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St. Patrick's Day in Recovery: How Sober Spaces Are Changing the Celebration

Columbia, SC – March 14, 2025 – As South Carolinians prepare to celebrate St. Patrick's Day, the South Carolina [Department of Alcohol and Other Drug Abuse Services](#) (DAODAS) is encouraging the public to embrace a new way to celebrate — one that prioritizes inclusion, safety and recovery-friendly spaces.

St. Patrick's Day is often associated with heavy drinking, posing challenges for individuals in recovery and increasing the risks of alcohol-related incidents. This year, DAODAS is spotlighting the importance of sober-friendly events and responsible celebration as key components of a safer and healthier holiday.

The Need for Change

Alcohol-related incidents spike during St. Patrick's Day, with increased rates of DUIs, alcohol poisoning and emergency room visits. For those in recovery, the holiday can serve as a trigger, making it difficult to participate in traditional celebrations without risk. Creating alcohol-free spaces and promoting responsible festivities can help ensure everyone can enjoy the holiday safely.

Sober-Friendly Events and Resources

Across South Carolina, alcohol-free celebrations are being promoted, including the [St. Patrick's Day Festival in Five Points](#), which will feature a designated sober zone. This lounge, called "The Saint," offers a menu of non-alcoholic beverages and mocktails and is located near 2009 Greene Street in Columbia.

"We love seeing communities creating a welcoming space where everyone — whether in recovery, choosing not to drink, or simply seeking a different kind of celebration — can enjoy the holiday while fostering a culture that prioritizes safety and recovery," said DAODAS Director Sara Goldsby.

Encouraging Responsible Celebrations

For those planning to celebrate with alcohol, DAODAS encourages responsible drinking habits:

- **Designate a sober driver** or use rideshare services to get home safely.
- **Look out for friends** and intervene if someone is showing signs of excessive drinking.
- **Pace yourself and stay hydrated** to reduce the risk of alcohol-related harm.
- **Respect sober spaces** and support those who choose not to drink.

- **Keep alcohol out of the hands** of underage friends and family members.

How to Get Involved

Communities and event organizers are encouraged to offer alcohol-free options at their St. Patrick's Day celebrations. Individuals can support the initiative by attending sober events, sharing resources and promoting the message of responsible celebration.

For more information on safe alcohol use and recovery resources, please visit www.embracerecoverysc.com and www.scoutoftheirhands.org, or contact DAODAS at (803) 896-5555.

About DAODAS:

The Department of Alcohol and Other Drug Abuse Services (DAODAS) is the South Carolina government agency charged with ensuring quality services to prevent or reduce the negative consequences of substance use and addictions through a statewide system of local organizations that provide prevention, treatment, and recovery services. For more information, visit www.daodas.sc.gov.