

# NADAP E-GRAM

## Navy Alcohol and Drug Abuse Prevention

October 2012

### October is National Substance Abuse Prevention Month

In 2011, President Obama issued the first-ever Presidential Proclamation designating October National Substance Abuse Prevention Month. This tradition will continue in 2012, with the President issuing a second proclamation.

#### What is National Substance Abuse Prevention Month?

National Substance Abuse Prevention Month is a month-long observance to highlight the role substance abuse prevention plays in promoting safe and healthy communities. In addition, the month provides an important opportunity to pay tribute to the tragic losses attributed to substance abuse.

#### Why Recognize National Substance Abuse Prevention Month?

Substance use, including underage drinking and the non-medical use of prescription and over-the-counter medications, significantly affects the health and well-being of our Nation's youth and young adults. Stopping use before it begins can increase a person's chances of living a longer, healthier, and more productive life.



#### Where Can I Get More Information?

The Office of National Drug Control Policy's Office of Demand Reduction is coordinating National Substance Abuse Prevention Month activities. Please contact Jamila Robinson at [jrobinson@ondcp.eop.gov](mailto:jrobinson@ondcp.eop.gov) or (202) 395-5595. For further information, please connect to ONDCP's Prevention Page at <http://www.whitehouse.gov/ondcp/prevention-intro>

### IN THIS ISSUE

- 1 NATIONAL SUBSTANCE ABUSE PREVENTION MONTH
- 2 WAYS TO PROMOTE NATIONAL SUBSTANCE ABUSE PREVENTION MONTH
- 3 SIGNS OF SUBSTANCE ABUSE AND ADDICTION
- 4 UPC UNIVERSITY
- 5 DEFY NEWS
- 6 DAAR UPDATE
- 6 BEST PRACTICES: NDSP
- 7 STUDY FINDS ALCOHOL AND DRUG ABUSE COMMON IN FATAL CRASHES
- 8 RED RIBBON WEEK (RRW)



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<https://www.facebook.com/USN.NADAP>



# Ways to Promote National Substance Abuse Prevention Month

## Sponsor Activities

“Above the Influence” (ATI) is a national campaign created and implemented by the National Youth Anti-Drug Media Campaign, a program of the Office of National Drug Control Policy (ONDCP). ATI informs and inspires teens to reject illicit drugs via TV, print, Internet, and local radio advertising – and, most importantly, in partnership with community organizations. On October 17, coalitions are asked to participate in “ATI Day” and organize an ATI activity using the ATI toolkit available at [ATIPartnerships.com](http://ATIPartnerships.com).

## Organize a Kickoff Event

To garner community-wide attention, organize a walk or run culminating in a rally featuring presentations from community leaders on the importance of preventing drug use before it begins.

## Engage the Business Community

Work to educate business leaders in your community on substance abuse issues. Distribute prevention materials geared to the workplace and offer to help them sponsor a “lunch ‘n’ learn” for employees by recommending local experts able to speak about various topics including prescription drug abuse, drugged driving, marijuana use and/or underage drinking.

## Create a Prevention Web Page

On your website, create a special page promoting National Substance Abuse Prevention Month that includes a downloadable copy of the Presidential Proclamation and a link to ONDCP’s prevention page at <http://www.whitehouse.gov/ondcp/prevention-intro>

## Organize a Candlelight Vigil

Host a community candlelight vigil at a public location where community members can gather to honor loved ones who have lost their lives to substance abuse. Partner with organizations such as Mothers Against Drunk Driving (MADD) to help identify possible speakers at these events.

## Convene a Community Forum

Make the most of *National Substance Abuse Prevention Month* observance by hosting an educational event, such as a town hall meeting or community forum, about preventing prescription and over-the-counter medicine abuse. For more information, tools, and resources, visit [www.PreventRxAbuse.org](http://www.PreventRxAbuse.org).

## Utilize Social Media

Post information about substance abuse and initiate discussions, media feeds, and open forums about prevention on your coalition’s Facebook page and Twitter feed.

## Create Community Public Service Announcements

Work with community members to create a public service announcement (PSA) about substance abuse prevention, then approach local radio stations or popular websites and ask them to air the PSA.

## Promote Alternative Activities

Sports, art, and other healthy and fun activities such as a substance-free tailgate before a school football game or a safe homecoming after-party in a community center or gymnasium are great ways to deter youth from substance use and other risky behaviors.

## Map Your Community’s Story

Get youth and/or adult members of your coalition to engage in a mapping activity to describe your community’s biggest areas of concern. For example, map all of the alcohol outlets or stores that sell drug paraphernalia in your community, or map the local alcohol- and drug-related crime “hot spots.” For more information on mapping, visit: <http://mapping.cadca.org>.

