

# NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

NOV 2011

## Help Smokers Walk Away ...and Stay Away



The American Cancer Society is marking the **36th Great American Smokeout (GASO)** on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

To help smokers walk away...and stay away from tobacco, a variety of tools are available at [www.ucanquit2.org](http://www.ucanquit2.org). This site features a range of tools to help increase your chances of quitting successfully, once and for all. You can get started right away with **Train2Quit**, an interactive online program that will walk you through the steps to becoming permanently tobacco-free. You can create your own **quit plan** to map out ways to succeed. You can check out their free, confidential **Live Chat** service, there for you 24/7.

If you are thinking about supporting the **2011 Great American Smokeout**, plenty of ideas to get you started are available at

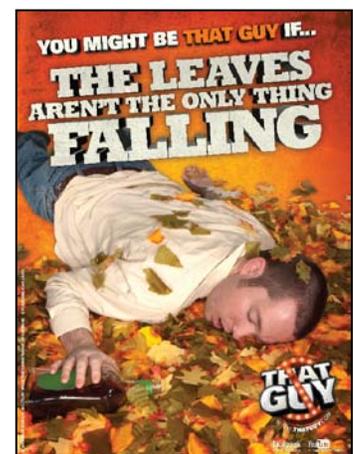
<http://www.ucanquit2.org/facts/gaso/ideas.aspx> .

Combine these ideas to create a winning event for your installation, and don't forget to involve health, dental, fitness, safety, and single service member programs in your promotion. Tobacco use affects everyone, so try to get all of your installation services involved!



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# THROW THOSE UNUSED MEDS AWAY!

*IS YOUR MEDICINE CABINET FILLED WITH EXPIRED DRUGS OR MEDICATIONS YOU NO LONGER USE? HOW SHOULD YOU DISPOSE OF THEM?*

Prescription drugs that languish in home medicine cabinets are highly susceptible to diversion, misuse, and abuse, creating a public health crisis. The rate of prescription drug abuse in the U.S. today is at an alarmingly high level—two-and-a-half times more people currently abuse prescription drugs than the number of those using cocaine, heroin, hallucinogens, and inhalants combined, according to the recently released 2010 National Survey on Drug Use and Health (NSDUH). The same study shows that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

Most drugs can be thrown in the household trash, but consumers should take certain precautions before tossing them out, according to the Food and Drug Administration (FDA). A few drugs should be flushed down the toilet. And a growing number of community-based “takeback” programs offer another safe disposal alternative.

## Guidelines for Drug Disposal

FDA worked with the White House Office of National Drug Control Policy (ONDCP) to develop the first consumer guidance for proper disposal of prescription drugs. Issued by ONDCP in February 2007 and updated in October 2009, the federal guidelines are summarized here:

- Follow any specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so.
- Take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your city or county government’s household trash and recycling service (see blue pages in phone book) to see if a take-back program is available in your community. The Drug Enforcement Administration, working with state and local law enforcement agencies, is sponsoring National Prescription Drug Take Back Days ([www.dea.gov](http://www.dea.gov)) throughout the United States.
- 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. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.
- Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.
- Before throwing out a medicine container, scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give medications to friends. Doctors prescribe drugs based on a person’s specific symptoms and medical history. A drug that works for you could be dangerous for someone else.
- When in doubt about proper disposal, talk to your pharmacist.



# Right Spirit - Best Practices

Submitted by: EM1(SW/AW) Arthur L. Stone Jr., Assistant Command DAPA  
Naval Intermediate Maintenance Facility, Pacific Northwest

## Right Spirit Toolbox

### 1 Decide

*As a team, brainstorm and decide on ideas that will attract the attention of your Sailors.*

### 2 Network

*Meet with your command leaders – Association leaders, LPOs, CPOs, CMC – to discuss new ideas and aims.*

### 3 Plan

*Build a command event calendar; position your events around high-risk holidays.*

### 4 Recruit

*Aid other command associations with their events. This is a great way to spark support for future Right Spirit events.*

### 5 Reach Out

*Visit the local bars and restaurants, on and off-base, and provide them with Right Spirit / That Guy posters. This is a solid approach to involving the community in your efforts.*

