

NADAP E-GRAM

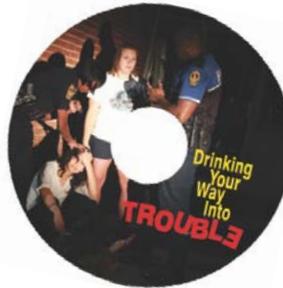
Navy Alcohol and Drug Abuse Prevention

July 2011

“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.

The product should be available in mid-August. POC at the Safety Center is Derek Nelson at derek.nelson@navy.mil, 757-444-3520, Ext. 7243. Plans are to have the video and posters available individually. Remember to include your full mailing address with your request.



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NADAP SCHEDULE

JUL
20-23 LEMOORE
AUG
20-26 DIEGO GARCIA
TBD SAN DIEGO

FIND US ON FACEBOOK:



NADAP



DEFY

“Will Jack3D™ Cause Me to Fail a Urinalysis?”

Recently, an email began to circulate concerning the possibility that an off the shelf nutritional supplement which is sold on base would cause members to show positive results during urinalysis, and urged users to stop using it and get it removed from the shelves. In fact, a quite a few people have raised alarm about what the effects of the supplement are. Our subject matter experts at the Naval Drug Screening Laboratories (NDSLs) have assured us that this isn't true, but explained why the confusion may have arisen in the first place.

Jack3D™ is a supplement (Pre-Exercise CNS –Carnosine-ATP Augmentor) which advertises that it will increase your drive, focus, energy, motivation and awareness, as well as increase your strength, speed, power and endurance. It sounds like the perfect supplement, however the FDA hasn't evaluated any of these statements, and the manufacturer warns that strict adherence to the dosing protocol is required. Other supplements offering similar benefits include Motivate™, Resolution™, C4 Extreme™ and OxyELITE Pro™. At least one of the active ingredients will disqualify you from international sporting competitions. Aside from caffeine, the proprietary formula (read: undisclosed amounts) includes 1, 3 Dimethylamylamine (DMAA), a stimulant which was originally marketed as a decongestant.

DMAA can be referred to by numerous terms, including methylhexanamine, Germanamine™, Forthane, Forthan, and Floradrene. DMAA can also be derived naturally, as Geranium oil or extract. The natural concentration of between 0.66% to 1%, however, is an order of magnitude lower than what has been reported to be in supplement products. The public gives far less scrutiny to a product that sounds as if it is naturally derived, and with little regulation in the supplement industry, this is currently an acceptable practice.

“It will also cause a urine sample to be screened as potentially containing methamphetamines, but more sophisticated subsequent testing as utilized by the NDSLs will determine that it is **not a controlled substance** ”

The rumors of failed urinalysis exams have a basis in fact, but don't hold up to closer examination. Although DMAA is a legal substance, as a stimulant it will bar you from most sanctioned athletic competitions. It will also cause a urine sample to be screened as potentially containing methamphetamines, but more sophisticated subsequent testing as utilized by the NDSLs will determine that it is not a controlled substance. The Navy's Drug Detection Program utilizes state-of-the-art detection methods and equipment to screen for illegal drugs and controlled prescription medications. A civilian athlete may fail a sports anti-doping test, or anyone using unsophisticated testing may mistakenly conclude that the potential methamphetamine result is final, but the results from the NDSLs will accurately detect users of illegal drugs. That stated, users should be mindful of the potential side effects and health impacts of this supplement before starting or continuing use of this product. Online research and discussions with your health care provider are always prudent, and will help you in choosing your course.

NADAP WEBINARS

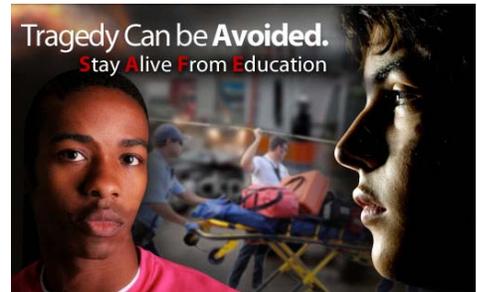
NADAP will be holding webinars on a monthly basis. A Webinar is a seminar that is conducted online and viewed with a computer. The webinars will focus on a new topic each month. Webinars will cover topics such as ADMITS, IFTDTL, alcohol screening packages, NDSP and lab positives. At the end of each Webinar 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

14 July Alcohol
18 Aug Urinalysis
15 Sept SARP

Has Street Smart visited your command?

The Street Smart program takes the audience into the real-life drama experienced by firefighter/paramedics as they work to save the lives of individuals who have made poor choices when it comes to drinking or using drugs and the non-compliance of seat belts.



