

# NAVY DRUG AND ALCOHOL ABUSE PREVENTION (NADAP)



## NADAP E-GRAM

Vol. 1 No. 3

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

July 2003

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

### USS NASHVILLE'S "BEST PRACTICES" LEAD THE WAY TO REDUCING SUBSTANCE ABUSE

USS NASHVILLE's DEGLAM (Alcohol/Drug Deglamorization) Program builds on and strengthens the foundation established with the Mentorship Program. NASHVILLE (NSH) built an Alcohol Deglam Program instituted in the following three phases:



a. **PHASE 1** - Education: Every junior Sailor, 25 and under, attended Prevent prior to deployment. Additionally, last October, every NSH Sailor was required to attend a day of training that included:

- (1) Anger Management
- (2) SAVI
- (3) Sexual Assault
- (4) Alcohol/DAPA/CAAC

b. **PHASE 2** - "Tough Love": NSH took the gloves off in addressing alcohol incidents. NSH Sailors attended a Command Stand-Down (Oct 02) in which NSH's policy was spelled out, in detail, to the Command. NSH's Alcohol Deglam instruction states that any NSH Sailor involved in an alcohol incident (underage drinking, DUI, DWI, Public intoxication, public urination, etc) will:

- (1) Receive a Page 13
- (2) Have recommendation for advancement pulled
- (3) Undergo legal process, at minimum, a DRB

c. **PHASE 3** - Alcohol Deglam Reward Program: NSH established the final aspect of the program based on positive leadership techniques built specifically on peer pressure. The timing of this phase was also significant. Phase two is a "negative" leadership technique, which is effective in swinging the Commands Attitude

(pendulum). But, as we all know, a "negative" leadership technique is in reality only effective for a short duration. The net effect; the positive program has kept NSH's Alcohol Deglam "pendulum" pegged to the right! The mechanics of the program is set up as follows:

(1) NSH divided its' Sailors into ~15 competitive teams of 20-30. This was done for equity, and seems to be a number, which minimizes dividing/combining Divisional work centers. NSH recently (since deploying) divided Embarked Marines in to approximately the same number of teams and team size. Now the entire ships company, Ship's crew and embarked Marines, of approximately 800 personnel have bought in to the NASHVILLE DEGLAM program.

(2) Any Team, which goes 30 days without an alcohol incident, gets a day off in port and enjoys uninterrupted overseas liberty to include overnight liberty when authorized on deployment. (NSH actually schedules monthly Alcohol Deglam Days, in advance, so Sailors can plan on them).

(3) Any Team in which a "single" Team member has an alcohol incident, then the entire "team", and their COC, up to the XO, comes in on the scheduled Deglam day off. On this day, it starts with a 0630 muster, and ends with a 1600 muster. And, the team spends the entire day involved in Alcohol Deglamorization training. It is key here to differentiate between punishments at process improvement. NSH is not bringing in Team members on these designated Alcohol Deglam Days as a punishment, but rather as a means of process improvement. Specifically, Teams are brought together to identify what placed their team member at risk, and what the COC/Team has in place to set up their members for future success.



## NAVY DRUG SCREENING PROGRAM "NDSP"

Your command urinalysis is done for the month; the specimens have been properly packaged, Chain of Custody documents completed and the packages shipped. What challenges await the Technicians at the Navy Drug Screening Laboratory when your package arrives?

- **Challenges**

- A large numbers of the bottles leaked. This is due to one of two things. Either the bottle lid is not tightened enough or it is over tightened. Some bottles have been noted with imperfections in the lip, where the bottle cap meets the bottle to form a seal.
- An increasing number of Bar codes that are lined out, not for use, have not been dated or initialed or both.
- Numerous discrepancies have been identified on the 2624 concerning chain of custody. Most common discrepancies include signatures and dates missing.

- **Corrective Actions**

- Ensure the bottle cap is tightened snug. Do not over tighten as that could possibly cause leakage.
  - Package each sample in single specimen bags (NSN 6530-01-307-5431 or 6530-01-307-5430) or package samples in multi-specimen bags (NSN 6530-01-304-9762)
- Be sure to initial and date any changes made on any of the forms. This includes lined out bar codes.
- Chain of Custody forms are a legal document. When submitted they should be accurate, error free and contain the required signatures and dates.

Point of contact is NDSP Help Desk at: [NDSP@PERSNET.NAVY.MIL](mailto:NDSP@PERSNET.NAVY.MIL) or phone at: (901) 874-4204/DSN 882-4204.

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

**Mentorship.** In accordance with the CNO's Guidelines for 2003, ensure that all your young Sailors have mentors.

- Ensure that mentors spend time with those under their wing.
- When making port calls, consider having mentors take their charges out on liberty.

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

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

Click on the "Prevention Works" icon.

### Alcohol Factoids

Did you know that Alcohol is a depressant drug that affects the central nervous system? The chemical compound ethyl alcohol has the same sedative effect as tranquilizers and sleeping pills, and it is toxic. It can create physical tolerance (the need for increasing quantities to obtain the same effect) and dependence.

Did you know that Beer, wine and "hard" liquor are all alcoholic beverages? A 12-ounce beer, five ounces of wine, a nine-ounce wine cooler, or 1 1/2 ounces of liquor all contain approximately the same amount of alcohol (0.6 ounces).

### Drug Factoids

Did you know that Marijuana smoke contains more cancer-causing agents than tobacco smoke? Marijuana contains 421 bioactive chemical molecules. Sixty-one are called cannabinoids, and when inhaled or ingested, become absorbed and remain embedded in the membrane of every cell in the body for months at a time.

Did you know that after smoking only one "joint," 40 to 50 percent of the THC (tetrahydrocannabinol), one of the chemicals found in the leaves and flowering tops of the cannabis or marijuana plant, remains in the membranes for four to eight days. Ten to twenty percent remains for 30 to 48 days, and one percent can remain for four to six months.

Did you know that because the brain is one-third fatty tissue, marijuana is retained in the brain and the brain cells are steadily and irreversibly damaged? When messages from the brain are blocked because of a concentration of THC in the cells, thoughts, memory, feelings, and behaviors are affected.

## What's Coming Up?

FY-03 NADAP Conference is scheduled as follows:

Yokosuka 14-18 Jul 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

**NADAP E-GRAM.** If you or others are interested in receiving the NADAP E-GRAM via e-mail let us know by sending 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)**