### 6 Evaluate

*Perform a "Hot Wash" and define how the process (or activity) can be improved. "What can we add or eliminate for a better event, next time?"*

## Pacific Northwest Right Spirit Team Affects Entire Navy Region

The Right Spirit Campaign in the Pacific Northwest is a force to be reckoned with, especially that of Naval Intermediate Maintenance Facility, Pacific Northwest at Naval Base Kitsap (Bangor). Led by assistant Command DAPA, EM1(SW/AW) Arthur Stone, this team grew from a handful of junior Sailors holding Right Spirit table setups, and using word-of-mouth influence, to a conglomerate of Sailors and Marines – junior and senior, from different commands across a Navy region – working together to deglamorize alcohol abuse in the Pacific Northwest.

At a command with 598 Sailors allocated in multiple different locations, and separated by the Puget Sound, the first challenge was to rapidly get the Right Spirit message to all of them effectively. Using the command intranet, the team gave the DAPA webpage a facelift, modeling it after that of popular sites like Facebook and Twitter. The overhaul included Right Spirit banners, That Guy videos, Facebook links to join the That Guy fan club, Montana Meth Project ads, local Alcoholics Anonymous schedules, and other services and information like SARP, Military OneSource, CREDO, and up-to-date Navy guidance on alcohol and drugs. The website even included a real-time Right Spirit blog for Sailors to interact and provide feedback to the team of new ideas to use. After two months, the site's hits grew from an average of 20 hits to 150 hits per month, indicating that the information was attracting Sailors' attention.



The command's CPO mess funds a SAFE RIDE HOME program that is available at no cost to a stranded Sailor. Additionally, any Sailor who uses the service is guaranteed anonymity – an added feature to trigger Sailors' trust in the service without fear of reprisal. At command indoctrination, Right Spirit members speak to new gains and pass out the safe ride home cards with the taxi phone number to use – as a last resort. The effective program is highly visible and its mention is common diction among Sailors of the command.

Additionally, as a backup plan to the safe ride program, the Right Spirit team created a holiday designated driver (DD) program to involve Sailors in the process of helping Shipmates and preventing DUIs. The DD program provides a quick pickup – by the nearest volunteer – and is only activated during high-risk holidays (i.e. New Years, Christmas, Mardi Gras, St. Patty's, Cinco de Mayo, 4<sup>th</sup> of July) to supplement the safe ride program during high-volume taxi calling periods.

Next, the team started networking with the local Marine Corps Security Force Battalion and the Naval Base Kitsap DAPA, spreading the Right Spirit / That Guy messages across a wider horizon in the region. As a result, the joint Right Spirit team – along with other Petty Officer Associations – helped coordinate a regional “You Decide” seminar and Right Spirit fair open to Sailors, Marines, and family members from over 20 commands in the area. The fair included a mock DUI crash demonstration, music, food, information booths, and fun outdoor family activities. The “You Decide” seminar – hosted by the Naval Base Kitsap DAPA office – featured “The Organ Lady” Colleen Williams’ presentation of real human organs from smokers, drug users, and alcoholics to compare with healthy human organs which Sailors could view, and even touch.

The team then reached out to the community by educating more than 130 high school students on maintaining abstinence from alcohol and drugs at a local youth conference. To share their goal of reducing DUIs with PACNORWEST commands, the team spearheaded a local instruction to guide awarding the Right Spirit Pennant to any PACNORWEST command achieving 365 days with no DUIs/DWIs.

The teamwork demonstrated at Naval Intermediate Maintenance Facility shows how “top-down” and “bottom-up” leadership can transform a small group of Sailors with a message into a mass-movement of positive influence for a Navy region. For more information, contact EM1 Stone ([arthur.l.stone@navy.mil](mailto:arthur.l.stone@navy.mil)) at (360) 315-1996.



