

NAVY DRUG AND ALCOHOL ABUSE PREVENTION (NADAP)



NADAP E-GRAM



Vol. 2 No. 3

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

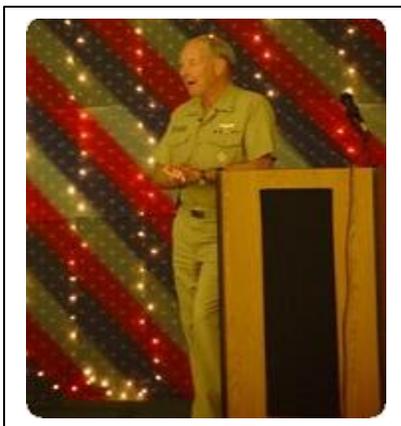
June 2004

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

SUBSTANCE ABUSE PREVENTION LEADERS MEET TO CHART STRATEGY

Navy Personnel Command played host to 86 Alcohol and Drug Control Officers (ADCOs), senior command leaders, policy makers, and prevention experts during the 2004 ADCO Summit from 11-13 May. Speakers ranged from the Assistant Director of Navy Criminal Investigative Service (NCIS) to Captain Tallant, former Commanding Officer, USS NASHVILLE. The three-day Summit also featured breakout sessions focused on the Alcohol and Drug Management Information Tracking System (ADMITS) database, the new Command Awareness Prevention Program, underage drinking, and tobacco cessation.

Summit attendees resolved to pursue a five-year plan to reinvigorate Navy's Right Spirit campaign and reduce drug incidents. Highlights of the plan include replenishment of Right Spirit promotion items, an aggressive emphasis on training substance abuse personnel, and continued diversification of prevention tools, like the Skills for Life and Alcohol AWARE computer-based training programs, available to commands.



Chief of Naval Personnel, Vice Admiral Gerald Hoewing, made an appearance on May 13, the last day of the summit. Admiral Hoewing spoke for several minutes before engaging in a 25-minute question-and answer session with attendees.



COCAINE AWARENESS

Cocaine is a powerfully addictive stimulant that directly affects the brain. It is one of the oldest known drugs. The pure chemical, cocaine hydrochloride, has been an abused substance for more than 100 years, and coca leaves, the source of cocaine, have been ingested for thousands of years.

Cocaine is generally sold on the street as a fine, white, crystalline powder, known as "coke," "C," "snow," "flake," or "blow." Street dealers generally dilute it with such inert substances as cornstarch, talcum powder, and/or sugar, or with such active drugs as procaine (a chemically-related local anesthetic) or with such other stimulants as amphetamines.

Cocaine is a powerfully addictive drug! Once having tried cocaine, an individual may have difficulty predicting or controlling the extent to which he or she will continue to use the drug.

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

Short-term effects

- Increased energy
- Decreased appetite
- Mental Alertness
- Increased heart rate and blood pressure
- Constricted blood vessels
- Increase temperature
- Dilated pupils

Long-term effects

- Addiction
- Irritability and mood disturbances
- Restlessness
- Paranoia
- Auditory hallucinations



Cocaine in
Powder Form



Crack Cocaine

Pictures: www.geocities.com

Remember: Cocaine is not only illegal; it can cost you your career and possibly your life!

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Select the "Drugs of Abuse" item on the sidebar menu.

FOURTH OF JULY HOLIDAY 2004

The 2004 Independence Day weekend officially begins at 0001 Saturday, 3 July 2004, and extends through 2359 Monday, 5 July 2004. This weekend has proven among the deadliest on our nation's highways. Navy's goal for the Independence Day weekend is for all hands to return to work on Tuesday, 6 July 2004 without a single alcohol-related incident. To assist commands in meeting Navy's goal "For a Safe and Fun Independence Day Weekend" has been posted on the main page of the NADAP website. This site contains tips for a safe and fun Independence Day weekend and commands can find the latest in "Best Practices" from successful prevention programs from across the Fleet. Also, select "Prevention Works" for an in-depth guide for command Drug and Alcohol Program Advisors (DAPA) to aid in the establishment of an effective substance abuse prevention roadmap. Visit the NADAP website at: <http://navdweb.spawar.navy.mil>. Lets make this a Safe and Fun Independence Day weekend.

NAVY DRUG SCREENING PROGRAM 5.2.3

Navy Drug Screening Program (NDSP) 5.2.3, which replaces all previous versions of NDSP, is now available for immediate installation into your Urinalysis Program by logging onto the NADAP website at <http://navdweb.spawar.navy.mil>. A mass mailing of the software to all Navy commands was also conducted. This software is both IT-21 and Navy and Marine Corps Intranet (NMCI) certified and ready for immediate use.

If your command has already migrated to NMCI contact your command NMCI Administrator for assistance. All other commands should contact your system administrator for proper installation of this software.

If you have any questions regarding NDSP software or the User Guide, contact IT2(SW/AW) *name removed*, PERS-6713, at DSN 882-4251, COMM: (901) 874-4251, or [email](#).

"Best Practice" of the Month

Early Prevention Education. There was a strong consensus among ADCO Summit participants on the importance of incorporating education into the training schedule of every young Sailor.

- Khakis should consider early substance abuse prevention education as PMS for their people.

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

HTTP://NAVDWEB.SPAWAR.NAVY.MIL

Select the "Prevention Works" icon.

What's Coming Up?

Upcoming NADAP Summits are scheduled as follows:

	FY-04
6 - 9 July	Yokosuka, Japan
20 - 23 July	Bremerton/Whidbey Island, WA
26 - 30 July	Sigonella/Naples, Italy
16 - 20 August	Brunswick, ME/New London, CT
30 August - 3 September	San Diego, CA

For more information on NADAP Summits log onto the NADAP Website at:

HTTP://NAVDWEB.SPAWAR.NAVY.MIL

Select Education/Training

Alcohol Factoid

Did you know that DUIs, alcohol related incidents and underage drinking are **100%** preventable?

Did you know that Navy's policy on alcohol use is not prohibition but responsible use and that if you choose not to drink that's okay? Remember, Alcohol use is legal if you are!

Drug Factoid

Did you know that in FY-04, through 30 Apr 04, there was an increase of 48,029 urinalysis samples submitted which equates to 7 percent more samples submitted as compared to the same period in FY-03? During that same period FY-04, 443 fewer Sailors tested positive which is a 15 percent decrease as compared to the same period in FY-03 and using Center for Career Development estimate of \$42K Sailor replacement cost, this decrease equates to \$18.6M cost avoidance.

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. Don't forget about the other valuable resources available on the PERS-6 website at:

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