A team of two state-certified paramedics walk students through what happens at a trauma scene using the medical equipment they employ daily in their jobs. From taking a pulse, to loading the victim onto a backboard, to simulating an IV-line being inserted, students can see and feel what it's like to try to save a life, and what it's like to be the victim.

Attendees learn the stories behind the crashes, hear the choices that individuals were given, and see the irresponsible actions played out. Students come to know the power that comes from making the right choices, from choosing not to drink or use drugs, from choosing to wear a seat belt and they come to understand the consequences that come with their actions and the importance and value of their own lives.

To have the Street Smart team visit your command, go to <http://www.safeprogram.com/request-workshop.html>.

Best Practices: ADMITS

Currently, OPNAVINST 5350.4D requires Drug and Alcohol Abuse Reports (DAAR) to be submitted within 30 days of an incident, self or command referral. Many times the DAPA will enter the DAAR but fail to fax the DAAR to NADAP or have the DAAR approved electronically by their Commanding Officer. **These DAARs are in "holding" and are unreported.** Until DAARs are approved, Navy cannot track the member through the screening process and if necessary, ensure they receive recommended treatment. **ADCOS should monitor their holding files to ensure DAARs have been approved.**

SSN	Incident Date	Primary Substance	Member Name	UIC	
000-00-0000	26-JAN-2003	ALCOHOL	DOE, JOHN C.	00000	Locked
000-00-0000	18-APR-2003	ALCOHOL	DOE, ABLCE E.	00000	Amend
000-00-0000	11-AUG-2003	ALCOHOL	JOE NEW GUY	00000	Locked
000-00-0000	01-JAN-2004	ALCOHOL	DOE, CHARLES E.	00000	Locked
000-00-0000	02-JAN-2004	COCAINE	DOE, C B	12345	Locked
000-00-0000	03-JAN-2004	AMPHETAMINES	SEAL, The	57020	Locked
000-00-0000	01-JAN-2002	ALCOHOL	DOE, SAM A	00000	Edit
000-00-0000	26-JAN-2003	ALCOHOL	DOE, JOHN C.	00000	Edit
000-00-0000	11-AUG-2003	ALCOHOL	JOE NEW GUY	00000	Edit
000-00-0000	01-JAN-2004	ALCOHOL	DOE, CHARLES E.	62980	Edit
000-00-0000	02-JAN-2004	ALCOHOL	SEAL, The	02301	Locked

DAAR's in blue are in the master file. DAAR's in red are in the holding file.

Remember: DAAR's in red are in the holding file.

Avoiding a Million Dollar Mistake

Navy Commander Warns All Who Drink and Drive: *Don't Make a Million Dollar Mistake!*
From Submarine Group 2 Public Affairs

Read Full article at <http://www.public.navy.mil/usff/CSG2/Pages/DUI-Awareness.aspx>

GROTON, Conn. - With the weather turning warmer and daylight hours extending, more people will be turning to outdoor events or social festivities for enjoyment. At many of these activities, alcohol may be served. Because of this, Commander, Submarine Group Two is encouraging all Sailors and their families to practice responsible alcohol use.

"We have all heard about or seen the tremendous personal loss that results from driving under the influence of alcohol. We don't want tragedy to visit any of our Sailors because we care about their well-being and safety," said Rear Adm. Michael McLaughlin.

Navy-wide vigilance about alcohol abuse is now heightened. Two years ago, a Navy instruction went into effect which requires mandatory administrative separation processing of all Sailors who incur a second DUI at any time in their careers. This instruction (OPNAVINST 5350.4D) applies to every Sailor in the U.S. Navy. **That means that Sailors will face mandatory separation proceedings if they incur a second DUI at the end of their careers, even if the first DUI was incurred at the very beginning of their careers!** One of the Sailors serving in Submarine Groups TWO is in the process of being separated for his second DUI even though the Chief had over 16 years of service. This means he and his family will not receive the retirement annuity he would have earned after completing his 20th year of Naval service.



Let's think about that for a minute. The math is not too complicated if we make a few simplifying assumptions. According to the Social Security Administration, a male retiree, 40 years old, will live another 42 years. If he retired as an E-7 with 20 years of service, he would earn roughly \$2050.00 each month in retirement pay. If we assume inflation and the cost of living adjustment exactly cancel each other for the rest of his life, we can calculate the value of the 42 years of retirement checks would be just over \$1,000,000. There are financial planners who can perform more complex calculations for us – but the rough math gets the point across pretty well.