## **Right Spirit Pennant: “No DUIs for 365 Days”**

*The Right Spirit Campaign Pennant was created by Submarine Group Two's Navy Alcohol and Drug control officer on December 22, 2009. The Pacific Northwest's adoption of the Right Spirit Pennant follows the same guiding instruction as that of Submarine Group Two.*

*The Right Spirit Pennant is Navy blue with gold lettering and includes a gold star for each year the command is DUI free. Upon completing five consecutive incident free (i.e. DWI/DUI) years, a single silver star will replace all four gold stars previously earned. Each additional calendar year, in which a command remains DWI/DUI free, and additional gold star will be awarded.*

*If, at any time, a command authorized to fly the Right Spirit Campaign Pennant has an assigned member receive a DWI/DUI, the Right Spirit Pennant should be immediately lowered and returned to the designated controlling office that awards the Right Spirit Pennant.*

### **Fun Activities**

The objective of the Right Spirit campaign is to deglamorize alcohol. In your community, what are the fun activities that draw participation – intramurals, hiking, video game wars, picnics? Use those activities as a delivery mechanism for your Right Spirit Campaign!

### **Community Service**

Community service is a great way for “the Sailor” to appreciate the benefits of wearing the uniform. Extend the Right Spirit Campaign to the hosting community. Educate high school students or participate on a local law enforcement task force. This will strengthen community relations, and build unit cohesion!

### **Command Involvement**

A command is a unit that comprises many sub-units. Your Right Spirit Team is a powerful channel for providing Sailors – from all corners of your Command – an experience of networking and junior leadership. This is a great “Sailorization” tool!

### **Prevention Tools**

Establish a Command “Safe Ride Home” program. The program can either employ a local taxi company, or be fueled by volunteers from the Command. This is a great way to give Sailors an opportunity to contribute to the Navy’s mission to reduce DUIs.

## NADAP'S Holiday Substance Abuse Prevention WEBINAR

To kickoff the holiday season, NADAP will hold a Holiday Substance Abuse Prevention Webinar. The webinar will address holiday prevention ideas such as Tow to Go, campaign updates, do's and don'ts to prevention and NDSP best practices. We will also allow you to ask questions to help make your prevention program even more effective during the holiday season.

**The webinar is 30 NOV at 1300 and 1700.** How do you sign up? To attend the webinar click the link below and sign in.

<https://connect.dco.dod.mil/holidaypreventionwebinar>

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)



## 2011 Navy Community Drug Awareness Award

On August 31, 2011, Naval Computer and Telecommunications Area Master Atlantic (NCTAMSLANT) Drug Education for Youth (DEFY) program was awarded the 2011 Navy Community Drug Awareness Award. This award recognizes the best youth-based program in each military branch that empowers youth to communicate and exemplify the anti-drug message. Congratulations to Ms. Sharon Shaw, NCTAMSLANT's DEFY Program Coordinator, and the Commanding Officer who were recognized for the prestigious award at a ceremony in the Pentagon's Hall of Heroes on 20 October 2011.

## NEW CURRICULUM ON ITS WAY!

The DEFY Program has entered into a contract with Carter Systematic Solutions, LLC, of Moyock, North Carolina, to update the current program curriculum, parts of which are 10 years old. The revised curriculum will improve overall program effectiveness and relevancy of the DEFY Program. Phase I curriculum rollout is expected at the DEFY conference in 2012; Phase II curriculum rollout is expected in October 2012. **If you are interested in participating in the review panel for the draft Phase I curriculum at the DEFY conference, please contact Mr. Allen Moore of the DEFY Program Office at (901) 874-3300.**



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## Calling All UPCs

**Did you know you can add discrepancy codes to specific specimens in NDSP?** This should be accomplished each time there's a discrepancy listed in the results. As the UPC you are not only charged with processing positives and negatives in NDSP accordingly, but you are to respond to any discrepancies listed in the results and apply them to the specimens associated with them. When you access the IFTDTL results portal and view your results, do the following:

Log into NDSP and go into Samples Due and make sure your samples are marked as collected. Then go into Samples Collected. Before you mark any samples as positive or negative, view the results for any discrepancies. For any codes listed, highlight the associated member/s and click on "View/Add Discrepancy" icon atop the page. It will be a clear vial with a red "X". Select the associated code for the member. Some codes are fatal in that the sample was not tested, NDSP will ask if you want to retest this member. Depending on the code, the command may want to retest the member. Once you have marked all samples with the appropriate discrepancy codes, now mark the remaining samples as either positive or negative. Keep in mind that all discrepancies need to be addressed to preclude future occurrences. For a complete list of Discrepancy Codes and their meaning, you can download them from the Navy Drug Screening Laboratory (NDSL) Website, <http://www.med.navy.mil/sites/jaxdruglab/Pages/default.aspx> . For questions/assistance, contact the NDSP Help Line at (901) 874-4204, DSN 882-4204.

