



## APRIL IS ALCOHOL AWARENESS MONTH

Alcohol awareness month was founded and sponsored by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) since 1987. This year's theme is: "For the Health of It: Early Education on Alcoholism and Addiction."

**No other substance is more widely used and abused by America's youth than alcohol, making alcoholism and alcohol-related problems the number one public health problem in the United States.**

Addressing this issue requires a sustained and cooperative effort at every-level. The widespread prevalence of underage drinking and the negative consequences it creates remain a stubborn and destructive problem despite decades of efforts to combat it. Yet, there are four areas that have proven to be effective in prevention of this problem:

1. **Curtailing the availability of alcohol to underage populations**
2. **Consistent enforcement of existing laws and regulations regarding alcohol purchase**
3. **Changing cultural misconceptions and behaviors about alcohol use through education**
4. **Expanded access to treatment and recovery support for adolescents and their families**

Time is running out, studies reveal that drinking is associated with the leading causes of death among young people, including car crashes, murder and suicide. Get involved. Join us in providing early education on alcoholism and addiction.

## KEEP WHAT YOU'VE EARNED

In recognition of Alcohol Awareness Month, the Keep What You've Earned campaign has several ongoing efforts throughout the month of April to encourage Sailors to drink responsibly:

- We released a new poster series featuring our campaign calls-to-action, which are now available for download on the Keep What You've Earned [website](#).



- We released an update to the [Pier Pressure](#) mobile application, which features several enhancements to the "ship game" and other usability and interface refinements. The app is available for [download](#) now on Apple and Android devices.

## AMERICANS ARE AT RISK FOR ALCOHOL-MEDICATION INTERACTIONS

Nearly 42 percent of U.S. adults who drink regularly also report using medications known to interact with alcohol, based on a study from the National Institutes of Health released last week. Among those older than 65 years of age who drink alcohol, nearly 78 percent of them report using alcohol-interactive medications. This could put people at risk for nausea, headaches, loss of coordination and even internal bleeding, heart problems and difficulty breathing.



The research is among the first to estimate the proportion of adult drinkers in the United States who may be mixing alcohol-interactive medications with alcohol.

**“Combining alcohol with medications often carries the potential for serious health risks,”** said Dr. George Koob, director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of NIH. “Based on this study, many individuals may be mixing alcohol with interactive medications and they should be aware of the possible harms.”

“Our findings show that a substantial percentage of people who drink regularly, particularly older adults, could be at risk of harmful alcohol and medication interactions,” Dr. Breslow said in a news release. **“We suggest that people talk to their doctor or pharmacist about whether they should avoid alcohol while taking their prescribed medications.”**

The researchers analyzed data from more than 26,000 adults ages 20 and older who participated in the National Health and Nutrition Examination Survey (1999-2010). The survey asks participants about alcohol use in the past year and prescription drug use in the past month.

The main types of alcohol-interactive medications reported in the survey were blood pressure medications, sleeping pills, pain medications, muscle relaxers, diabetes and cholesterol medications, antidepressants and antipsychotics.

For more information on potential alcohol-medication interactions, see the [NIAAA fact sheet](#).

National Institutes of Health. NIH study reveals many Americans at risk for alcohol-medication interactions. Retrieved March 15, 2015, from <http://www.nih.gov/news/health/jan2015/niaaa-16.htm>

## NEW SAFE RIDE HOME APP

Too drunk to drive means too drunk for complicated apps! *SaferRide* is a simple way to get home safe and only has three self-explanatory buttons on the Home screen.

- Choose from a list of available taxi services in your area, and with the tap of a button call them.
- Call a pre-programmed contact.
- If you just need to know where you are, you can bring up a map of your current location.

