

NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

SEPTEMBER 2011

Safe and Sober Labor Day Weekend

Labor Day began in 1882, originating from a desire by the CENTRAL LABOR UNION to create a day off for the "working man." Today it is celebrated mainly as a day of rest and marks the symbolic end of the "101 Days of Summer". As we celebrate our country's strength and prosperity, we also mark the end of our most deadly season for alcohol related traffic fatalities and mishaps. Let us all set a goal to have an incident free weekend. Pass the word at your command:



"Have a safe and happy Labor Day." For additional information on the [Labor Day Weekend Guide](#), log on to the NADAP website. The guide has many recommendations that can be integrated into your current substance abuse prevention program.

Our goal: 100% of our Sailors return to work following this Labor Day Weekend.

- **Myth:** Coffee can sober up someone who has had too much to drink.
Fact: Only time sobers. It takes about one hour to metabolize each drink.
- **Myth:** Hard liquor is more intoxicating than beer or wine.
Fact: A 12-ounce can of beer, a five-ounce glass of wine, and a 12ounce wine cooler contain the same amount of alcohol and the same intoxication potential as an ounce-and-a-half of liquor.

IN THIS ISSUE

- 1 LABOR DAY WEEKEND
- 2 WHATS AN ADCO?
- 3 NDSP BEST PRACTICES
- 4 RECOVERY MONTH
- 5 SARP TRAINING
- 6 DEFY
- 7 NATIONAL IMPAIRED DRIVING CRACKDOWN
- 8 DAPA EFFORTS
- 8 DRINKING YOUR WAY INTO TROUBLE



What's an ADCO?

History of the ADCO Billet

Alcohol and drug abuse are incompatible with the maintenance of high standards of performance, discipline, and readiness and are destructive of Navy efforts to instill pride, promote professionalism, and enhance personal excellence. Alcohol and Drug Control Officers (ADCO) assist commands in the deterrence and detection of alcohol and drug abuse thereby helping to increase retention and readiness. ADCOs are highly encouraged to complete the Drug and Alcohol Program Advisor (DAPA) course. In addition, attendance at ADAMS and AWARE courses is strongly recommended.

Primary vs. Collateral Duty

In some cases, being an ADCO is a primary duty. In most cases, it is a collateral duty. The ADCO may also be a Command Career Counselor, EEO Officer, Human Resource Management Officer--to name

just a few of the other roles ADCOs may have. ADCO duties will be competing for your time and you may be tempted to put them on the "back burner." Additionally, the type of support you receive from your command may affect your role as an ADCO. Try to meet these types of challenges while continuing to focus on meeting the responsibilities of the position.

Position Description

The ADCO shall manage the alcohol and other drug intervention assets of the second echelon commander and advise on the status of local command alcohol and other drug policies and procedures. In addition, he/she has staff responsibility for maintaining quality assurance over all program elements under his or her cognizance, particularly in the areas of professional training, standards and services delivery.

The ADCO shall:

- A. Coordinate and oversee alcohol and drug abuse prevention programs
- B. Provide liaison and guidance to subordinate staff concerning alcohol and other drug abuse prevention and control policies and procedures
- C. Maintain quality assurance over all program elements under the Area of Responsibility (AOR), particularly in the areas of professional training, standards and service delivery procedures, including:
- D. Control and monitor the effectiveness of the AOR urinalysis screening program.
- E. Ensure subordinate commands are compliant with policy for conducting urinalysis and submission of all Drug and Alcohol Abuse Reports (DAARs)
- F. Review, update and issue alcohol and other drug abuse AOR directives.
- G. Compile alcohol and other drug abuse statistical data for Chain of Command.
- H. Assess training needs and coordinate education resources.
- I. Ensure shore activities have an active NDAAC that meets at least quarterly.

WHO'S YOUR ADCO?

For an updated list of ADCOs contact the NADAP office at (901) 874-4900.

Navy Drug Screening Program (NDSP)

Best Practices

End of FY testing:

One of the minimum testing requirements contained in OPNAVINST 5350.4D Enclosure 2 is the requirement to conduct **End of Fiscal Year testing of those Sailors who have not provided a sample during the year.** Many commands wait until the last week of the month to perform this test. By doing so, you risk the chance of missing Sailors who may now be on leave, liberty or TAD.

