



April marks Alcohol Awareness Month, a nationwide campaign intended to raise awareness of the health and social problems that excessive alcohol consumption can cause for individuals, their families, and their communities.

Excessive drinking is a dangerous behavior for both men and women. Drinking too much alcohol increases people’s risk of injuries, violence, drowning, liver disease, and some types of cancer. The good news? We can all do our part to prevent alcohol misuse or abuse.

Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices. Make a difference: Spread the word about strategies for preventing alcohol abuse and encourage communities, families, and individuals to get involved. Below are a few ways to promote Alcohol Awareness Month at your command.

• Alcohol Awareness Fair

Gather a team together to organize a fair that includes a variety of organizations that provide information of their services such as SARP, FAP, Chaplain, Navy Fitness & Sports, Fleet & Family Support center, MWR, Navy College, Command Safe Ride Home program, and Safety Center. Also include Mock DUI Crash Demonstrations. Don’t forget food, games, and music!

- **Alcohol Awareness 5K / 10K / 20K/ Mud Run**
- **Bowling Night**

Everyone must be vigilant and supportive of those affected by this disease to reduce and ultimately prevent the number of alcohol-related incidents involving our Sailors. We need everyone - the command triad, DAPAs, deckplate leaders, family members - to promote and encourage responsible drinking choices and to communicate alternatives to drinking.

SMALL CHANGES CAN EQUAL BIG REWARDS

Do you remember your New Year’s resolutions? It’s March and many of us have left those New Year’s resolutions far behind. When a resolution fails, we often blame lack of will power or decreased motivation. But what if the secret to making a lasting behavior change isn’t more will power? What if small changes that require little motivation to start hold the keys to big behavior change success?

Many researchers believe that behavior change is the result of three components: motivation, ability and a trigger. Motivation describes how desirable a behavior change is to an individual, ability describes the level of effort required to make the behavior change, and a trigger is the stimulus that sets the new behavior into motion.

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Ultimately the decision to change your drinking habits is up to you. If you are thinking about making a change then here are some things that you may want to consider:

- What are the Pros of your decision?
 - Improve health
 - Improve Relationships
 - Save your career
- What are the Cons of your decision?
 - I wouldn't fit in with friends
 - Change can be hard
 - It helps me feel more at ease socially

Are you ready to change your drinking? If so, choose whether to cut down or quit and make a change plan. If not, here are some suggestions for you to consider.

First, avoid “Triggers”. Stay away from the things that could possibly entice you to overindulge.

Second, keep track of how much alcohol you consume and notice how drinking affects you. Next, take steps to be safe when drinking and ask for support from a friend or family member that you trust.

If you're considering changing your drinking habits, decide whether to cut down or quit. Remember, quitting is strongly advised if you are taking certain medications, have an alcohol use disorder or symptoms, have a physical or mental condition caused or worsened by drinking, and are or may become pregnant. The next step is to plan for change. Even when you have committed to making a change, you still may have mixed feelings at times and therefore, it is important to make a written plan. This plan will help solidify your goals, as well as, annotate “why you want to do it” and “how you plan to make it happen”.

Remember, small changes can make a big difference in reducing your chances of having alcohol-related problems. Additional information can be found at the following website:
<http://rethinkingdrinking.niaaa.nih.gov/Thinking-about-a-change/>.

MYTHS VS TRUTHS

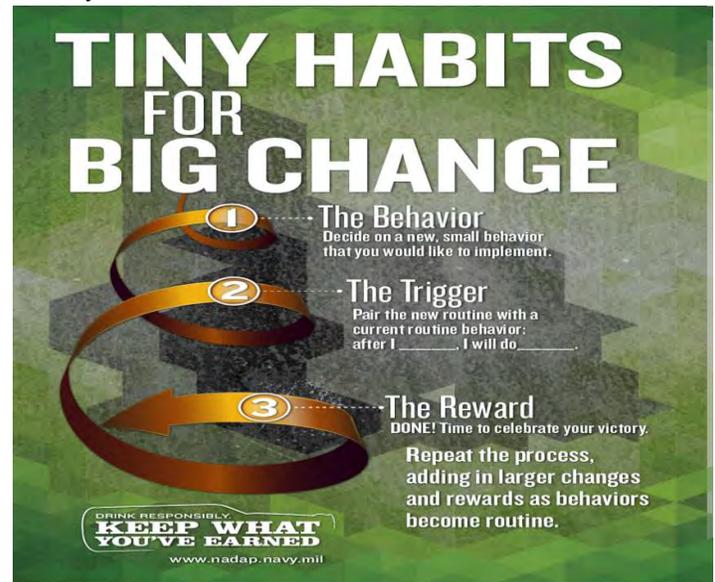
MYTH: Members who incur a second driving under the influence (DUI)/driving while intoxicated (DWI) in a career will be automatically separated from military service.

