

NAVY ALCOHOL and DRUG ABUSE PREVENTION (NADAP)



NADAP E-GRAM

Vol. 1 No. 1

VISIT: [HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://navdweb.spawar.navy.mil)

March 2003

Information contained in each NADAP E-GRAM will provide command leadership, ADCOs and DAPAs with information which can be integrated into a commands ongoing Prevention Program to reduce alcohol and drug abuse and related incidents.

CNPC/CFFC CONFERENCES

A collaborative effort between Commander, Navy Personnel Command and Commander, Fleet Forces Command (CFFC) is a key element to meeting CNO's FY-03 goal of a fifty percent reduction in alcohol related fatalities and CNP's goal of a twenty five percent reduction in drug use. Navy Alcohol and Drug Abuse Prevention (NADAP) Branch is conducting Alcohol and Drug Abuse Prevention Conferences in Fleet concentrated areas to discuss program policies, procedures, best practices, and to listen to Fleet concerns and challenges.

These conferences bring together all Fleet Alcohol and Drug Control Officers (ADCOs), command leadership (CO/XO/CMC), Drug and Alcohol Program Advisors (DAPAs), and Urinalysis Program Coordinators (UPCs) with NADAP's Program Management Team, to integrate prevention efforts into Fleet operations.



The first CNPC/CFFC Conferences were held in Norfolk on 3 -16 January 2003 and Jacksonville 24 - 26 February 2003. Conference briefs were geared to each claimant attending. Overall, we had approximately 750 attendees from 450 different commands from AIRLANT, SUBLANT, SURFLANT, and three Navy Regions.

This venue provides all participants the opportunity to receive training, provide the Fleet insight to headquarters regarding policy and policy implementation, fosters cross-pollination of ideas, and the sharing of successes experienced throughout the Fleet. These conferences focus on making good Sailors better, reducing alcohol abuse and drug use, and improving Fleet operational performance.

The following FY-03 Conference sites have been confirmed:

Pearl Harbor 14-18 Apr 03

Bremerton 12-16 May 03

Rota/Naples 16-20 Jun 03

San Diego 11-14 Aug 03

For more information on these Conferences contact NADAP at P603a@persnet.navy.mil or call (901) 874-4247, DSN 882-4247

NEWLY DESIGNED NAVDWEB WEBSITE. NADAP has redesigned the NAVDWEB site providing user-friendly access, downloadable resources, and timely, accurate alcohol and drug abuse prevention information to command, Sailors and their families. Be sure to make regular visits to the NADAP website:

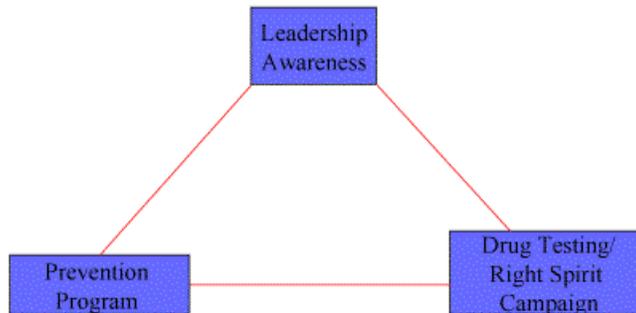
NAVDWEB.SPAWAR.NAVY.MIL

This is an extremely valuable website!!

Prevention Works

Remember, a command with an effective alcohol and drug abuse prevention program reduces the opportunity for the negative impact of attrition due to alcohol, drug and related incidents. Trained command leadership, work-center supervisors, Drug and Alcohol Program Advisors (DAPAs) and Urinalysis Program Coordinators (UPCs) working together create a command climate that reduces substance abuse. Collecting and analyzing selected data keeps the strategy on target.

What Makes A Difference? *The Prevention Triad*



Next, know your target population and what actions can you take at your command to reduce alcohol abuse and drug use. First and foremost action to take is to define the target populations within your command.

The target population for Sailors at risk of using drugs is defined as:

- a. Male
- b. E-3 and below
- c. Between 19-22 years of age
- d. 2.5 years of service
- e. Average of 14 to 24 months onboard first duty station
- f. Non-warfare qualified
- g. Not enrolled in any off-duty education
- h. Never attended Personal Responsibility and Values: Education and Training (PREVENT)

The target population for Sailors at risk of abusing alcohol is defined as:

- a. E-1 to E-5
- b. Between 18-25 years of age
- c. Within the first three years of first enlistment
- d. Within 12-months, before or after, 21st birthday

Environmental Strategies

After you have identified your **target populations** conduct an environmental **scan**. You need to know what's going on and understand the challenges within your:

- Community
- Base
- Command
- Work centers

Know that **risk factors** increase the risk of alcohol abuse and drug use, and **protective factors** inhibit alcohol abuse and drug use in the presence of risk. A strong environmentally based Command Prevention Program reduces risk factors and enhances protective factors.