DoD policy requires every service

member to be tested at least once per year. With current random testing, new check-in testing and end of FY testing requirements you would think every Sailor is tested at least once per year. However, there are many holes in this process, such as TAD, leave, Tele-Work, canceled tests, etc. To reduce the burden of tracking down so many Sailors at the end of the year or missing them all together, a best practice is to **conduct quarterly sub-unit sweeps of those Sailors selected but not tested during the quarter.** NDSP can run this report from the "Reports" section of the program. By doing this each quarter, the number members to test in September will be very small. There is no limit to the number of Sub-Unit Sweeps, only command Unit Sweeps which is five, unless authorized by the TYCOM. Now, NDSP can't run a report of those NOT selected so the UPC will have to manually identify those members.

Tech Refresh:

Many UPCs have contacted the NDSP Help Line because they have received new computers without their current testing information. In most cases, **NDSP data is not transferred to the new machine, therefore resulting in loss of current testing information.** If you are scheduled for Tech Refresh (computer replacement), the following options are recommended:

1. If you are scheduled for a Tech Refresh, place a note on the existing computer screen on the day of the replace to have the technicians to ensure your NDSP program (list the version you're using) and .dtp files are transferred to your new computer. Your .dtp files are your database files, ensure they move the most recent files (1 or 2 will do). Also, recommend they **not remove the old CPU until you have verified the program is transferred and working.**
2. If you won't be available on the day of the Tech Refresh, have your CTR or designated representative ensure your program and data is transferred, using the steps above.

In either case, you have approximately 3 days to have the Tech Refresh team correct any problems you may have. Do not assume they will transfer all files.

If you have any questions regarding the Navy Drug Screening Program (NDSP), please contact the NDSP Help Line at (901) 874-4204, DSN 882.



September is National Recovery Month

National Recovery Month (Recovery Month) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a substance use or mental disorder to live a healthy and rewarding life. **The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease.** Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Each September, thousands of treatment and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments.

The 2011 Recovery Month observance aims to educate the public on the positive changes that national health care reform will have on access to needed recovery services for substance use and mental disorders. Recovery Month, officially celebrated each September, has become a year-round initiative that supports educational outreach and celebratory events throughout the year.

Materials produced for the Recovery Month observance include print, web, television, radio and social media tools. These resources help local communities reach out and encourage individuals in need of services, and their friends and families, to seek treatment and recovery services and information. For a **Recover Month Kit** go to:

<http://www.recoverymonth.gov/Recovery-Month-Kit.aspx>



SARP Training is Life Changing

By Ted Judson, assistant department head, Navy Drug and Alcohol Counselor School (NDACS)

Read Full article at <http://navymedicine.navylive.dodlive.mil/2011/07/11/sarp-training-is-life-changing/>



When I entered Navy Medicine's Navy Drug and Alcohol Counselor School (NDACS) in 1987, I had no idea what I was getting into and how my experience there would shape the rest of not only my career, but my life. I found my home at NDACS and nearly 25 years later I'm still in the community. As strange as it may sound, working in this field warms my heart and makes me revel in the blessings of my life every day.

NDACS is designed to provide training to military personnel who will eventually provide outreach, screening, assessment, and treatment of alcohol and other drug addictions for fellow Sailors. The school is 11 weeks long and located at the Surface Warfare Medical Institute in San Diego, Calif. It offers the potential for both Navy and international civilian certifications. The school convenes a new class five times a year and is now accepting applications for its session that begins Oct. 4, 2011.

We are looking for individuals who can really relate to other people. Those who have good active listening skills, who can empathize well with others, who can be non-judgmental and show warmth and positive regard for others. We will teach much of this at the school but it helps if they already come with some of these characteristics. It also really helps if they have some measure of insight and self-awareness. **Sailors can be from any rating, but must meet certain criteria, including having no record of non-judicial punishment for at least two years and must have stability in their personal affairs.**

"NDACS is a life changing opportunity. The opportunity to really help save the lives of Sailors is both honorable and humbling and almost all students who come through this school acknowledge the personal benefits they have gained."

Students participate in a variety of classroom activities including didactic lectures and experiential activities. They go through a three-week practicum experience where they actually go into the field and work with drug and alcohol abusers in a treatment setting, before wrapping up their final week with information and readiness surrounding their internship.

