



E-PREVENTION

acsap.army.mil

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E-PREVENTION

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2004 National Alcohol Screening Day

National Alcohol Screening Day was held worldwide on April 8, 2004. Alcohol Screening Day is an annual event that provides information about alcohol and health as well as free, anonymous screening for alcohol-use disorders.

The program is designed to provide outreach, screening and education about alcohol's effects on health for the general public.

This year's theme "Alcohol and Health, Where do you draw the line?" focused on a broad health message that is applicable to anyone who drinks alcohol.



Walter Reed Medical Center

This year marked the most successful Alcohol Screening Day to date as over 5,000 sites participated. This year's Alcohol Screening Day was also the first year that AC-



Fort Benning, Georgia

SAP made an organized effort for installations worldwide to participate. ACSAP is extremely proud to announce that fifty-eight Army installations and communities participated worldwide.

In addition to learning about all of the participating Army sites, ACSAP has also learned that Fort Benning screened several hundred more people than last year when they led the country.

ACSAP encourages all readers to visit www.mentalhealthscreening.org for more information on National Alcohol Screening Day and how to be planning for next year.

What's Inside

<i>Directors Corner</i>	2
<i>High Potency Marijuana</i>	2
<i>Guide to Safe Parties</i>	2
<i>Fulcrum Shield Award</i>	3
www.alcoholscreening.org	3
<i>Drug of the Quarter: Heroin</i>	3

Did You Know?!

- Since the mid-1990's nearly 17,000 Americans have been killed and more than 700,000 have been injured in alcohol-related traffic crashes.
- On an average day, 46 people die in alcohol-related traffic crashes, accounting for nearly 40% of traffic deaths.
- Three out of ten Americans face the possibility of being directly involved in an alcohol-related traffic crash during their lifetime.
- Each year, police arrest over 1.5 million drivers for driving under the influence of alcohol.

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 month's 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.

Drunk Driving Prevention Month

Spring and summer bring nicer weather and an opportunity to spend more time outside with friends and family. Unfortunately, this time of year also brings increased drinking and drunk driving.

Because of this ACSAP encourages all installations to spend the month of June celebrating Drunk Driving Prevention Month.

It is important to remember that all alcohol related accidents and deaths are PREVENTABLE. Drunk Driving

Prevention Month is the perfect time to organize and initiate a designated driver / safe ride program.

An inexpensive, easy way to establish the program is by encouraging Soldier's and members of the local community to sign-up as a designated driver and then rewarding them through a weekly raffle or by offering tickets to a local sporting event.

Another option is to arrange discounted fares with the local taxi companies or

bus services.

Drunk Driving Prevention Month also gives members of the ASAP community the excellent opportunity to get out and reeducate Soldier's about the dangers of alcohol use, to remind them to think before they drink, to drink responsibly and that it's ALWAYS ok for them not to drink.

More information Drunk Driving Prevention Month and Safe Ride Programs can be found at acsap.army.mil or www.nhtsa.gov.



Director's Corner

Let me start by saying how impressed I am with the extraordinary turnout Army installations and communities had on National Alcohol Screening Day last month. The fifty-eight installations and communities represent an increase of over 500% compared to last years participation. That figure is remarkable and I believe, much like you, that it provides the members of your respective communi-

ties with a great service.

Over the past few months, we at ACSAP have worked extremely hard at developing two alcohol education products for our deployed troops that I am especially proud of. These products, a bookmark and a flipbook, were created to remind our troops to drink responsibly and how to identify high risk behaviors.

In addition to these products, ACSAP is encouraging all installations to participate in Drunk Driving Prevention Month which is coming up in June. Additional information about this campaign can be found in the "Campaigns" section of the ACSAP website and is detailed in this issue.

Finally, please remember that our Annual Conference in Austin, Texas is 1-6

August. Based on your evaluations, last years conference was a huge success and we expect this year to be even better. Information regarding the workshop will be posted on the ACSAP website in coming weeks, so please check regularly and I look forward to seeing you in Austin.

George P. Chagalis

High-Potency Marijuana Sending Teens to ER, Rehab

A growing number of teenagers and preteens are being treated at emergency rooms or are entering drug treatment as a result of using a highly potent type of marijuana, government officials say.

The Los Angeles Times reported April 26 that although marijuana use by youths has declined overall since the mid-1990s, the latest statistics show an increase in more serious problems related to the drug. According to federal health officials, the number of marijuana-related emergency room visits for children ages 12 to 17 more than tripled since 1994, to 7,535 in 2001, the most recent year for which figures

were available.

Most of the hospital visits were for an "unexpected reaction" to the drug, while "overdose" was listed in 10 percent of the cases, "chronic effects" in 6 percent, and "accident or injury" in 4 percent.

"The stereotypes of marijuana smoking are way out of date," said Michael Dennis, a research psychologist in Bloomington, Ill. "The kids we see are not only smoking stronger stuff at a younger age but their pattern of use might be three to six blunts -- the equivalent of three or four joints each -- just for themselves, in a day.

