



Screening for Mental Health, Inc.  
One Washington Street, Suite 304  
Wellesley Hills, MA 02481

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Available  
**FREE**  
of charge!



# National Alcohol Screening Day®



Conduct an Alcohol Awareness and Prevention Program for your Service Members and Families

A component of The Mental Health Self-Assessment Program®  
Fully funded by Force Health Protection and Readiness,  
Office of the Assistant Secretary of Defense, Health Affairs

"NASD is a wonderful way to promote alcohol awareness. It is an opportunity to provide soldiers with information and to explain to them what's normal and what's not when it comes to alcohol use."

- Yvonne Wilbanks, Fort Benning Army Substance Abuse Program, NASD

## Benefits of screening and brief intervention

The success of brief interventions for drinking problems is well supported by research conducted over the past 25 years. The approach can be an effective treatment for some alcohol use disorders without the need for further clinical intervention. It also may resolve mild to moderate alcohol problems, enhance the client's readiness to address more severe drinking problems, and result in acceptance of a treatment referral.\*

*\*Alcohol Problems in Intimate Relationships: Identification and Intervention. A Guide for Marriage and Family Therapists. National Institute on Alcohol Abuse and Alcoholism. Rockville, MD, 2003*

## National Alcohol Screening Day (NASD) Program Goals:

- Raise awareness about alcohol's effect on health;
- Screen for at-risk drinking and other alcohol problems;
- Refer those who may need treatment for further evaluation;
- Promote healthy attitudes and behaviors around alcohol use, including help-seeking when needed.

Your NASD materials are designed as a "just add water" kit for conducting an alcohol education and screening event. We provide a planning guide, promotional material (i.e., posters), educational materials, and screening forms. You provide the location and staff who will run the event. Staff should include at least one clinician. Planning an NASD event in your community can be done by partnering with other groups such as your installation's alcohol program, fitness center, or safety teams.

## Registration Form

There is **NO FEE** for these products and services.  
You must be a DoD or VA affiliated organization.

- English National Alcohol Screening Day® Kit* (one kit per customer)\*  
(for 500 participants)
- Spanish National Alcohol Screening Day® Kit* (one kit per customer)\*  
(for 50 participants)
- Customized Online Screening*  
Add a link to your website which takes the user to anonymous online screening. Customize the referral section to direct users to your local resources.
- A Different Kind of Courage Video* \_\_\_ quantity (up to five)\*  
*Please note-one video is included in each kit*

*\*If you require additional materials such as screening forms, wallet cards (which direct people to online screening), or videos, please contact us.*

## My contact information:

Unit/Installation Name: \_\_\_\_\_  
Rank: \_\_\_\_\_ Branch: \_\_\_\_\_  
Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State/Country: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_  
Email: \_\_\_\_\_

**NEW!!**

- I am interested in having an NASD trainer on-site at our event to provide implementation assistance  
*(the NASD program staff will contact you to help coordinate your event)*

National Alcohol Screening Day®  
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