Once someone graduates NDACS, they enter a minimum one year internship as a Substance Abuse and Rehabilitation Program (SARP) counselor. After the first year they are eligible to take a certification exam. If they pass they are certified as a Navy Alcohol and Drug Counselor (ADC I, a Navy specific certification). After working in the profession for three years they can apply and take an international certification exam that has reciprocity with the 40 states, 14 countries and a dozen or so federal level certification boards who are members of the International Certification & Reciprocity Consortium (IC&RC). Navy trained counselors certified at the

reciprocal level (ADC II) are highly sought after in the civilian treatment community. We have a long history of people employed at Betty Ford, Hazelden, and many other nationally and regionally recognized treatment centers.

As drug and alcohol counselors we help people walk through some of the most shameful and painful experiences in their lives and watch them come out the other side being better than they were when they came in.

If you would like to make a difference in your life and the lives of others, apply to become a Navy Drug and Alcohol Counselor. There is no other Navy school like this, no other experience like this. If you want a challenge to reach out beyond what you are doing now, then try this on. For more information on the application process for NDACS see your special program detailer or contact the schools administration office directly at 619-553-8499.

Marine Corps Base Hawaii offers Drug Education for Youth program

View full story: <http://www.dvidshub.net/news/73134/marine-corps-base-hawaii-offers-drug-education-youth-program>

KANEOHE, Hawaii - As 10-year-old Deantoni Gordon attempts to walk through a small obstacle course blindfolded on the field next to the Military Police Department, a chaotic chorus of shouts swarm his head as his peers try to steer him in the wrong direction. But Gordon is ignoring them all and concentrating on the sound of Krystal Colon's voice. The crowd cheers and applauds as Gordon steps over the last hurdle. The children engaged in this trust building exercise on the last day of the first phase of the Drug Education for Youth program.

The purpose of the program is to teach children how to avoid risk-related behavior, such as using illegal drugs or joining gangs.

Through classroom discussions and hands-on activities, the children not only learn about drugs and gang culture, but also learn skills such as conflict resolution, decision making and team building.

This group previously made excursions to various places on the island, including the Pacific Aviation Museum, and frequently engaged in physical activity, such as the President's Challenge, which involves exercises such as pull-ups, sit-ups and running.

Although military children are given preference for this program, civilian children are allowed to participate if there is enough space. Applicants are received on a first come, first-served basis. The program is free of charge and meals are provided. The children will also receive items such as a lanyard, shirt and water bottle.



Leroy Contee, the Drug Abuse Resistance Education and Drug Education for Youth coordinator at the Military Police Department, has managed the program on base for the last two years. Along with Contee, mentors and junior mentors volunteer to work with the children throughout the DEFY program. While several of the mentors are service members from the base, the junior mentors are former DEFY graduates.

"I always wanted to do a program like this," said Navy Petty Officer 2nd Class Derek Miles, intelligence specialist, Commander, Patrol and Reconnaissance Wing 2. Miles, of Houston, said he likes to work with children and seeing them participate in activities like DEFY is a reward all on its own. He said one of the important skills the program teaches is teamwork.

Through DEFY, Miles said the children have the opportunity to interact with each other. Some children may be enrolled in DEFY with a sibling; Miles said the staff separates siblings to give them a chance to meet others. "They get to see a lot more personalities," Miles said.

Kona Hinojosa, 11, of Waimanalo, is enrolled in the program. He likes everything about the program from the field trips to the mentors to the outdoor activities. Though he considers DEFY a fun program, it can also be challenging. Hinojosa said at the end of each day the children are asked questions about what they learned.

Krystal Colon, 10, enrolled in DEFY for the first time this year. She enjoys the program's Wednesday water activities, which include water balloons. She said her first day was fun, as she and her team, "Purple Venom," designed their flag. "[DEFY] will make you smart, and it'll show you how bad it is to use drugs and how it could mess up your life," Colon said.

NADAP WEBINARS

NADAP will be holding webinars on a monthly basis. A Webinar is a seminar that is conducted online and viewed with a computer. The webinars will focus on a new topic each month. Webinars will cover topics such as ADMITS, IFTDTL, alcohol screening packages, NDSP and lab positives. At the end of each Webinar audience members will be able to ask questions on any topic. Each webinar will have a 30 minute presentation and a 30 minute Q&A. **All webinars begin at 1300-1400 (CST).** Visit the NADAP website for more information. If you have questions, please contact Sara Geer at sara.geer.ctr@navy.mil

SCHEDULE & SUBJECT

15 Sept SARP

National Impaired Driving Crackdown Kicks Off Soon

The National Highway Traffic Safety Administration (NHTSA) will launch a campaign to **crack down on impaired driving** and reduce roadway fatalities from Aug. 19 to Sept. 5. The annual, nationwide enforcement effort is supported by \$14 million in paid national advertising campaign to help put motorists on notice that if they are caught driving while impaired, they will be arrested. The national ads, produced by NHTSA in English and Spanish, are targeted at young male drivers (ages 21-34) and motorcycle riders, who are the most common perpetrators of impaired driving.

