



# E-PREVENTION

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E-PREVENTION

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## National Alcohol Screening Day

National Alcohol Screening Day (NASD) is an annual event that is put on by the collaborated efforts of Screening for Mental Health, Inc and the National Institute on Alcoholism and Alcohol Abuse. The purpose of the event is to provide the community with useful information on alcohol and free and anonymous screenings for alcohol disorders and high risk drinking.

ACSAP encourages every Army Substance Abuse Program to participate in this years program. NASD offers ASAP professionals an organized and low-cost method to



Mr. Oskar Schlomer talks with Soldiers during the 20004 NASD

educate the Army community about the dangers of alcohol abuse and high risk



Soldiers at Fort Benning complete the NASD Survey

drinking.

Following registration Screening for Mental Health Inc. will provide all participants with the necessary materials for a successful campaign; these materials include: the surveys, a video, brochures, promotional giveaways and a planning guide that walks the participant through all stages of NASD, from the initial planning for the event to the correct method of submitting the completed surveys.

Additional information on NASD can be found [www.alcoholscreeningday.org](http://www.alcoholscreeningday.org) or at [www.acsap.army.mil](http://www.acsap.army.mil).

### What's Inside

<i>Directors Corner</i>	2
<i>Hot Topics &amp; Alcohol Abuse</i>	2
<i>Upcoming Campaigns</i>	2
<i>Post Traumatic Stress Disorder</i>	3
<i>National Inhalants Week</i>	3
<i>Drug of the Quarter: DMT</i>	3

### Did You Know?!

Did you know that according to data obtained through recent National Surveys on Drug Use and Health that over twenty percent of underage youth in the United States have driven while under the influence of drugs or alcohol. The survey reported that of the 16-20 year-olds surveyed, seventeen percent reported driving under the influence of alcohol, fourteen percent under the influence of drugs and eight percent under the influence of both alcohol and drugs.

### Additional Information

We at ACSAP are always searching for new and innovative prevention and training ideas. If you have come across, or created anything that you believe would be useful for the rest of the U.S. Army Prevention field, or if you would like to see something in next months issue of E-Prevention please contacting E-Prevention editor Mr. Josh Myerson at DSN: 761-0667 or via email at [eprevention@usadaoa-emh1.army.mil](mailto:eprevention@usadaoa-emh1.army.mil).

## Anabolic Steroid Control Act of 2004

The use of steroids in the United States is a problem that is growing at an alarming rate. The DEA reported to Congress that "3.5% of American high school students have used anabolic steroids by grade 12 and 45% of all 12th graders did not believe taking steroids posed a great risk".

These statistics combined with the growing problem of steroid use in professional sports initiated Con-

gress to recently unanimously pass Public Law 108-358 or the Anabolic Steroid Control Act of 2004.

This law, which went into effect on 20 January 2005, reclassified several popular dietary and muscle building supplements, such as androstenedione, as Schedule III drugs on the federal schedule of controlled substances.

Under this law, it is now illegal to purchase, sell,

possess or consume androstenedione.

Because of this, Soldiers who are caught possessing or test positive for any of these substances on a steroid test should have the appropriate action taken against them, to include being processed for separation.

Additional information on all dietary supplements and a complete list of the banned substances can be found on the ACSAP website.



## Director's Corner

I would like to start by thanking all of the installations that participated in last year's National Alcohol Screening Day. I was pleased to learn that for the second straight year Army participation rose significantly. I hope that this trend will continue this year. Materials for this year's NASD are already available and I encourage everyone to participate as it is an inexpensive way to get materials and educate your community.

I am also excited about the upcoming issue of Hot Topics that deals with all aspects of alcohol. We at ACSAP worked hard in conjunction with Soldier's Magazine to complete this project and I feel that it is an excellent resource not only for Soldiers, but for the ASAP as well.

Another project that we are currently working on is our new alcohol and drug prevention campaign, Warrior Pride. The campaign will emphasize that Army Values and the Warrior Ethos are incompatible with alcohol abuse and drug use and will include posters, CD-ROMs and brochures.

Finally, I would like to announce that our Annual Workshop will be held 24-29 July in conjunction with TCADA and I look forward to seeing all of you in Austin.

As always, I encourage you to check our website regularly as we are frequently

**George P. Chagalis**

### Fort Benning ASAP

The Fort Benning Army Substance Abuse Program recently received recognition from the Director, National Institute on Alcoholism and Alcohol Abuse for their outstanding participation in last year's National Alcohol Screening Day.

In addition to screening more individuals than any other screening site for three years in a row, the Fort Benning ASAP completed over 2,000 more screenings than the next best site.

### ACSAP Director's Awards

ACSAP is pleased to announce it is now accepting applications for the 2005 ADCO, EAPC, PC and IBTC of the Year awards.

Participation in the awards program offers applicants an excellent method to gain recognition for their dedication and hard work. All applications must be received by ACSAP no later than 15 April 2005, without exception.

The awards will be presented during ACSAP Annual Workshop in Austin,

Texas. Additional information on the awards program and the application process can be found on the ACSAP website or by contacting the ACSAP point of contact, Ms. Diane Osborne.



