

# NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

APR 2012

## ALCOHOL AWARENESS MONTH

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.

Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices. 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 Safty Center. Also include Mock DUI Crash Demonstrations. Don't forget food, games, and music!
- **Alcohol Awareness 5K / 10K / 20K/ Mud Run**
- **Bowling Night**
- **Command "Roaming" *That Guy***  
Sailors are dressed up as *That Guy* poster characters and walking around the command telling Shipmates why not to be *That Guy*.
- Visit the NADAP website to learn more about a variety of prevention campaigns and how to obtain their promotional materials.
- Alcohol Awareness outdoor banners are available, email [sara.geer.ctr@navy.mil](mailto:sara.geer.ctr@navy.mil) to order.

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ALCOHOL  
AWARENESS  
MONTH

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NADAP



DEFY

# THE DOMINO STRATEGY™

ON HOW TO DRINK RESPONSIBLY.



NADAP has launched the *Domino Strategy on How to Drink Responsibly* campaign. This social marketing campaign encourages Sailors to pay attention to the size, content and amount of alcohol they consume each time they drink. The Strategy recommends that Sailors follow responsible drinking guidelines defined by the U.S. Department of Health and Human Services.

The campaign is designed to help people who drink alcohol, reduce their risk of harming themselves or others. The Strategy provides specific information that enables people to compare their individual drinking pattern against a clear set of low-risk guidelines. *The Domino Strategy* does not replace current prevention programs; it adds depth to already existing initiatives.

The campaign promotes the 0-1-2 guidelines on how to drink responsibly. Zero drinks for people who are Under 21, operating any type of vehicle, pregnant, trying to become pregnant or breastfeeding, recovering alcoholics or chemically dependent, and using certain medications. No more than one standard drink per day for women and no more than two standard drinks per day for men.

The messages of the Domino Strategy are divided into **three phases**. The first phase asks the question *Do you Count?*, helping Sailors make the connection between counting drinks and reducing personal risk. The second and third phase educate Sailors on what constitutes a “standard drink” and encourages Sailor to pay attention to the content of their drink by asking *How Big is it?* and *what’s inside?*

The campaign will include posters, outdoor banners, table tents, pamphlets, and TV/Radio public service announcements. All materials are available at no cost to all Navy commands for ordering through the **Navy Logistics Library**. Supply personnel may order them via <https://n111.ahf.nmci.navy.mil> (for NMCI computers) or <http://www.navsup.navy.mil/navsup> (if NMCI is not available).

For more news from Navy Alcohol and Drug Abuse Prevention (NADAP), visit [www.nadap.navy.mil](http://www.nadap.navy.mil)



# NADAP 2012 WEBINARS SCHEDULE

NADAP will hold 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](mailto:sara.geer.ctr@navy.mil)

## How to join the meeting:

1. Register for a DCO account at <https://www.dco.dod.mil>
2. Click the link below to enter meeting.  
<https://connect.dco.dod.mil/nadapwebinar/>

## SCHEDULE & SUBJECT

24 MAY	101 Days of Summer Kickoff
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## MISS A WEBINAR?

Don't worry. All webinar briefs and recordings are located on the NADAP Webpage.

# Got Drugs?

Turn in your unused or expired medication for safe disposal Saturday, April 28th, 10am – 2pm

Visit [www.dea.gov](http://www.dea.gov) for a collection site near you.



## NATIONAL TAKE-BACK INITIATIVE

Medicines play an important role in treating many conditions and diseases, but when they are no longer needed it's important to dispose of them properly to avoid harm to others. According to the Food and Drug Administration (FDA), most drugs can be thrown in the household trash, but consumers should take certain precautions before tossing them out.

The Drug Enforcement Administration (DEA) has scheduled a **National Prescription Drug Take-Back Day** which will take place on **Saturday, April 28, 2012, from 10:00 a.m. to 2:00 p.m.** This is a great opportunity for those who have accumulated unwanted, unused prescription drugs, to safely dispose of those medications.