## Target Local Newspapers and Publications

Issue a news release about *National Substance Abuse Prevention Month* and highlight your coalition’s activities planned for the month. Share the press release with local television stations and newspapers, as well as with any newsletters issued through the school district.

## Recognize Community Leaders

Honor law enforcement, local elected leaders, school partners, parents, youth, and business partners for their sacrifice and commitment to substance abuse prevention by issuing certificates of appreciation at local events throughout the month.

## Engage Faith Communities

Ask your partners in the faith community to make substance abuse prevention a topic of discussion throughout October, particularly in youth educational settings.

## Share Information About Your Activities and Experiences

Compile a blog about your coalition’s efforts during *National Substance Abuse Prevention Month* and send to ONDCP for posting on its web site during October. Blog submissions should be addressed to Jamila Robinson at [jrobinson@ondcp.eop.gov](mailto:jrobinson@ondcp.eop.gov).

# Signs of Substance Abuse and Addiction

During National Substance Abuse Prevention month, it is important to learn about the nature of drug abuse and addiction – how it develops, what it looks like, and why it can have such a powerful hold. Although different drugs have different physical effects, the symptoms of addiction are similar. Substance abusers often try to conceal their symptoms and downplay their problems. If you are worried that a friend or family member might be abusing drugs, look for the following warning signs.



## Psychological

- Unexplained change in personality or attitude.
- Sudden mood swings, irritability, or angry outbursts.
- Periods of unusual hyperactivity, agitation, or giddiness.
- Lack of motivation; appears lethargic or “spaced out.”
- Appears fearful, anxious, or paranoid, with no reason

## Physical

- Bloodshot eyes, pupils larger or smaller than usual.
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- Deterioration of physical appearance, personal grooming habits.
- Unusual smells on breath, body, or clothing.
- Tremors, slurred speech, or impaired coordination.

## Behavioral/Social

- Drop in attendance and performance at work.
- Unexplained need for money or financial problems. May borrow or steal to get it.
- Engaging in secretive or suspicious behaviors.
- Sudden change in friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (fights, accidents, illegal activities).

## On the Job Indicators

- Demonstrates periods of extreme high or low productivity.
- Makes frequent performance mistakes.
- Gives questionable excuses or blames others for poor performance.
- Uses excessive sick leave with poor excuses
- Has difficulty adhering to schedules and timeliness.
- Returns to work after breaks in a noticeably changed condition.
- Avoids supervisors and coworkers.

Source: [http://www.helpguide.org/mental/drug\\_substance\\_abuse\\_addiction\\_signs\\_effects\\_treatment.htm](http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm)



A series of subjects aimed at enhancing awareness of the Navy's Drug Testing Program for Urinalysis Program Coordinators.

## Topic 1: The Collection Process

### Direct Observation

A vital requirement in an effective sample collection process is direct observation. Observers shall maintain sight of the collection bottle before, during, and after a sample is obtained, and observe the member's urine leaving the body and entering the bottle. Observers shall never touch the bottle and shall remain vigilant from the time a member assumes custody of an empty bottle until the member returns a filled bottle to the Urinalysis Program Coordinator (UPC). This is an essential part of executing a reliable and credible urinalysis program.

Before collection starts, the UPC shall inspect the restroom being used to remove possible adulterants or items which could be used in an attempt to defeat the urinalysis program. Direct observation prevents the introduction of adulterants or diluting agents, and reveals the use of devices made to substitute a member's urine. Some Sailors have even tried to introduce soap residue into the sample bottle in an attempt to mask their urine sample. Observer training performed by the UPC is a key ingredient to a well run urinalysis program.

### Sequestration

Members selected for urinalysis should be assembled as early as possible in a centralized location with their military ID, and remain there until they have provided a sample. Sequestering members prevents opportunities to attempt to consume masking agents or try to void repeatedly to reduce the concentration of drug metabolites in their urine. Although chemical masking isn't effective, it may be possible to fall beneath the concentration levels required for confirmation, given enough time and liquids to flush their systems.

### Documentation

The urinalysis register and the chain of custody document (DD 2624) are used to officially document a collection process and may become evidence in a case of drug abuse. Members are positively identified by their identification cards and SSNs. Having the command roster present with names and member SSNs is an effective tool to help confirm that the members selected are the ones that are being sampled, but it is not a requirement. Members are required to read their SSNs where they appear on the DD 2624 and bottle labels, and acknowledge the accuracy on the urinalysis register. This confirmation is also acknowledged by the UPC as the member is questioned prior to providing a sample and after the sample is returned to the collection point.