That's got nothing to do with what Mom or Dad did in high school. It might as well be a different drug."

According to federal officials, the marijuana being taken by youngsters today is nearly twice as potent as it was in the 1980s. "There is no question marijuana can be addictive; that argument is over," said Dr. Nora Volkow, director of the National Institute on Drug Abuse. "The most important thing right now is to understand the vulnerability of young, developing brains to these increased concentrations of cannabis."

— Join Together Online

ACSAP Promotional Materials

Over the last few months ACSAP has developed two alcohol related promotional materials, a bookmark for Soldier's going on R&R and a flipbook for leaders. ACSAP created both of these items specifically to provide our troops deployed in the Middle East with the information to make safe and responsible decisions while deployed, on R&R or upon their return home to the United States. The bookmark highlights to ACSAP alcohol education posters on one side and

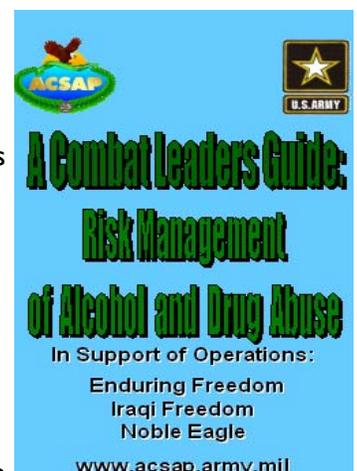
gives Soldier's "Tips for Safe Drinking" on the other side.

The Leader's Guide provides leaders with information about the Army's policy on alcohol and drugs, the signs of alcohol and drug abuse, demand reduction, and much more.

Contact ACSAP at pretraingroup@acsap.army.mil for additional information on these products.



R&R Safe Drinking Bookmark



Leader's Alcohol and Drug Abuse Guide



Fulcrum Shield Award Changes

There have been several changes made to the Fulcrum Shield Award this year:

- 1) The Fulcrum Shield Award has been elevated to the Secretary of Defense level.
- 2) The award is no longer the Fulcrum Shield Award for Excellence in Youth Anti-Drug Programs, but is now the Secretary of Defense Fulcrum Shield Award.
- 3) The other major change is that the award is now open to all military affiliated youth anti-drug programs.
- 4) To further clarify, an

overall drug demand reduction program— Army Substance Abuse Program (ASAP) can apply for the Secretary of Defense Community Drug Awareness Award AND send a separate submission concentrating on its youth program to the Secretary of Defense Fulcrum Shield Award.

Submissions for the Secretary of Defense Fulcrum Shield Award are due by 1 June 2004. Additional information regarding the Fulcrum Shield Award and other awards can be found in the Award section of the ACSAP website, www.acsap.army.mil.

Prevention Website of the Quarter

This quarter E-Prevention is highlighting alcoholscreening.org. AlcoholScreening.org is a free service of Join Together, a project of the Boston University School of Public Health. AlcoholScreening.org helps individuals assess their own alcohol consumption patterns to determine if their drinking is likely to be harming their health or increasing their risk for future harm.

Through education and referral, the site urges those whose drinking is harmful or hazardous to take positive action, and informs all adults who consume alcohol about guidelines and caveats for lower-risk drinking.

AlcoholScreening.org is a wonderful tool that provides the user with useful information regarding their drinking habits.

Drug of the Quarter: Heroin

WHAT IS HEROIN?

Heroin is an extremely addictive drug that is processed from morphine, a naturally occurring substance extracted from the seedpod of the Asian poppy plant.

Heroin usually appears as a white or brown powder and is also known as *smack*, *H*, *skag*, and *junk*.

HOW IS HEROIN CONSUMED?

Traditionally, heroin was usually ingested through injection. However, in recent years studies suggest a shift to snorting or smoking the heroin. This shift is believed to have been caused by the increased purity of the drug and the grave misconception that smoking and snorting the drug is safer than injecting it.

WHAT ARE THE SIDE EFFECTS?

Heroin use has been associated with several serious short and long term side effects.

Short term effects appear soon after a single dose and disappear hours after use. They include: flushing of the skin, dry mouth, drowsiness, depressed motor skills, and what users describe as a "euphoric rush".

The long term effects of heroin use being to appear after repeated use of the drug. These effects include: collapsed veins, infection of the heart lining, liver disease, cellulitis, abscesses, pneumonia, and a greater risk for heart failure.



IS HEROIN ADDICTIVE?

With regular heroin use, tolerance develops. As higher doses are ingested over time, physical dependence and addiction develop.

WHAT ARE THE SIDE EFFECTS OF HEROIN WITHDRAWAL?

When a dependent person stops ingesting heroin their body must readjust to functioning without the drug. The symptoms of withdrawal may take occur as early as a few hours after the last ingestion. The side effects of heroin withdrawal include: restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes, kicking movements and in some cases death.

WHERE CAN I FIND MORE INFORMATION?

More information on heroin can be found on the following websites:

- www.acsap.army.mil
- www.dea.gov
- www.health.org
- www.drugs.indiana.edu

