

NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

DEC 2011

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December is 3D Month

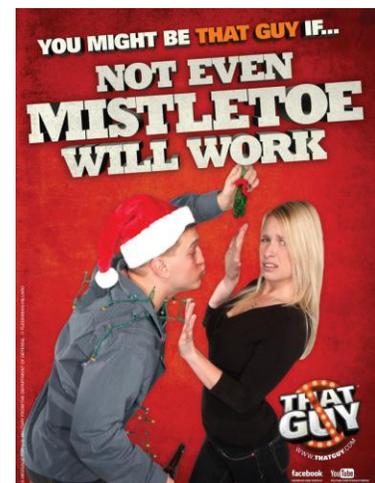
December is annually designated as National Drunk and Drugged Driving Prevention Month (often referred to as 3D Month).

Daily, in the United States, almost 30 people die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 48 minutes. 3D Month reminds us to "**Designate Before We Celebrate**" and encourages safe and sober driving.



How can you prevent Drunk and Drugged Driving this holiday season?

- Implement an aggressive prevention campaign through various media channels. 3D banners are available for order; contact Sara Geer at sara.geer.ctr@navy.mil for more information.
- Ensure Sailors are aware of "Safe Ride" programs available in the local area.
- Support designated driver programs at the command level.
- Ensure Sailors have a recall list/contact number of someone they can call if they find themselves in trouble and/or need a ride home.
- Establish a command policy that all Sailors returning from leave or extended liberty will be subjected to urinalysis testing.
- Have Sailors sign a page 13 re-emphasizing Navy's Zero Tolerance policy as it applies to all drug abuse, including the possession/ use of Synthetic Cannabinoids and/or Cathinones
- Share lessons learned in holiday messages to promote smart choices.
- Dispel myths in POD/POW found on the NADAP Website.



DEFY Gives Back

Tinker Air Force Base DEFY youth and mentors met in October and November and performed their Volunteer Community Service Project with the wonderful people at The HUGS Project. The project, headquartered in Oklahoma City, builds care packages for forward deployed troops throughout the Middle East. With DEFY's assistance, over 500 care packages were built. The DEFY youth were excited about giving back to their community and also supporting deployed service members. The National Coordinator met with the kids and talked about Community Service and giving back to society.

In November, HM1 Christopher Gatta and his daughter, Madison held training on Nutrition. The DEFY youth were encouraged to plan their own holiday meal, which they will be responsible for preparing (with mentor guidance) in December. All in all, an excellent day spent with amazing people.



Congratulations to PACOM Pearl Harbor DEFY



PACOM Pearl Harbor DEFY was recognized by RADM Dixon R. Smith, COMMANDER, Navy Region Hawaii as the winner of the Navy Region Hawaii Campaign Drug Free Flagship award. Awards are presented in five flagship sponsored categories: personal excellence partnership; health, safety, and fitness; project good neighbor; Campaign Drug Free (CDF); and environmental stewardship. PACOM DEFY Program participated in the Red Ribbon Campaign in the CDF category.

DUI Prevention Programs

Best Practices



The holiday season is upon us and parties and celebrations on the rise and it is very important to maintain an aggressive DUI prevention program. The Navy averaged over 3 (3.21) DUIs per day in FY11, but at Christmas that number **more than doubles** (8.5).

Command "Safe Ride Home"

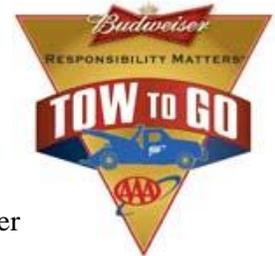
Safe Ride programs provide Sailors, who've had too much to drink, rides home and ultimately help to reduce the number of safety-related fatalities. Below are a few best practices to starting a SafeRide program.

- Supported by local taxi company; local and metropolitan coverage area
- Funded by the CPO mess
- Anonymous user guarantee
- All Sailors are given SAFE RIDE HOME keychain cards during command indoctrination
- Sailor presents command SAFE RIDE HOME keychain card to taxi driver upon pickup
- CPO mess receives a monthly bill from taxi company
- During high-risk holidays the safe ride program fueled by command volunteers



Other Programs

- **"Tow To Go":** A Partnership Between AAA & Budweiser. This program is designed to protect both the intoxicated driver and the motoring public from avoidable car crashes.
 - FREE and open to both AAA members and non-members (100% confidential)
 - Call 1-800-AAA-HELP — the call will be directed to a ERS Call Center
 - The AAA tow truck takes the vehicle and the driver safely home
 - Tow to Go program is available throughout Florida, Georgia, and Middle & Western Tennessee.
 - More information at http://www.aaasouth.com/newsandsafety/tow_to_go.aspx
- **"WRAP's Holiday SoberRide® Campaign":** WRAP's 2011 Holiday SoberRide program will be offered nightly from 10:00 pm to 6:00 am beginning Friday, December 16, 2011 and running until January 1, 2012. To receive a free cab ride home (up to a \$30.00 fare), call 800-200-8294 (TAXI) or #8294 (TAXI) on your AT&T wireless phone. You must be 21 or older to use the SoberRide service.
 - Currently, SoberRide operates during the December/January holiday season, St. Patrick's Day, Independence Day and Halloween.
 - All calls must originate in Montgomery and Prince George's Counties in Maryland; the Cities of Rockville, Bowie, College Park, Gaithersburg, Greenbelt and Takoma Park in Maryland; the District of Columbia; Arlington, Fairfax, Prince William and Eastern Loudoun Counties in Virginia; and the Cities of Alexandria, Falls Church, Fairfax, Manassas and Manassas Park in Virginia
 - More information at: <http://www.wrap.org/soberride/>