- Medicine take-back programs are the only secure and environmentally sound way to dispose of leftover and expired medicines.
- Ongoing drop-off programs are usually at a pharmacy or a law enforcement office. **Contact your local pharmacy or law enforcement agency to find a Take-back program near you.**
- Take-back programs use secure equipment and procedures to prevent theft or diversion.
- Collected medicines are destroyed in a way that protects our environment.

## DOs & DON'Ts of Drug Disposal

- Follow any specific disposal instructions on the drug label. Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so.
- If no instructions are given on the drug label and no take-back program is available in your area, throw the drugs in the household trash, but first: take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter.
- When in doubt about proper disposal, talk to your pharmacist.

For more information visit:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>

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## DEFY is Almost 20 Years Old

In 1993, the DEFY Program began as one of several youth outreach programs under the Secretary of the Navy's Drug Demand Reduction Task Force as a pilot program at Naval Air Station Alameda and Pensacola. Over the years, the program has expanded to over 50 sites worldwide at its peak. Continual improvements have ensured that DEFY has remained relevant. In 2013, we will commemorate the 20<sup>th</sup> anniversary of the DEFY program. We are looking for success stories from DEFY graduates and parents. If you know of an active duty military member who is a graduate of DEFY, DEFY parent, or other DEFY participants (graduated/current youth and staff), please have them contact the DEFY Program Office at (901) 874-3300 to give us their success story.



## 2012 CONFERENCE UPDATE

In November 2011, SECNAV announced policy guidance requiring approval of all DON conferences that affected this year's DEFY conference. Due to circumstances beyond our control, we had to cancel this year's conference. The cancellation will give us the opportunity to plan next year's conference per the requirements contained in the SECNAV guidance. 2013 marks DEFY's 20th anniversary; we hope to be able to celebrate this milestone at the 2013 DEFY Conference. At next year's conference, our goal is to deliver the updated curriculum, Program Management Guide, and Staff/Mentor Handbook. Additionally, we will present a new staff training component to further standardize training across the program. We will continue our efforts to revise the governing SECNAVINST and have it published prior to the conference and resolve the 51% rule issue.

As we move forward with the 2012-2013 program year, be assured that we will work with each site to ensure you execute a successful program. Arrangements are being made to provide training to new programs. We appreciate all you do for DEFY youth and parents! Please do not hesitate to contact the DEFY Program Office if you need assistance with or have any questions about operating your local program.

## CURRICULUM REVISION AND OTHER PROGRAM IMPROVEMENTS

To date, we have received drafts for 16 Phase I topic updates and 15 video clips that are intended to be incorporated into the updated curriculum. These video clips are also intended to replace the commercial videos currently being used by the program. DEFY Program Office staff are conducting a review of the drafts and are working with the vendor to ensure a quality final product. We are planning to hold a curriculum working group in August or September to review the topics received to date to allow the vendor time to make any final adjustments to the drafts prior to release in 2013. Planned rollout for the new curriculum is to occur at the 2013 conference. Other ongoing initiatives include updating the DEFY SECNAVINST, developing and releasing a DEFY promotional video and other video-based training products, designing and implementing a DEFY web portal to provide a means to submit reports online, and a continued program evaluation. We are working hard to move DEFY into the future as a more effective and efficient program.

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## Navy Announces New Drug Testing Parameters after Year of Record Low Positives

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- To align with new DoD policy announced in February, Navy will begin testing for more commonly abused prescription drugs during random urinalysis starting May 1. This follows a record low in Sailors testing positive for illicit drug use.



Since 2001, the rate of urinalysis testing in the Navy has increased and remained at a steady rate for the past 10 years. **As the testing has increased, the amount of members testing positive has decreased each year.** Testing has been done for marijuana (THC), cocaine, and heroin among other drugs. For fiscal year 2011, there were a record low number of members who tested positive for illicit drug use with a total of 1,515 samples out of the 1,184,160 samples tested last year.