When the member returns their sample to the UPC, the member and observer sign the urinalysis register. The sample bottle is sealed with tamper resistant tape by the UPC in the presence of the member, and initialed by both. The sample is then taken into custody by the UPC who will forward all urinalysis samples to the Navy Drug Screening Lab. Based on these required acknowledgement steps, a sample taken into the collection process is extremely unlikely to have been provided by anyone other than the member recorded as the provider. Additionally, there is no opportunity to manipulate a sample that would not be obvious on inspection when the sample arrives at the laboratory.



## National Bullying Prevention Month

Source: [www.stopbullying.gov/](http://www.stopbullying.gov/)

October is designated as anti-bullying month. According to the Youth Risk Behavior Surveillance System (YRBSS) (a survey of youth-related issues conducted by the Center for Disease Control and Prevention), 20% of youth in grades 9-12 report being bullied on school property. But bullying doesn't end there. With the advent of social media and other internet interaction opportunities, bullying can be conducted using electronic media. This form of bullying is called cyberbullying. Results from the YRBSS indicate that 16.2% of students in grades 9-12 nationwide experienced cyberbullying. What makes cyberbullying so difficult is that youth have a harder time avoiding the behavior. Cyberbullying can happen 24 hours a day, 7 days a week, and reach a child even when he or she is alone. It can happen any time of the day or night. Cyberbullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.



Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent. (Stopbullying.gov) Even though many adults were bullies as children, bullying is NOT normal behavior, NOT a part of normal adolescence, and is NOT a harmless situation. Youth who are bullied are more likely to:

• Use alcohol and drugs	• Receive poor grades
• Skip school	• Have lower self-esteem
• Experience in-person bullying	• Have more health problems
• Be unwilling to attend school	

Stop the cycle; report bullying and support youth (or anyone else) that report bullying to you.



## D.E.F.Y. Wins Again

The Department of Defense recognizes youth-related prevention programs each year with the Fulcrum Shield and Community Drug Awareness Awards. This year, the Naval Computer and Telecommunications Area Master Station Atlantic, (NCTAMSLANT) Drug Education for Youth (DEFY) program was selected as the Department of the Navy winner for the 22nd Annual Secretary of Defense Community Drug Awareness Award (CDAA). This award is bestowed this award on the best youth-based program that empowers youth to articulate the anti-drug message to the community and peers. Multiple nominations from all services were reviewed and the NCTAMSLANT DEFY program was determined to be the best of the best. **Congratulations NCTAMSLANT DEFY!**

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## Drug and Alcohol Abuse Report (DAAR) Update:

As part of the SSN Reduction initiative, the DoN CIO has provided guidance on replacing the SSN with the Department of Defense Identification (DODID) number. This guidance enacts faxing and scanning restrictions when documents contain the SSN, and provides acceptable use criteria for letters, memoranda, spreadsheets, hard copy lists, and electronic lists which contain the SSN.

Of particular interest is paragraph 3.d.1: - "The use of the SSN includes the SSN in any form, including but not limited to: Truncated, masked, partially masked, encrypted or disguised SSNs. After 01 Oct 12, a disclosure of the last four numbers of the SSN to individuals without a need to know will be treated as a PII breach incident that may result in written notifications to affected personnel."

Therefore, Drug and Alcohol Abuse Reports (DAAR) will need to be scanned and sent electronically via encrypted email as opposed to being faxed. Alternatively, DAARs may be approved locally by your Commanding Officer or designated representative. Local approval is accomplished through the ADMITS web application.

For more information contact the ADMITS help desk at [MIL\\_ADMITS@navy.mil](mailto:MIL_ADMITS@navy.mil).

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## BEST PRACTICES: Navy Drug Screening Program (NDSP)

### Tech Refresh:

Around this time of year, many UPCs are receiving new computers that do not have their current NDSP content installed. 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:



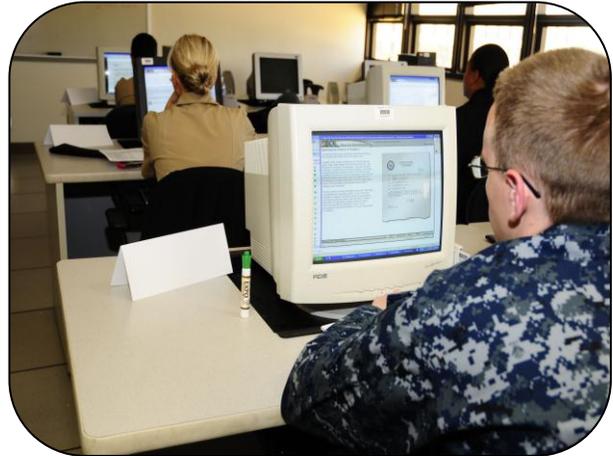
1. If you are scheduled for a Tech Refresh, place a note on the existing computer screen on the day of the replacement to have the technicians to ensure your NDSP program (list the version you're using) and .dtp files are transferred to your new computer. Your .dtp files are your database files and are titled as a date (e.g. 09292012), ensure the technician 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.

