



Navy Alcohol & Drug Abuse Prevention E-Gram

September 2008

Navy Alcohol and Drug Abuse Prevention (NADAP) Office

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45 %

Did you know: That 45% of all alcohol related motor vehicle fatalities occur when the driver is under the age of 21.

New Tobacco Instruction

On 31 July 2008, **SECNAVINST 5100.13E** was signed and released to all Navy and Marine Corps commands. Tobacco use is the single largest cause of preventable premature mortality in the United States among adults. Smoking-related health care and productivity loss cost the Department of Defense (DoD) nearly a billion dollars each year. Cigarette smoking may cause heart disease, several kinds of cancer, and chronic lung disease.

Because the health of tobacco users is adversely affected and because the health of all personnel must be protected by providing a safe, healthy, and non-polluted workplace, Department of Navy's vision is to be tobacco free.

Some of the major changes listed in the new instruction are:

- Time spent for tobacco use shall occur only during approved break periods that will be designated by supervisors based on staffing and per Federal law, personnel policy, and union contracts. Break periods for tobacco users will be the same as for non-users.
- Tobacco use is prohibited during time authorized for physical fitness, training, and conditioning.
- Smokeless tobacco use is only permitted in designated tobacco use areas. Where smokeless tobacco use is permitted, tobacco spit shall be held in containers with sealing lids to prevent odor and accidental spills.
- The distance from building entry/egress which tobacco users must maintain is to be determined by the CO and must be at least 50 feet from any building entrance. Proximity to areas used by other personnel (e.g., sidewalks, walkways, picnic tables) should be considered when designating tobacco use areas.

For more information about SECNAVINST 5100.13E, please contact Ms. Lanorfeia Holder at (901)874-4249 or by e-mail at lanorfeia.holder@navy.mil.

NADAP SCHEDULE

OCTOBER

20 - 24 Port Hueneme,
CA
27 - 31 Gulfport, MS
27 - 31 Diego Garcia

NOVEMBER

18 - 21 Tinker
04 - 07 Pearl Harbor, HI
17 - 21 Norfolk, VA

JANUARY 2009

26 - 30 Jacksonville /
Mayport, FL

NADAP QUIZ QUESTION 1

Q: Using masking /
cleansing agents will
help me defeat the Navy
drug test?

A: Masking / cleansing
agents will not help you
beat a drug test. Don't
make the mistake of a
lifetime.

Report to Congress Offers Plan to Reduce Underage Drinking

Across the Nation, young people are using alcohol more than any other substance of abuse, including tobacco or illicit drugs.

In an effort to address this issue, the Substance Abuse and Mental Health Services Administration (SAMHSA) delivered a new report to congress, *A Comprehensive Plan for Preventing and Reducing Underage Drinking*, outlining a detailed, goal-driven plan to reduce underage drinking.

In addition, it contains an inventory of Federal programs generated to reduce underage drinking, and an appendix of data on the subject from major Federal surveys.

Developed through the Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD), the plan takes a multi-faceted, balanced approach to reduce the demand for alcohol and its availability to youth. The Plan has three goals:

- Strengthen a national commitment to reducing underage drinking by increasing broad-based awareness of the problem.
- Reduce availability/access of alcohol to those under 21.
- Expand education efforts to help make underage drinking policies and programs more effective.

The plan establishes 5-year annual performance measures and three specific targets to be achieved by 2009. Those targets include reducing the prevalence of past-month alcohol use by people age 12 to 20 by 10%, as measured against the 2004 baseline of 28.7%.

To view the entire report, log on to www.stopalcoholabuse.gov.

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 in 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 and select the icon labeled "Labor Day". 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.



DEFY Concludes Phase I Leadership Camps

The end of summer means our youth are going back to school. The end of summer also means the Drug Education For Youth (DEFY) Phase 1 Leadership Camps have ended and the DEFY youth have successfully completed their first of two Phases. This year we had over 2,000 youth and 800 staff mentors representing 53 DEFY Camp sites participate in Phase I.

Phase 1 is a leadership training camp experience. The Phase 1 curriculum provides a focused classroom learning environment with emphasis on leadership, team building, conflict resolution, goal setting, decision making, drug resistance skills, and increasing self-confidence. The Phase I curriculum delivered in the leadership camp setting provides a fun and healthy environment where for all, DEFY youth and mentors alike. It is an opportunity for our youth to enhance their interpersonal skills, their confidence in themselves, their future, and their character.



Strong Kids, Strong Families, Ready for the Future

Phase II is a 10-Month mentoring program where DEFY youth are matched with an adult mentor team. Mentoring events are built around a curriculum module and are structured to provide reinforcement of skills, techniques, and procedures taught initially in the Leadership Camp. In addition, events are also structured to provide a showcase for the role models represented in each program by the DEFY adults.

For more information about the DEFY Program log onto their website at:

www.hq.navy.mil/defy.

Millions of Youth Misuse Cough and Cold Medicines

Parents may worry about their children's access to illicit drugs, but young people also misuse easily acquired substances. About 5.3% of Americans, age 12 to 25, have used over-the-counter (OTC) cough and cold medicines to get high at least once.

Substance Abuse and Mental Health Services Administration (SAMHSA) released a report called, *Misuse of Over-the-Counter Cough and Cold Medications among Persons Aged 12 to 25*. This report reveals that nearly 1 million people in this age group had misused these OTC drugs in the past year. The most widely abused over-the-counter products are those containing dextromethorphan, commonly referred to as DXM.

For lifetime use, the latest National Survey on Drug Use and Health (HSDUH) shows more young people, ages 12 to 25, have misused OTC drugs than have tried LSD or methamphetamine.

In addition, among people age 12 to 25 who had ever misused OTC medicines, 81.9% also were lifetime users of marijuana.

POD Notes

NADAP has received several e-mails with POD/POW Notes that Navy commands are using. An updated list of these POD/POW Notes is currently posted on the NADAP website for download. You will find the link on the right hand side of the home page under "NADAP Resources".

We are always looking for new POD/POW notes to share. If you have any notes or any ideas on how to make the E-Gram better, send them to Sara Geer at:

sara.geer@navy.mil.

Objects in mirror may look like this if you drive under the influence:



"Right Spirit, Right Choice: Alcohol Abuse Prevention"

Right Spirit, Right Choice: Alcohol Abuse Prevention is Navy's newest DVD emphasizing the Navy's mission essential "Right Spirit" Campaign, and reinforcing responsible use, accountability, and deglamorization of alcohol. This DVD is designed to provide viewers with accurate information, benefits of healthy lifestyles, consequences of alcohol misuse, and healthy alternatives to alcohol. This video is highly recommended for Sailors 18-25 years of age, but is an excellent resource and recommended for all command personnel.

To request your copy of the "Right Spirit, Right Choice: Alcohol Abuse Prevention" DVD, send an e-mail to unhwa.villamento@navy.mil. Please ensure that your e-mail includes your command name and mailing address.



If you or others are interested in receiving the NADAP E-Gram via e-mail let us know by sending an e-mail to unhwa.villamento@navy.mil.