"We are really pleased with these results but while the drugs we've been testing have been on a decline, prescription drugs are on the rise. In the past three years amphetamine positives have increased 34 percent and oxycodone positives by 23 percent," said Dorice Favorite, director, Navy Alcohol and Drug Abuse Prevention Office (NADAP).

**The DoD announced Feb. 1 that more commonly abused prescription drugs will be added to the standard testing panel for all urinalysis samples submitted for testing. These prescription drug families include benzodiazepines, hydrocodones and hydromorphones (i.e. Xanax, Vicodin and Dilaudid).**

"In addition to oxycodone and amphetamine, the Navy already tests for codeine and morphine," said Favorite. Testing at the service-level will begin in May. The 90-day warning order from announcement to implementation is to allow ample time to ensure military members have their prescriptions properly documented in their health records. Additionally, the warning order provides members who are using prescription drugs that have not been prescribed or given by their health care provider to self-refer for treatment.

"We are concerned about service members who are using prescription drugs without proper authority and potentially addicted," said Favorite. "If you have a problem, this is the time to ask for help."

According to Favorite, Navy's policy on substance abuse is zero tolerance. "Substance abuse puts lives and missions at risk, undercuts unit readiness and morale, and is inconsistent with our Navy ethos and core values of honor, courage, and commitment," said Favorite. If a member is using, possessing, promoting, manufacturing, or distributing drugs they face disciplinary action that could result in unfavorable separation from the Navy.

"We recommend members seeking substance use counseling talk with their doctor, chain-of-command or self-refer to a substance abuse rehabilitation program," said Favorite.

This program is part of the 21st Century Sailor and Marine initiative that consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.

## NEW *THAT GUY* MATERIALS ARE HERE

Enjoy a whole new set of reasons not to be *That Guy* with the redesigned playing cards and coasters. From the Drunk Jack to the Drama Queen to the Crazy King, each card offers another example of regrettable and avoidable behavior, whether you're playing poker with friends or a quick game of solitaire. Additionally, the updated series of coasters share fresh anecdotes, great for the bar, the mess hall, or in the barracks. For these and all the latest *That Guy* campaign materials, be sure to visit the [POC Resource Site](#).



## Synthetic Drug Testing Program

NAVADMIN 082/12 announced the implementation of urinalysis testing for synthetic cannabinoids (spice) which is separate and distinct from the urinalysis program directed under OPNAVINST 5350.4D. Authorized testing under the synthetic compound program is limited to command directed; member's consent; unit and/or subunit sweep. Random testing is not authorized under this program. Due to quota limitations, commands shall obtain authorization for testing from OPNAV N135 prior to collection of a synthetic compound urine sample, just as is required for steroid sample collection. Upon approval by N13, an OPGuide will be made available on the NADAP Website: [www.nadap.navy.mil](http://www.nadap.navy.mil); however, interim guidance has been placed on the NADAP webpage. For questions on Synthetic Drug Testing, please contact the Synthetic Drug Testing Request desk: Email: [MILL\(UNDERScore\)SDTESTREQ\(AT\)NAVY.MIL](mailto:MILL(UNDERScore)SDTESTREQ(AT)NAVY.MIL) or Phone: (901) 874-4232, DSN Prefix 882.

## FY12 STATISTICS

### DAARS & DUIs

OCT	312	85
NOV	235	54
DEC	243	83
JAN	221	59
FEB	148	31

### MEM POS & TOTAL TESTED

OCT	112	95,048
NOV	159	101,327
DEC	119	89,088
JAN	189	118,163
FEB	150	67,540



For up-to-date information, policy changes, press releases, training videos and prevention campaign updates visit NADAP's Facebook page. NADAP's Facebook page is also a place to communicate with one another about the actions taking place to prevent substance abuse and spread awareness. NADAP welcomes ADCOs and DAPAs to post about news articles, newsletters, or activities commands are having. Like us at: <https://www.facebook.com/USN.NADAP>