*SaferRide* was developed by the U.S. Department of Transportation’s, National Highway Traffic Safety Administration (NHTSA). NHTSA is dedicated to saving lives by reducing the number of deaths and injuries on our nation’s roadways. **Each year on average, more than 10,000 people are killed by drunk drivers.**

Help end drunk driving by doing your part: **don’t drive if you’ve been drinking.** Use NHTSA’s *SaferRide* app to get home safely. For more information, visit <http://www.NHTSA.gov/DriveSober>

## HOW TO SPOT A DRUNK DRIVER

While we work hard to eliminate drunk driving forever, everyone must continue to be vigilant on the roadways. You can help protect your family, friends, and Shipmates from drunk drivers by looking for these signs of intoxication among other motorists:

1. Quick acceleration or deceleration
2. Tailgating
3. Weaving or zig-zagging across the road
4. Driving anywhere other than on a road designated for vehicles
5. Almost striking an object, curb, or vehicle
6. Stopping without cause or erratic braking
7. Drifting in and out of traffic lanes
8. Signaling that is inconsistent with driving actions
9. Slow response to traffic signals (e.g. sudden stop or delayed start)
10. Straddling the center lane marker
11. Driving with headlights off at night
12. Swerving
13. Driving slower than 10 mph below the speed limit
14. Turning abruptly or illegally
15. Driving into opposing traffic on the wrong side of the road

## WHAT TO DO IF YOU SEE A DRUNK DRIVER

It happens every day. Drunk drivers get on the roads, endangering our friends and loved ones. Sometimes, we witness these drivers on the road, weaving in and out of lanes or traveling down a highway going the wrong direction. Quite often, responsible citizens are left asking themselves—what do I do?

- **First**, stay as far away from the other vehicle as possible.
- **Second**, do not try to pass the vehicle or signal the driver to pull over. Doing so could result in a collision.
- **Third**, take notice of the license plate number along with details of the vehicle including make, model and color. However, make sure you don't compromise your own safety trying to obtain this information.
- **Finally**, pull over and call 911. Give the exact location of the vehicle, including the name of the road or cross streets and the direction the vehicle is traveling. Give a complete description of the vehicle and the manner in which the vehicle is being driven. Then leave the rest up to the heroes that work hard to make our roads safe.

Mothers Against Drunk Driving® (MADD). What to Do if You See a Drunk Driver. Retrieved March 25, 2015. from <http://www.madd.org/drunk-driving/how-you-can-help/what-to-do-if-you-see-a-drunk.html>



Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via <https://nll2.ahf.nmci.navy.mil/> Multiple print products, social media messaging, leadership talking points, and videos are available for download at [www.nadap.navy.mil](http://www.nadap.navy.mil).

Title	Publication Number
Seabee Poster	NAVPERS 535017
Medical Poster	NAVPERS 535018
Submarine Poster	NAVPERS 535016
Surface Poster	NAVPERS 535015
Aviation Poster	NAVPERS 535014
Sailor's Fact Sheet	NAVPERS 535019
Drink Responsibly Every Time Banner	NAVPERS 535023
Plan Ahead for a Safe Ride Banner	NAVPERS 535022
Keep What You've Earned	NAVPERS 535024
It Wasn't Easy Getting Here Banner	NAVPERS 535021
You've Earned It banner	NAVPERS 535020
Table Tents	NAVPERS 535030
Table Coasters	NAVPERS 535029

## HOW TO TELL IF YOUR DRINKING HAS BECOME A PROBLEM

In the United States, much of our culture centers around drinking. Happy hours, work parties, holiday celebrations and football games are just a few of the many events we partake in that often are marked by heavy drinking. It's easy to be swayed by studies about alcohol that proclaim to have health or social benefits like "a glass of red wine a day could protect the heart," or "moderate alcohol consumption increases attractiveness," but the truth is, if drinking is having a negative impact on your life, it's time to make a change.

It's not always easy to tell if you have a drinking problem, so we're breaking it down for you below. The following are six important warning signs that you may have a problem with alcohol:

1. You frequently drink more than you planned to: You tell yourself you're only going to have one drink but before you know it you're on your 5th or 6th.
2. You drink to get drunk: You can't down your first, second, third....drink fast enough. You're not socially drinking or having a drink because you like the taste. You're trying to fast track it to a state of oblivion.
3. Your drinking causes issues in your personal and/or professional life: Whether you're calling out sick due to hangovers or your drinking is causing conflicts at home, your drinking is having a ripple effect on your life and it's not looking good.
4. You use drinking as a way to solve your problems: Is your solution to a stressful day a drink? Are you drinking to combat loneliness, grief, or pain? Many individuals with an alcohol use disorder are also suffering from depression. Getting treatment can help you to develop healthier coping strategies.
5. You find yourself lying about your drinking: If you're trying to cover up your drinking habits or behaviors, you've already subconsciously admitted to yourself that you know there's a problem. Now it's time to take action to make a change.
6. You blackout: Blacking out is the result of excessive alcohol consumption and it can result in a gap in memory. Blackouts often increase your chances of making bad decisions and can be an indicator of alcoholism.