NADAP 2012 WEBINARS SCHEDULE

NADAP will be holding webinars on a monthly basis. **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

12 JAN	ADMITS- DAARs in holding
26 JAN	NDSP- Discrepancies
9 FEB	UPC- Sample Packaging/transportation
23 FEB	DAPA Responsibilities
8 MAR	ADCO Responsibilities
24 MAY	101 Days of Summer Kickoff

Who Will Stand Your Watch?

NADAP has launched a new substance abuse prevention campaign designed to educate Sailors of the negative impact substance abuse can have on a Sailor's family, shipmates, and career.

The campaign focuses on a Sailor's personal responsibility and the impact on the unit and their shipmates when the Sailor is removed from duty as a result of a substance abuse incident. The campaign utilizes various communication tactics that include print media and public services announcements.

The pamphlets include the substance abuse continuum. The continuum is designed to help Sailors and Commands identify and intervene before a substance abuse incident occurs. Shipmates take care of shipmates. It is important to educate all hands on signs of substance abuse. Every Sailor must be aware of the signs of abuse and intervene early to ensure shipmates don't abuse drugs or alcohol.

The campaign includes the following materials intended to target various communities:

- 4 Pamphlets
- 6 Posters
- 4 TV Public Service Announcements

The print media is available through Navy Logistics Library for order free of charge. To order view the *Who Will Stand Your Watch* [order form](#) located on the NADAP website (www.npc.navy.mil/support/nadap) and make your selections. Next contact your Logistics Specialists or supply department to get the appropriate Unit Identification Code (UIC) and help ordering products. To order they must have an NLL account. For more information visit the NADAP Website or contact Sara Geer at sara.geer.ctr@navy.mil.



NEW CHANGE TO AFFECT ALL ADMITS USERS



The Alcohol and Drug Management Information Tracking System (ADMITS) is now hosted at Data Center Millington. All ADMITS users must now access ADMITS through the BUPERS Online (BOL) website. If you do not have a BOL account, you (civilians and contractors) are required to complete a SAAR form to gain access to BOL.

Nothing is required if you already have BOL access. Simply enter the BOL website and click on the first link (ADMITS). The move to Data Center Millington provides increased access to other pay and personnel systems such as FLTMPS, EMPRS, IMAPMIS, etc. This will result in better personnel data (separation dates and codes) and better training data. For further information contact the ADMITS helpdesk at (901)874-4297 or email MILL_ADMITS@Navy.Mil.

Effective Communication: Your Audience

When releasing information, it is important to keep your audience in mind. Ask the following questions. Who is your audience? What information do they need? Does your content have relevance to that audience? What is the most appropriate and effective format and dissemination method? The content of the message is equally as important. Consider the message you are communicating. Is the content clear and direct?

Audience	Information	Example: Drug/Alcohol Incident
Leadership	Policy	<ul style="list-style-type: none"> • Drug testing requirements • Substance abuse reporting (OPREP/DAAR) • CO's determination of drug abuse • Screening and treatment procedures • Waiver requests • Mandatory processing <ul style="list-style-type: none"> - 2 DUI, Zero tolerance, Alcohol treatment failures
Supervisors	Practices	<ul style="list-style-type: none"> • Warning signs of substance abuse • Command referral process <ul style="list-style-type: none"> - Documented history of infractions - Supervisor's statement
Junior Enlisted	Information	<ul style="list-style-type: none"> • Self/command referral process • Alcohol Deglamorization <ul style="list-style-type: none"> - DUI - Responsible drinking - Underage drinking • Harmful effects of substance abuse • Effects on Career

2011 STATISTICS

DAARS & DUIs

Month	DAARS	DUIs
JAN	338	118
FEB	320	102
MAR	334	114
APR	359	103
MAY	315	100
JUN	291	89
JUL	291	104
AUG	285	61
SEP	236	71
OCT	174	42
NOV	44	6

MEM POS & TOTAL TESTED

Month	MEM POS	TOTAL TESTED
JAN	152	134,458
FEB	132	93,141
MAR	123	98,215
APR	140	94,464
MAY	129	98,215
JUN	125	98,053
JUL	141	97,930
AUG	173	103,207
SEP	193	110,129
OCT	181	92,067
NOV	105	44,484

LET US KNOW

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

