

NAVY DRUG AND ALCOHOL ABUSE PREVENTION (NADAP)



NADAP E-GRAM

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

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

Methamphetamine Awareness

Commonly known as "speed," "meth," "crank," "Yaba," and "chalk." In its smoked form it is often referred to as "ice," "crystal," " and "glass."

A powerfully addictive stimulant that dramatically affects the central nervous system. Methamphetamine is a Schedule II stimulant, which means it has a high potential for abuse and is available only through a prescription that cannot be refilled.

Methamphetamine is easily made in clandestine labs with fairly inexpensive over-the-counter ingredients: Black Iodine, Red Phosphorous, Acetone, Ephedrine tablets, Pseudoephedrine tablets, Muriatic Acid, Sulphuric Acid, Paint Thinner, Ether, Anhydrous Ammonia, Antifreeze and Lye

While the following could be warning signs of many other abused substances, here are some signs of possible Methamphetamine abuse:

- Anxiety and paranoia;
- Agitation and aggressiveness;
- Nervousness and irritability;
- Eye wiggles, tightened muscles
- Inability to stay focused;
- Sleeplessness;
- Loss of appetite and weight loss;
- Increased activity;
- Unusually talkative.



Short-term effects can include:	Long-term effects can include:
<p>Increased attention and decreased fatigue</p> <p>Increased activity</p> <p>Decreased appetite</p> <p>Euphoria and rush</p> <p>Increased respiration</p> <p>Hyperthermia</p>	<p>Dependence and addiction</p> <ul style="list-style-type: none"> • Paranoia • Out of control rages • Aggression • Hallucinations • Mood disturbances • Repetitive motor activity <p>Stroke</p> <p>Weight loss</p>

What are some of the more common names for Methamphetamine?

Speed Crystal Crank Chalk Ice

Meth zip go-fast Tweak Yaba

Cristy Glass quartz

For more information on Methamphetamines, log onto the NADAP website at:

HTTP://NAVDWEB.SPAWAR.NAVY.MIL

Follow the "Meth Knowledge for Prevention" icon

"Best Practice" of the Month

Healthy competition

Develop and encourage healthy, friendly competition, centered on alcohol abuse prevention, between Departments, divisions, work centers, etc. Right Spirit sponsored basketball; football games, track and field events, etc. are a great way to encourage healthy competition within your command.

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 in FY-02 26 of the 34 alcohol-related traffic fatalities were not wearing seat belts?

Did you know that DUI/DWIs are 100 percent preventable?

Drug Factoids

Did you know that Methamphetamine users are also likely to be users of alcohol, marijuana and cocaine rather than users of drugs like Heroin?

Did you know that every urine sample collected and sent to a Navy Drug Screening Lab is tested for Methamphetamine?

What's Coming Up?

FY-03 NADAP Conference schedule:

Naples 22-25 Sep 03

Watch the NADAP website for the FY-04 schedule and Summit information.

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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 to p603a@persnet.navy.mil. Don't forget about the other valuable resources available on the PERS-6 website at:

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