If you think you or your loved one may have a problem with alcohol, help is available. Free, anonymous alcohol screenings are available 24/7 at <http://howdoyouscore.org>.

Alcohol Poisoning Deaths. (2015, January 6). Retrieved March 30, 2015, from <http://www.cdc.gov/vitalsigns/alcohol-poisoning-deaths/index.html>

Top 10: Ways To Tell You Have A Drinking Problem. (n.d.). Retrieved March 30, 2015, from [http://www.askmen.com/top\\_10/entertainment/top-10-ways-to-tell-you-have-a-drinking-problem.html](http://www.askmen.com/top_10/entertainment/top-10-ways-to-tell-you-have-a-drinking-problem.html)

## WHERE TO TURN FOR HELP

Recognizing that you have a problem with alcohol is the first step in recovery.

Reaching out for help takes strength and courage, and it could save your health and your career. By getting help early, you can address your drinking habits before they result in serious consequences.

The Navy reminds all personnel that if a friend or shipmate needs help controlling their drinking, do not wait until they hit rock bottom. Command referrals and self-referrals are means of early intervention in the progression of alcohol abuse where members can obtain help before a problem becomes more advanced and more difficult to resolve without risk of disciplinary action.

**A self-referral** is initiated by a Sailor who desires counseling or treatment for alcohol abuse. To qualify as a valid self-referral, there can be no credible evidence that an alcohol-related incident has already occurred.

**A command-referral** is initiated by the member's chain of command and may be based on any credible factor such as hearsay, personal observation, or noticeable change in job performance.

**Talk to your DAPA or visit the NADAP website for more information.**

## NAVY ALCOHOL AND DRUG ABUSE PREVENTION UPDATE

Alcohol abuse is a problem that affects mission readiness in the Navy and plays a significant role in many destructive behaviors. Culture change is key to curbing destructive behaviors to achieve the maximum effect. In order to affect such change every sailor must know what alcohol abuse is, its negative effects and understand Navy policy on responsible alcohol use and be aware of alcohol abuse prevention resources. Leaders at every level can set the example for responsible alcohol use by creating and sustaining a climate that supports what a Sailor must do/know and hold everyone accountable.

**Alcohol and Drug Management Information Tracking System (ADMITS)** is back online, with limited capability, and commands should submit Drug and Alcohol Reports (DARs) held on station while the system was offline; enter new incidents and referrals; conduct record checks. Additionally, Substance Abuse Rehabilitation Program (SARP) Counselors are encouraged to enter screening and treatment records, where applicable, once DARs had been submitted by the command. An ADMITS account can be obtained by completing the SAAR-N request and submit via [MILL\\_N17\\_ADMITS@NAVY.MIL](mailto:MILL_N17_ADMITS@NAVY.MIL).

**Drug and Alcohol Report (DAR)** submission is critical to ensuring members are screened and, when recommended, treated at a Substance Abuse Rehabilitation Program (SARP). DARs also provide Navy leadership trend analysis to make informed decisions about Navy substance abuse policies and prevention efforts.

**Administrative Separation processing for 2 DUIs is mandatory.** Do you have someone in your command who has been convicted of 2 Driving Under Influence/Driving While Impaired DUI anytime in their career? Per OPNAVINST 5350.4D (Navy Alcohol and Drug Abuse Prevention and Control) and MILPERSMAN 1910-233 (Mandatory Separation Processing), any member who incurs a second DUI/DWI in their career shall be processed for administrative separation.