2004 ADCO of the Year, Ms. Maxine Martinez

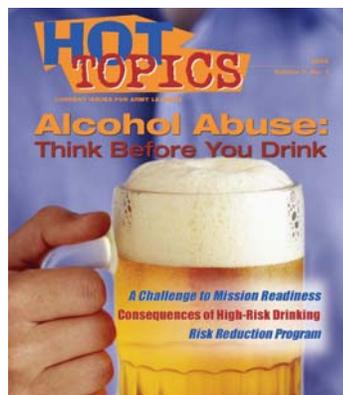
### Hot Topics on Alcohol Abuse Released

ACSAP is extremely excited to announce that the new issue of Hot Topics, "Alcohol Abuse: Think Before You Drink", will be released in the February 2005 issue of Soldier's Magazine.

In addition to information on alcohol, high-risk drinking and impaired driving, the issue also highlights the Risk Reduction Program, the AUDIT and ACSAP's upcoming Warrior Pride campaign.

ACSAP believes that the issue is a useful resource for all ASAPs as it

also offers a glimpse of the Program in its entirety. An electronic version of the issue will be available on the ACSAP website during the month of February.



### Upcoming Campaigns

FEB 13-19 — Children of Alcoholics Week

MAR 20-26 — National Inhalants and Poisons Awareness Week

APR — Alcohol Awareness Month

APR 1-3 — Alcohol Free Weekend

MAY 8-14 — AOD Related Birth Defects Week

JUN 30-JUL 4 — National Sobriety Checkpoint Week

SEP — National Alcohol and Drug Addiction Recovery Month

OCT 23-31 — Red Ribbon Week



## Post Traumatic Stress Disorder

Post Traumatic Stress Disorder (PTSD) is a psychiatric disorder that can be caused when a person suffers a traumatic experience such as exposure to combat.

While PTSD was not studied extensively until after the Vietnam War, there is documentation that combat veterans from as far back as the Civil War suffered symptoms similar to those of PTSD.

The symptoms of PTSD can vary from person to person, but most people that are diagnosed report that they experience flashbacks and nightmares, sleep deprivation, dizziness, chest pains and feelings of being alienated.

In addition to the side effects, PTSD often times occurs in conjunction with other disorders such as depression and alcohol and other drug abuse.

During this time of war and multiple deployments, it is important for everyone in the field to be aware of PTSD and the possibility of increased substance abuse throughout the Army community.

For more information on PTSD and the Global War on Terrorism, visit the National Center for PTSD at [www.ncptsd.org](http://www.ncptsd.org). The site offers a wide range of information on PTSD, redeployment, family issues and other free resources.

## National Inhalants & Poisons Awareness Week

This year's National Inhalants & Poisons Awareness Week (NIPAW) will be held nationwide 20-26 March. The purpose of NIPAW, a media-based campaign that is held on the community level, is to provide extensive education on the risks and dangers of *huffing* or inhalant use.

While the local ASAPs should participate in the event in any manner possible, the National Inhalant Prevention Commission believes that the campaign should include the entire community as "it is an all inclusive program that involves youth, schools, media, police departments, health organizations and

more".

ACSAP encourages all installations to sign up for this event by visiting [www.inhalants.org](http://www.inhalants.org). After submitting the required information to the Commission, all participant organizations are provided with a Local Coordinator's Kit. Each kit contains all of the materials necessary to hold a successful event. While the Commission runs the national campaign, they also state that the materials provided in the kit can be used any time throughout the year. Additional information on inhalants and NIPAW can be found on ACSAP's website or [www.inhalants.org](http://www.inhalants.org).

## Drug of the Quarter: DMT

### What is DMT?

DMT, or N-dimethyltryptamine is an extremely strong hallucinogen that is in the tryptamine family and has some of the same properties as psilocybin (mushrooms). While DMT can be found in hundreds of plants around the world, it is also found throughout the United States in a synthetic form.

### What is the history of DMT?

Historically DMT has been used as a snuff and in brewed teas throughout South America. Traces of DMT have been found in snuffs at burial sites from the 8th Century. The first Western / European contact with DMT is documented to be around the first European contact on the continent.

### How is DMT Consumed?

In the United States DMT is most often smoked, though it can also be snorted (snuff) or ingested orally.

Upon ingestion, the onset of the effects is extremely quick, usually within one minute. After the onset, the effects (strong hallucinations) last for approximately 15-20 minutes. While the effects of the drug normally wear off quickly, within an hour, there have been reports of the effects being felt off and on for up to days after ingestion.



### What are the side effects of DMT?

Because DMT is a powerful hallucinogen, it has many of the same side effects of psilocybin and LSD.

In addition DMT can cause throat and lung irritation due to the harshness of the smoke. DMT also causes sleep deprivation, severe anxiety attacks, *bad trips*, *flashbacks*, perceived visual distortions, skin flushing and nausea.

### Is DMT Addictive?

While DMT is not physically or psychologically addictive, like cocaine or heroine, users do build up a tolerance to the drug. Once the user builds a tolerance he/she often begins to ingest larger amounts of the drug and the side effects become more apparent.

### Where can I find more information?

Additional information on DMT can be found on the following websites:

- [www.dea.gov](http://www.dea.gov)
- [www.erowid.org](http://www.erowid.org)
- [www.health.org](http://www.health.org)