TRUTH: Members who incur a second driving under the influence (DUI)/driving while intoxicated shall be processed for administrative separation per OPNAVINST 5350.4D. Commanding Officers may submit an administrative separation waiver to COMNAVPERSCOM (PERS 832) via OPNAV N17. Additionally, the results of an Administrative Separation Board do not always result with a member being separated.

MYTH: If you have an alcohol-related incident, you can just “self-refer” to get help for alcohol problems to avoid any disciplinary action.

TRUTH: A self-referral is a one-time event that is personally initiated by the member. To qualify as a valid self-referral, disclosure of alcohol abuse must be made to a qualified referral agent with the intent of acquiring treatment, and there can be no credible evidence of the member's involvement in an alcohol-related incident.

For additional information, contact OPNAV staff at MILL_NADAP@navy.mil.



Is your "lite" beer light in alcohol?

Not necessarily. Although they have fewer calories, many light beers have almost as much alcohol as regular beer—about 85% as much, or 4.2% versus 5.0% alcohol by volume, on average.

Check the alcohol content of your beverage. Malt beverages are not required to list their alcohol content on the labels, so you may need to visit the bottler's web site. For more information see <http://rethinkingdrinking.niaaa.nih.gov/>

HELP WANTED!

ADMITS (Alcohol and Drug Management Information Tracking System)

NADAP needs your help in submitting Drug and Alcohol Reports for FYs 14 through 16. As indicated in the charts below, the first table reflects DARS submitted; however, the data for FYs 14 and 15 is underreported to the thirteen month system outage.

Additionally, the second table reflects a Navy-wide list of DARS that are pending approval by the Commanding Officer (or designated representative) as of 1 Feb 2016. DARS must be submitted electronically and approved by the Commanding Officer (or designated representative) to be an official document for ADMITS reporting. DARS allow us to review trends and provide data to senior leadership regarding alcohol incidents.

The ADMITS Helpdesk is available Monday-Friday, 0730-1600 (Central Time) to provide assistance and /or answer your questions. Comm: 901-874-4214/DSN: 882-4214; email: MILL_N17_ADMITS@navy.mil.

Alcohol DARS					
Type	FY12	FY13	FY14	FY15	FY16
DUIs	1422	1269	220	388	68
Other Alcohol DARS					
Civilian Police Incident	414	357	56	82	12
Military Police Incident	463	336	88	148	22
Command Incident	1018	1005	15	54	53
Command Referral	1764	1560	416	586	98
Medical Referral	158	150	61	113	13
Self-Referral	928	816	142	282	64

Source: ADMITS (1 Feb 2016) the table above reflects a trend analysis of Alcohol-related DARS Only.

Drug and Alcohol Reports (DARS) Pending Approval	
FY13	590
FY14	1682
FY15	2794
FY16	1120
Total	6182

Source: ADMITS

Thanks for your assistance!

Operation Supplement Safety (OPSS)

Are you looking for information on supplements? Planning to enhance your workout routine with supplements? Concerned a supplement may cause you to test positive during a urinalysis test? Before you purchase exercise supplements and over the counter medicine, visit the Operation Supplement Safety (OPSS) website.

OPSS is an online 'one-stop-shop' resource that educates users on dietary supplements and how to make an informed and wise decision when selecting supplements. The website is full of practical information on what to look for when purchasing supplements, fact sheets, FAQs, the latest alerts/warnings, and a direct link to a supplement expert who will answer any questions regarding supplements.

When choosing supplements, first choose OPSS to ensure you avoid a bad decision that could adversely affect your health and your career.

For more information visit www.hprc-online.org/dietary-supplements/OPSS



APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

Navy has been celebrating Child Abuse Prevention Month since the first signing of the presidential proclamation in 1983. The majority of child abuse cases stemmed from preventable situations and conditions. However, an estimated 679,000 children were victims of child abuse; and 1,484 children died as a result of abuse or neglect in 2013. This year plan or participate in an awareness, prevention, education, or fund-raising event to show your support to eradicate this problem. Additional information or event ideas can be found at the Child Welfare Information Gateway website <https://www.childwelfare.gov/topics/preventing/communities/activities-programs> Source: Child Welfare Information Gateway website, <https://www.childwelfare.gov/topics/preventing/communities/activities-programs> [Operation Supplement Safety](#)



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101 DAYS OF SUMMER MEMORIAL DAY WEEKEND to LABOR DAY WEEKEND

Dangers of Drinking and Drug Use on Memorial Day Weekend

Source: <https://www.recoveryplace.com>

Memorial Day is a time for solemn observation as we honor and remember those who sacrificed their lives defending hearth and home on faraway shores. But the Memorial Day weekend has also become an occasion for revelry and celebration. This three-day holiday gives us the perfect excuse to kick back and relax with family and friends as we welcome the unofficial arrival of summer.