Risk and protective factors can be grouped in domains (social, psychological, peer pressure, environmental, economic, base/station, and command/work center) and characterized as to their relevance to individuals, peer, workplace, and community.

For more information on Environmental Strategies log onto the NADAP website at:

[HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://NAVDWEB.SPAWAR.NAVY.MIL)

Click on the "Prevention Works" icon.

Implement the THREE R's into your Prevention Program:

- **RELATIONSHIP** - Cultivate positive professional relationships between leadership and Sailors. One that creates a mentoring culture consistent with CNO's edict that all Sailors will have a mentor. The key to remember is fractured relationships in the work center alienates young Sailors and inhibits mentoring. Alienating our young Sailors can make them ambivalent to Navy/Command policies. **Personal professional relationships** foster an atmosphere in which Sailors can ask any questions, especially concerning drugs or alcohol use, freely and without fear of consequences or ridicule. Tell them the truth, provide them with accurate information and

discuss all aspects of Navy Life with them.

- **RELEVANCE** - Let your Sailors know that what they do counts and is important. That his or her behavior, whether it be positive or negative, impacts directly on the overall success of the command. Our Sailors need to know they are an integral part of the command and processes within the command. This will promote a sense of belonging for the young Sailor, a sense of importance, which gives them a reason to have pride in all they do, both on duty and off.
- **RESPONSIBILITY** - Responsibility is twofold, it is the young Sailor's responsibility to learn and understand Navy policies and expectations. Second, it is leadership's responsibility to ensure our Sailors live and work in an environment conducive to learning. Insure they are provided with accurate information. Talk about Navy core values and command policy for alcohol use.
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For more information on the 3 R's log onto the NADAP website at:

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Click on the "Prevention Works" icon.**

"Best Practice" of the Quarter

DAPA Work Center visits. DAPAs, schedule visits and get out to each of the work centers in your command. Talk to the personnel in the work center about alcohol abuse prevention, Navy's policy of alcohol abuse and your commands policy on alcohol use. Ensure your talk is oriented and appropriated to the target population. Be concise and informative. Schedule specific times for each visit to last no longer than 10 minutes each. Be on time and leave on time. Keep your Sailors informed.

For more information on "Best Practices" visit log onto the NADAP website at:

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Click on the "Prevention Works" icon.

Alcohol Factoids

Did you know that in FY-02 over 1,700 alcohol-related incidents were incurred by Sailors from the ages of 20 to 22 years old (one year prior to and one year after turning 21)?

Did you know that over 400 of Navy's reported DUI/DWIs in FY-02 were incurred by Sailors within one year after turning 21?

Drug Factoids

Did you know that marijuana (THC) accounts for approximately 70 percent of all positive drug tests in the Navy?

Did you know that Navy Drug Screening Labs test every sample submitted? Some Sailors actually think only 20 percent of those samples submitted get tested.

Did you know that commands successful in eliminating drug use:

- Maintain aggressive high visibility random drug-testing programs;
- Use every opportunity to speak out on Drug Abuse Prevention;
- Chiefs and Work Center Supervisors are engaged as active participants in their Command Prevention Program;
- **Command Leadership sets the tone!** Drug use will not be tolerated.

NADAP Initiatives

ECSTASY AWARENESS TRAINING. A new Ecstasy video aimed at the target population having the propensity to use designer drugs is under production. This will be a timely video geared

to the 18-25 year old Sailor. Release scheduled for mid-March 2003.

NAVY DRUG SCREENING PROGRAM COMPUTER BASED TRAINING (CBT). Navy Drug Screening Program (NDSP) course is being converted to CD-ROM format by software developers from Digital Outpost Inc. NDSP CD-ROM course will provide "just in time" training to UPCs who require assistance or remediation in the technical operation of NDSP software. Scheduled completion and Fleet distribution date: 15 March 2003.

NADAP E-GRAM. If you or others are interested in receiving the NADAP E-GRAM via e-mail let us know by sending us an e-mail with your e-mail address to p603a@persnet.navy.mil. Don't forget about the other valuable resources available on the PERS-6 website at:

[HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://navdweb.spawar.navy.mil)