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## Have you Attended the NADAP Webinars yet?

NADAP holds 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.



### Time

All webinars begin at 1300-1400 (central) and an additional webinar is available at 1700 (central)

### How to Join the Meeting

To attend the webinars, you will need to register for an account at Defense Connect Online (DCO). Once you have registered for an account, click the URL below to join the meeting. Once the window is loaded, sign in using your account information. Please give the screen a few minutes to load.

To join the meeting visit: <https://connect.dco.dod.mil/nadapwebinar/>

### Webinar Details

We recommend that you log on to the webinar at least 5 minutes prior to the scheduled start time. Please note that to participate in the web presentation you may be prompted to download software. If you need assistance or have questions, please contact Sara Geer at [sara.geer.ctr@navy.mil](mailto:sara.geer.ctr@navy.mil).

#### SCHEDULE & SUBJECT

### Missed a Webinar?

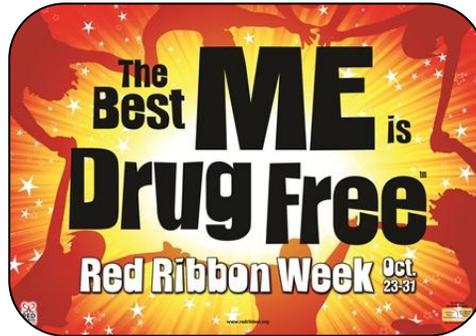
Not to worry, NADAP has recorded all webinars. Visit [www.nadap.navy.mil](http://www.nadap.navy.mil) to view.

<b>27 SEP</b>	Synthetic Drug Testing
<b>11 OCT</b>	DAPA Responsibilities
<b>25 OCT</b>	ADCO Responsibilities
<b>8 NOV</b>	Prevention Campaigns & How to Order

## Red Ribbon Week (RRW)

October 23-31

RRW was started in 1985 by the family of DEA Agent Kiki Camarena, who was killed in the line of duty while undercover in Mexico. Since then, RRW helps to provide a national focus on the effects of substance abuse.



### Plan Your Own Red Ribbon Celebration

The Red Ribbon Planning Guide has great information about this year's campaign message, ideas for celebrating Red Ribbon in your community, media templates and more. To download the guide visit: <http://redribbon.org/downloads/>

DEFY Programs worldwide will be receiving RRW supplies and materials to conduct local RRW events.

For RRW outdoor banners, visit the Navy Logistics Library at <https://nll2.ahf.nmci.navy.mil> and in the keyword field search "Red Ribbon Week".

### Make the Most of RRW - Get on Facebook

Help spread the message of Red Ribbon Week through social media. See samples below:

- *The Best Me Is Drug Free® – and that's why we are celebrating Red Ribbon Week (October 23-31).*
- *It's Red Ribbon Week® and we are taking a stand against drugs. Join me. Take the pledge: [www.redribbon.org/pledge](http://www.redribbon.org/pledge)*
- *Today, I'm honoring Kiki Camarena, a DEA agent who died while fighting substance abuse. Join us in celebrating Red Ribbon Week® 2012. Take the pledge: [www.redribbon.org/pledge](http://www.redribbon.org/pledge)*
- *Today, we are joining teens, parents, teachers, and other citizens across America in celebrating Red Ribbon Week® (October 23-31), the oldest and largest drug prevention program in the nation.*

## FY12 STATISTICS

### DAARS & DUIs

OCT	347	101
NOV	307	72
DEC	322	117
JAN	366	103
FEB	315	96
MAR	365	120
APR	379	99
MAY	326	75
JUN	304	66
JULY	231	51
AUG	141	45
SEP	31	7

### MEM POS & TOTAL TESTED

OCT	96	95,072
NOV	119	101,388
DEC	85	89,804
JAN	113	121,204
FEB	100	97,630
MAR	125	100,629
APR	119	98,058
MAY	139	95,747
JUN	130	89,910
JULY	204	94,881
AUG	181	79,093
SEP	1	3,106