According to NHTSA, **10,839 people in 2009 were killed in highway crashes involving a driver or motorcycle rider with an illegal BAC of .08 or higher.** That would be equal to about 30 jumbo jets crashing each year. To crack down on alcohol-impaired driving, which is especially common in the late summer, police in every state and most towns and cities will be out in record numbers from mid-August through Labor Day. All 50 States, the District of Columbia and Puerto Rico have established a threshold making it illegal to drive with a blood alcohol concentration of .08 grams per deciliter or higher.

The administration also reports that the percentage of drivers with BACs of .08 or above involved in fatal crashes in 2009 was highest for motorcycle riders (29 percent), followed by drivers of light trucks (23 percent) and passenger cars (23 percent).

Coalitions can download a free planner to support NHTSA's impaired driving initiatives surrounding the 2011 Labor Day Impaired Driving Prevention National Enforcement Crackdown and are built on the new message platform, "**Drive Sober or Get Pulled Over**" with a tagline "Cops are cracking down." The promotional planner offers marketing materials, earned media tools and marketing ideas you can distribute to fit your local needs and objectives while at the same time partnering with other states, communities, and organizations all across the country on this promotional program.

"NHTSA certainly can't do this alone, and we need support from folks all across the country who can provide assistance and publicize these efforts," said Heidi Coleman, chief, Impaired Driving Division, of DOT's National Highway Traffic Safety Administration during an Impaired Driving National Crackdown stakeholders meeting.

You can download the planner here:

<http://www.stopimpaireddriving.org/planners/crackdown2011/index.cfm#logos>

Innovative DAPA Efforts:

Submitted by AT1 Kerry Reed, FRCNW Command DAPA

Coordination with Base wide programs is an important element for successful prevention efforts. For example, Fleet Readiness Center Northwest (FRCNW) actively promotes and recruits volunteers for the **Right Spirit Ride program**. This program uses volunteers from the base to serve as designated drivers using the duty van. The designated drivers make rounds throughout town, stopping at local establishments and escorting Sailors home, with a friendly stop at a fast food restaurant to help avoid a second trip into town. FRCNW also is involved with the base CSADD (Coalition of Sailors Against Destructive Decisions) chapter helping promote positive decisions within the 18-28 year old demographic. This program showcases other outlets and activities that are happening in the area .

Do you have a Success story? Share with us! Email your prevention efforts to sara.geer.ctr@navy.mil

“Drinking Your Way into Trouble”

Posters & Videos Available Mid August

The Naval Safety Center and the Virginia Department of Alcoholic Beverage Control have created a new alcohol-awareness video product called “Drinking Your Way into Trouble.” The 27-minute training video deals with several topics, including underage drinking, driving under the influence, fake IDs, sexual assault and binge drinking. It contains information about laws in various states, punishments that can result from bad decisions, and tips to avoid getting in trouble in the first place.

The product also includes five posters and ten 59-second PSAs. You can request a copy of the video-poster package by emailing the Safety Center’s Communications and Marketing Department at safe-mediafdbk@navy.mil . POC at the Safety Center is Derek Nelson at derek.nelson@navy.mil , 757-444-3520, Ext. 7243. Remember to include your full mailing address with your request.



FY11 STATISTICS

DAARS & DUIs

JAN	317	112
FEB	301	99
MAR	309	107
APR	338	95
MAY	272	79
JUN	227	61
JUL	135	55

MEM POS & TOTAL TESTED

JAN	168	134,458
FEB	149	93,114
MAR	148	98,188
APR	169	94,408
MAY	168	97,567
JUN	177	91,620
JUL	199	81,289

LET US KNOW

What would you like to see in the E-Gram? Have ideas, suggestions, or news for the E-gram? Let us know! Please email suggestions to sara.geer.ctr@navy.mil

