

# NAVY DRUG AND ALCOHOL ABUSE PREVENTION (NADAP)



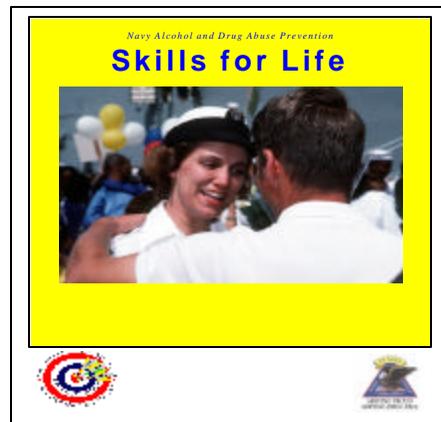
## NADAP E-GRAM

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

### What is "Skills For Life"

"Skills for Life" is an interactive courseware (ICW) developed to focus on the many challenges our young Sailors, 18 - 23 years of age, face. "Skills for Life" addresses this target audience through the following topics, which are covered in detail.

- Navy Core Values
- Alcohol Drugs,
- Club Drugs and Ecstasy
- Drug Testing and Screening
- Financial Responsibility
- Decision Making and Stress



"Skills for Life" is based on five levels of recall and the learner has to master the highest level (five) before "total recall" is achieved. Studies reflect that using conventional training results in the learner retaining about 20% of the material after four weeks. With this strategy, the learner retains almost 100% of the material after four weeks.

The average Sailor will spend between 7 and 10 hours to master all the questions. Short and frequent study sessions of between 10 and 30 minutes daily are recommended. The learner is provided daily feedback regarding immediate and long-term performance. As well, supervisors can track the progress of the user. For more information, contact P603b@persnet.navy.mil or call (901) 874-4626/DSN 882-4626.

**FY-03 NADAP Conference are scheduled as follows:**

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](mailto:P603a@persnet.navy.mil) or call (901) 874-4247, DSN 882-4247**

### **NAVY DRUG SCREENING PROGRAM (NDSP) 5.1.6**

NDSP 5.1.6 is now available for immediate download at [HTTP://NAVDWEB.SPAWAR.NAVY.MIL](http://NAVDWEB.SPAWAR.NAVY.MIL). Commands that have already transitioned to Navy Marine Corps Internet (NMCI) contact your command NMCI Administrator for proper installation of software.

[NDSP@PERSNET.NAVY.MIL](mailto:NDSP@PERSNET.NAVY.MIL) or phone at: (901) 874-4204/DSN 882-4204.

## **"Best Practice" of the Month**

### **Know when your Sailors are turning 21.**

- Counsel each Sailor on the legal and health consequences of alcohol abuse as they prepare to turn 21.
- Inform them of Navy's responsible use policy and let them know that if they choose not to drink that is okay also.
- Did you know that 1/5 of all Navy alcohol related incidents happen within 12 months of Sailors turning 21?

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

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

**Choose the "Prevention Works" icon.**

## **Alcohol Factoids**

Did you know that :

- 85% of Family Violence is alcohol and other drug-related
- 50% of Crime has alcohol involvement
- 50% of Homicides are alcohol-related
- 25% of all Emergency Room Admissions are alcohol-related
- 50% of all Hospital Admissions are alcohol-related
- 52% of men convicted of Rape or other Sexual Assault had been drinking prior to the offense
- 33% of Child Molestation cases are alcohol-related
- 25% of American Families have an alcohol-related problem

\*Facts from AODA (Alcohol and Other Drugs of Abuse program)

## **Drug Factoids**

Did you know the following items are available for immediate download by logging onto the PERS-6 website at <http://navdweb.spawar.navy.mil?>

- "Best Practices" from the Fleet
- NDSP 5.1 and the User Guide
- Public Service Announcements
- NADAP Conference/Training Schedules
- NAVADMINS
- NADAP Advisories
- Instructions, Handbooks

**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](mailto: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)**