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## Getting Soaked by Bath Salts

Synthetic Cathinones are the active ingredients in products sold as 'bath salts' or 'plant food'. They mimic the effects of cocaine, methamphetamine, or ecstasy (MDMA). The Drug Enforcement Agency (DEA) recently finalized the temporary scheduling of three of these chemicals: mephedrone, methylone, and methylenedioxypropylvalerone (MDPV). **This action by the DEA has made bath salts illegal to use, possess or manufacture throughout the United States. The use of bath salts by members of the U.S. Armed Forces is prohibited.** Although widely marketed as a 'legal' high, state level prohibitions are already on the books in the following states: Alabama, Arkansas, Connecticut, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Michigan, Minnesota, Mississippi, Missouri, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Texas, Tennessee, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin and Wyoming, with more on the way.

Side effects of abusing bath salts include increased heart rate, chest pains, paranoia, confusion, psychotic delusions, extreme anxiety and agitation, sometimes progressing to violent behavior and suicidal thoughts or actions. There are also reports of liver failure and overdose related deaths. As with other modern designer drugs which masquerade as normal products, the exact substances contained in the package are not listed. Additional drugs and chemicals may be combined with the main psychoactive chemicals for added effect. Each package is different, even within the same batch from the same manufacturer, and their effects are unpredictable. Confessed chronic drug users even warn other users away because of the severity of the effects on the body. The risks involved can be life threatening. Make sure that Sailors are aware of these products and how dangerous it is to use them. More info on bath salts and other designer drugs is available from the DEA: [http://www.deadiversion.usdoj.gov/drugs\\_concern/](http://www.deadiversion.usdoj.gov/drugs_concern/)

# CREATE YOUR OWN THAT GUY MATERIALS

Do you want to produce your own That Guy® campaign resources to help address the negative consequences of excessive drinking on your installation? While many of the That Guy campaign’s materials are made available at no cost to installations, we’ve made it easy for you to produce That Guy T-Shirts, stress balls, mousepads, gym towels and many other items that we don’t produce as part of the campaign.



If you have funding and want to produce your own That Guy® campaign materials, visit either of the below-listed DoD-approved licensed vendor online storefronts.\*

- <http://www.thatguymaterials.com/>
- [www.traypml.com/thatguymaterials.html](http://www.traypml.com/thatguymaterials.html)

Each of these vendors offers many additional That Guy materials that you can have produced with your own funding. Remember, the That Guy logo is a DoD registered trademark and cannot be co-branded with any other logo or organization name. This means that if you want to produce your own materials, you must use one of the two approved vendors listed below on this page: U.S. Allegiance Inc. or Tray. Our licensed vendors have approved That Guy artwork documents on file. All you need to do is browse through the store and select materials for your custom order!

\*Only Tray and US Allegiance have been licensed by the Department of Defense and TRICARE Management Activity (TMA) to produce or sell THAT GUY® products. You may not use any other vendor to create THAT GUY® product unless you have specific written permission from TMA.

## FY11 STATISTICS

### DAARS & DUIs

JAN	330	117
FEB	319	100
MAR	330	113
APR	257	101
MAY	310	96
JUN	278	83
JUL	252	92
AUG	255	44
SEP	150	49

### MEM POS & TOTAL TESTED

JAN	156	134,458
FEB	136	93,141
MAR	127	98,215
APR	149	94,464
MAY	133	98,215
JUN	133	98,053
JUL	141	97,465
AUG	220	101,881
SEP	228	99,905

## 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](mailto:sara.geer.ctr@navy.mil)