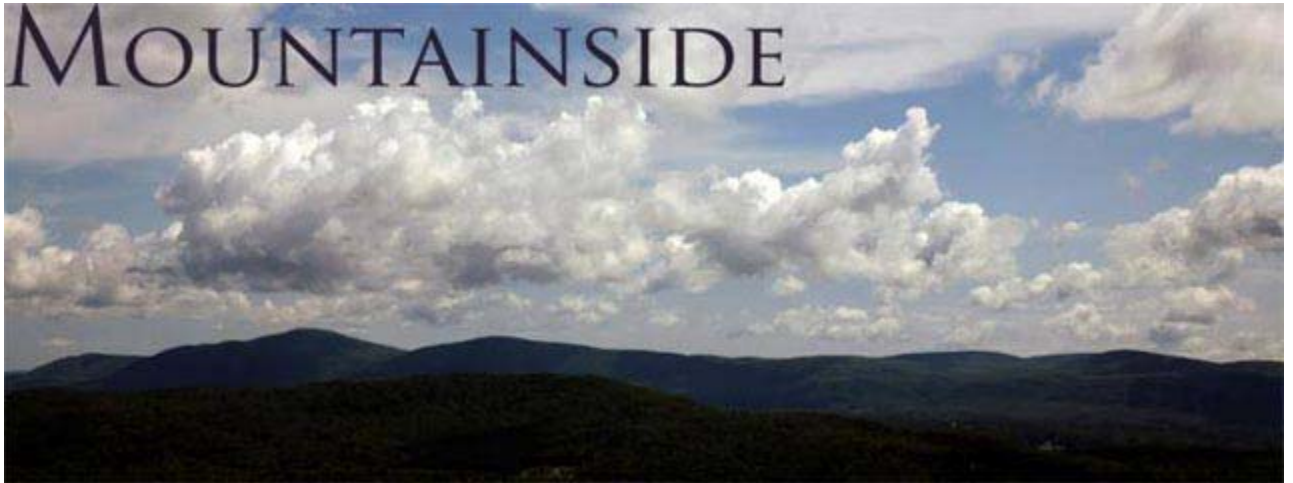


# July 4 Is Among The Most Deadly Holidays In The US



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NEW YORK, July 03, 2012, 10:36 am -- [/EPR NETWORK/](#) -- While many are celebrating the anniversary of the independence of the United States, others are suffering tragedy.

The state of Louisiana reports that more than half of their state's motor vehicle crashes occur during the Fourth of July holiday, and the numbers increase annually.

"Many states report the same tragic situation that takes place in Louisiana," begins a spokesperson for Mountainside Drug Rehab and Alcohol Treatment Center. "Fortunately, in response to the growing number of fatal motor vehicle accidents, Highway Patrols in many states are setting up additional sobriety checkpoints and saturation patrols during this holiday period, as well as other holiday periods. While these methods certainly have the potential to reduce fatalities, the best method is to be pro-active with prevention."

Tips for being pro-active in prevention for the Fourth of July holiday:

- Designate yourself as the sober driver. Don't wait for someone to volunteer to become the designated driver. Let your friends know that

you are the point of contact for all transportation needs during the Fourth of July celebratory events.

- Limit the amount of alcohol served to everyone. Limiting the number of drinks served to everyone changes the atmosphere of the party from one of intoxicated people to one in which everyone is having fun and not getting intoxicated.
- Make plans to stay put. While this may seem like an extreme measure, if you're hosting a celebration, arrange for a place for some guests to crash in the event they drink too much.

Holiday times can be a particularly challenging and eye-opening time for those who abuse drugs and alcohol and can be used as a catalyst for change in the life of an addicted individual. If you are interested in helping a friend or loved one recover from their addiction, Mountainside Drug Rehab and Alcohol Treatment Center can assist you with professional intervention services. Upon admission, Mountainside will help create an individualized drug and alcohol abuse program that fits each individual's needs and helps them get on the road to a sober life. In addition, its comprehensive family care program gives you and your family the tools needed to help support you in your recovery journey.

Mountainside Drug Rehab and Alcohol Treatment Center is a modern drug rehab facility that is skilled in serving a variety of clients with various addictions and in varying stages of addiction. The caring, compassionate team is made up of licensed and certified social workers and counselors who have extensive experience and specialty in the addiction treatment field. In addition, the staff includes a Nurse Practitioner, as well as a Registered Nurse, both of whom also have specializations and experience within the field of addiction treatment and alcohol rehab.

Mountainside also provides services for those individuals who come to them with dual diagnoses and require the services of a Psychiatrist to help conquer the unique challenges that dual diagnosis brings.

For the past 13 years, Mountainside has established itself as an innovator within the addiction treatment field, and the treatment modalities Mountainside utilizes are regarded as among the most cutting-edge approaches in helping individuals to get, and to remain, sober. As a result of their unique, innovative approaches to addiction treatment, Mountainside has become the model for the addiction treatment field.

The program, along with its professional addiction treatment team, have earned national recognition and resulted in Mountainside being invited to Washington by the White House to meet with the White House Drug Czar,

John P. Walters, for an in-depth meeting on what makes its program so successful. These accolades did not go unnoticed within the addiction treatment field and resulted in the adoption by many throughout the country of a more holistic approach to drug addiction treatment.

If you or someone you love is addicted to drugs or alcohol, or if you have any questions, please contact Mountainside [Drug Rehab](#) and Alcohol Treatment Center for a confidential inquiry at 800-762-5433.

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