Good, innocent fun is not that hard to find, but alcohol consumption still plays a big part in many of the festivities that accompany our Memorial Day observations. Much of the concern this generates focuses on the dangers of drinking and driving, which makes sense given the fact that holidays are always associated with increased highway travel. Over the Memorial Day weekend, the rate of traffic fatalities rises by about 11 percent, and intoxicated or impaired drivers are responsible for a disturbingly high proportion of deadly car crashes.

Coincidentally—or maybe not so coincidentally—the number of young people admitted to hospital emergency rooms for the treatment of injuries related to underage drinking also increases by 11 percent on Memorial Day weekend. And the numbers are even worse for young people who combine alcohol with other intoxicating drugs, as ER visits jump by 27 percent for this group. Drinking and drugging damage bodies and minds, careers and take lives, and too often they turn occasions for celebration into times of tragedy. Be responsible and “Keep What You’ve Earned.”

SPRING IS NATURE’S WAY OF SAYING, “LET’S PARTY!”

With the changing of the seasons, we welcome nature’s new beginnings. Winter’s frigid temperatures are replaced with Spring’s warm, sunny days, budding trees and blossoming flowers. Many people begin to make plans for travel to visit loved ones, baseball and soccer for the kids, or simply the ability to spend more time outdoors.

It is important that we remain vigilant and not let the warm temperatures tempt us to overindulge in the consumption of alcoholic beverages. Remember what’s at stake. Your safety! Your livelihood! Your career! Stop and think about the consequences of your actions. Welcome Spring and enjoy the warm temperatures, the parties, your families and the great outdoors, but don’t make decisions that can shorten your tours!

Assistance is never too far away! Speak to your Command DAPA or Chaplain. Remember, a self-referral can get you the help you need without disciplinary action!

26 Sailors and Marines lost their lives during the 101 Days of Summer 2015.

Let's work together to ensure that ALL of our Sailors and Marines have a safe 101 Days of Summer 2016!



Keep What You've Earned Resources Available through Naval Logistics Library (NLL)

The **Keep What You've Earned campaign** seeks to encourage responsible drinking among Sailors by celebrating the achievements in their Navy careers. The campaign also actively engages Sailors as advocates for responsible drinking and offers multiple resources to help spread the word on the KWYE website. Be sure to take advantage of NADAP's latest resources are listed below.

Product	Description	Where to Access
Posters – New Series!	A collection of eight posters are available including new posters featuring the “Know Your Limit,” “Plan Ahead for a Safe Ride Home,” and “Don’t Try to Keep Up with Others” messages, as well as a play on the theme “paint the town”.	Available for download at the KWYE website , and coming soon to the Naval Logistics Library.
Graphic Novel – New!	Based on a true story, this graphic novel visually depicts the story of two Sailors who face the consequences of drinking and driving.	Available for download at the KWYE website , and coming soon to the Naval Logistics Library.
Fact Sheets	Fact sheets are available for five different key audiences: <ol style="list-style-type: none"> 1. Alcohol abuse prevention personnel (ADCOs/DAPAs) 2. All levels of Navy leadership 3. Local communities and businesses 4. Partnering organizations and agencies 5. Sailors 	Available for download at the KWYE website , or for order through the Naval Logistics Library . Instructions for ordering are also available on the KWYE website.
Leadership Messages	Includes a set of 52 alcohol-related messages for the 52 weeks in a year. Leaders can share these messages with Sailors at liberty briefings or other regularly scheduled interactions.	Available for download at the KWYE website .
Video Public Service Announcements – New Series!	These short videos are perfect for sharing and provide information and personal accounts from Sailors about responsible drinking. The latest videos feature “Sailors on the street” answering trivia questions and sharing what it means to them to keep what you’ve earned; as well as a real look at the consequences of drinking and driving.	Available on the KWYE website and on the NADAP YouTube channel .
Pier Pressure Mobile Application – New Release!	Recently updated to include Game Center integration and other improved features, Pier Pressure helps Sailors understand the effects of their drinking habits and learn how to recognize their limit and drink responsibly. Available on Apple and Android-supported devices.	Available as a free download for Apple and Android-supported devices at the iTunes and Google Play stores.