**Alcohol Detection Devices (ADDs)** provide commanding officers an awareness and education tool to complement unit alcohol de-glamorization and abuse prevention initiatives. ADDs also provide immediate feedback to Sailors on alcohol use decisions. Please send in your best practices so that we may share them with the Fleet. Also, contact our office if your ADD supplies are running low.

### CONTACT US

Please let us know how we can help you improve your substance abuse prevention program. We welcome your [feedback and suggestions](#).

## PRESCRIPTION FOR DISCHARGE

Zero Tolerance. Infinite Risk.

Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via <https://nll2.ahf.nmci.navy.mil/> Multiple print products, social media messaging, leadership talking points, and videos are available for download at [www.nadap.navy.mil](http://www.nadap.navy.mil).

Title	Publication Number
Prescription For Discharge FactSheet	NAVPERS 535502
Prescription For Discharge Poster 11x24	NAVPERS 535503
Prescription For Discharge Poster 18x24	NAVPERS 535504
Prescription For Discharge Postcard	NAVPERS 535505
Prescription For Discharge Table Tents	NAVPERS 535506
Infographic Poster	NAVPERS 535507
Prescription For Discharge Banner 5x8	NAVPERS 535508
Prescription For Discharge Banner 3x5	NAVPERS 535509
National Take Back Day Banner	NAVPERS 535510

## SOCIAL MEDIA MESSAGES

The below social media posts provide short, concise messaging for DAPAs, ADCOs, PAOs, health educators and Navy leadership to share with Sailors through social media channels.



### Keep What You've Earned Campaign

- Going out tonight? Decide how many drinks you want to have before you go out and then pace yourself at the bar. #drinkresponsibly
- April is Alcohol Awareness Month. If you think a friend needs help, don't wait until they hit rock bottom. Speak to your Command DAPA for advice and assistance. "For the Health of It: Early Education on Alcoholism and Addiction" <http://rethinkingdrinking.niaaa.nih.gov/Support/ChooseYourApproach.asp>
- Alcohol is present in many sexual assault cases and is the most frequently used predatory drug. Look out for friends and shipmates when you're drinking together. #SAAM
- Drink responsibly and be sure to: plan ahead for a safe ride home, know your limits, and don't try to keep up with others! #drinkresponsibly #KWYE
- Download Pier Pressure to access alcohol-related resources 24/7, including a blood alcohol content (BAC) calculator and local taxi search. Available for Apple and Android devices. Watch the video trailer to learn more. #drinkresponsibly #pierpressure

### Prescription for Discharge Campaign

- Misusing and abusing prescription drugs can be just as hazardous to your health as illegal drugs. And they can also be just as dangerous to your career. #PrescriptionForDischarge #ZeroTolerance #InfiniteRisk **Link**
- Prescription drugs, when misused, can be just as dangerous to your health as illicit drugs such as heroin and cocaine. Rule of thumb: Always follow your doctor's orders. #PrescriptionForDischarge #RxSafety
- Test Your Knowledge: Did you know that about 6,600 Americans start abusing prescription drugs each day? #ZeroTolerance #InfiniteRisk
- Medical personnel play a big role in ensuring safe use of prescription drugs for Sailors and their family members. Make sure your patients know the correct dosage of their meds—and when to dispose of their meds—before they start taking them. #PrescriptionForDischarge #RxSafety
- The Navy's zero tolerance policy for drug abuse applies to the misuse of prescription drugs too. Don't risk your career or your life by abusing prescription drugs. #PrescriptionForDischarge #ZeroTolerance #InfiniteRisk

## ADCO SUMMIT TO BE HELD IN MILLINGTON

NADAP will be hosting the 2015 Alcohol Drug Control Officer (ADCO) Summit from 2-4 June, 14-16 July and 28-30 July 2015 in Millington, TN.

This Summit will bring together ADCO's from across the fleet for a three-day presentation featuring various subject matter expert speakers discussing the latest information on drug/alcohol abuse, trends in incidents, and prevention approaches. The summit will also allow an opportunity for open forum discussions and networking. All in attendance will be charged with developing a holistic approach to reducing alcohol abuse and implementing effective substance abuse prevention.

Additional information can be obtained by contacting (901) 874-4403/DSN 882, or email.