Ramifications of driving under the influence of alcohol extend beyond an administrative discharge from the Naval service – depending on the facts of the case, a Sailor may find himself facing a lengthy prison sentence for the results of his actions while behind the wheel and intoxicated. But there are efforts underway to prevent alcohol-related issues. To that end, the Navy's policy on alcohol is Responsible use. Responsible use is self-imposed limitation on time, place and quantity when consuming alcohol. Alcohol consumption is never an excuse for misconduct. Members who think they may have an alcohol problem are encouraged to refer themselves for treatment before an incident occurs and Shipmates are certainly to continue looking out for shipmates! Alcohol related misconduct is a significant fitness/performance factor.

Group Two is also working hard to encourage responsible alcohol use. We have a campaign called "Right Spirit" that authorizes commands to fly a "Right Spirit" pennant as long as the Command's Sailors have not had a DUI incident in the previous year.

In addition, in an effort to curb the needless deaths and injuries attributable to DUI, our Sailors have been informed of a safer option to getting behind the wheel after drinking. In certain circumstances, commands may be authorized to provide safe rides to Sailors who think they may be unsafe to drive.

First NSB DEFY group graduates

Story and photos by Periscope Staff

The Periscope, Naval Sub Base King's Bay Georgia

Naval Submarine Base Kings Bay celebrated the graduation of 20 youths who participated in the inaugural Drug Education for Youth Program May 31.

The graduating youth participated in the eight-day summer camp, known as Phase I in June 2010 and then participated in monthly follow-up meetings for Phase II with their peers and mentors.

During the summer camp, the youths participated in workshops on peer pressure, gang resistance, drugs, alcohol and more. They also participated in many team-building exercises such as the wall climbing wall, the Get Wet Trainer at Naval Station Mayport, team sporting events and physical challenges.

During the monthly follow up meetings, DEFY members participated in a wide variety of activities, ranging from community service projects to hiking at Fort Clinch State Park.

The graduation ceremony began with the Parading of Colors performed by the Kings Bay Sea Cadets. The Sea Cadets served as junior mentors during the summer camp and helped teach the class military basics, such as marching and how to fold the American flag.

Guest speaker Capt. John O'Neill, NSB Kings Bay commanding officer, addressed the guests at the Kings Bay Chapel. "I want to thank three different groups of people tonight, the parents, the staff and the kids," O'Neill said. "Your unwavering commitment has been vital to the success of this program."

O'Neill then presented the military staff with Navy Achievement Medals and the civilian staff with Letters of Appreciation. Following the staff awards, the youths were all smiles as they were presented with their graduation certificates.



Program Coordinator Kelly Wirfel then closed out the event. "The goal of this program is to help the youths establish the life skills and the confidence necessary to make positive life decisions," she said. "A big part of that is accomplished by building positive relationships between the mentors and the peers. I can, without a doubt say, that we accomplished that goal very well this year."

Innovative DAPA Efforts: TRAINING AND PREVENTION IS KEY!

Submitted by AT1 Trenette Peoples, VRC-40 DAPA



Fleet Logistics Support Squadron Four Zero's (VRC-40) "DAPA Awareness Day" was targeted toward junior sailors E-4 and below as part of the Navy's initiative for the Right Spirit Campaign.

This session consisted of the monthly ADAMS and AWARE training as well as three demonstration stations. These stations, with the utilization of beer goggles simulating being under influence of alcohol, provided realistic scenarios of driving, catching a tennis ball, and walking the sobriety line.

VRC-40 actively includes training sessions and utilizes quarterly awareness to promote a drug free and "responsible use" of an alcohol environment. In conjunction with the our training program, VRC-40 Command's Safe Ride Program, a program in which the sailor receives a safe taxi ride at no cost, has been successful in keeping sailors safe and 600 days without a DUI and 741 without Alcohol Related Incident.

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

It's America's Night Out Against Crime!

The "28th Annual **National Night Out**" (NNO), a unique crime/drug prevention event sponsored by the National Association of Town Watch (NATW), has been scheduled for Tuesday, **August 2, 2011** (Texas will celebrate on October 4th, 2011). Make your NNO event a success and register to receive your "How to" kit and materials at <http://www.nationaltownwatch.org/nno/reg.html>.

Last year's National Night Out campaign involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from over 15,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, over 37 million people participated in National Night Out 2010.

NATIONAL NIGHT OUT is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police-community partnerships
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.

FY11 STATISTICS

DAARS & DUIs

JAN	295	105
FEB	266	97
MAR	274	100
APR	257	83
MAY	158	59

MEM POS & TOTAL TESTED

JAN	175	134,458
FEB	160	92,636
MAR	180	96,989
APR	207	89,909
MAY	213	95,561

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

