



E-PREVENTION

ACSAP
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E-PREVENTION

1 September 2002

2nd Annual Fulcrum Shield Award for Excellence in Youth Anti-Drug Programs

This year at the ACSAP Annual Conference Dr. Chagalís and ACSAP awarded Fort Hood the Fulcrum Shield Award for Excellence in Youth Anti-Drug Programs.

Fort Hood was honored for their participation in the Students in Killeen Eliminating Drugs (SIKED) Program. The Fort Hood ASAP in collaboration with the Fort Hood military community student association created SIKED four years ago with their goal being to reduce the number alcohol and drug related incidents in the area.

In order to achieve their goal SIKED members became involved with the community and began participating in Camp 2010. Camp 2010 is a program established by the Fort Hood Directorate of Community Activities that empowers youth to take an active role in preventing underage drinking and drug abuse. SIKED members assist the program by focusing on positive peer interaction, leadership development, and community ser-

vices such as Red Ribbon Week Activities.

Another way that SIKED members make a difference in the community is by pledging not to use drugs or alcohol and to strive to be role models for their peers. Members that participate in this program call it the Peer Mentoring Approach.

Many Peer Mentoring Approach participants take their role even further by utilizing their "Positive Peer Leadership Approach" or by participating in additional activities to reduce alcohol and drug related incidents in local schools.

ACSAP would like to congratulate the Fort Hood ASAP and SIKED members for their hard, dedicated work to reduce the level of underage drinking and drug related incidents and wish them continued success in the field.



Dr. Chagalís presenting an award to Mr. Castro and Mr. Shipman

ACSAP Coins

All participants that attended the ACSAP 2002 Annual Conference received a limited edition ACSAP Coin from Dr. Chagalís. The coins were part of the ASAPs 30 Year Anniversary Celebration.



Red Ribbon Week

Red Ribbon Week was created in honor of Enrique "Kiki" Camarena who worked undercover for the Drug Enforcement Agency (DEA). In February 1985, while in Mexico working undercover against a major drug cartel, Kiki disappeared on the way to meet his wife for lunch. One month later his tortured body was found in a shallow grave. To honor Kiki's memory and his work against illegal drug use and distribution his family and friends wore red satin ribbons. Since then the red ribbon has grown into a national symbol that represents an attitude that one person can make a difference in the war against illicit drug use. In 1988 the National Family Partnership noticed the efforts that small coalitions were making

and organized the first National Red Ribbon Campaign.

Today the campaign reaches millions of children worldwide and helps to ensure that Kiki Camarena's efforts will never be forgotten.

This years Red Ribbon Week Campaign, entitled "Freedom is Drug Free, Plant the Promise", is 21-31 October with the DoD celebrating the campaign at the Pentagon 21-23 October. For additional information about how you can participate in the campaign please contact the ACSAP POC Ms. Diane Osborne at DSN: 761-5573 or via email at Diane.Osborne@usadaoa-emh1.army.mil.



Enrique "KIKI" Camarena

What's Inside

<i>Directors Corner</i>	2
<i>Community Drug Awareness Award</i>	2
<i>Drug of the Quarter: Oxycontin</i>	3
<i>30 Year Retrospective</i>	3
<i>AlcoPops</i>	3
<i>Designated Driver/Safe Ride Program</i>	4
<i>Prevention Coordinator Certification</i>	4

Useful Prevention

Websites

CSAP Decision Support System:
<http://www.preventiondss.org>

Drug Enforcement Agency:
<http://www.dea.gov>

Join Together Online:
<http://www.jointogether.org>

Club Drug Resources:
<http://TheAntiDrug.com>

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.



Director's Corner

We at ACSAP would like to thank everyone for making this years Annual Conference a special one. As many of you already know, this years conference was our biggest yet. We hope that as we continue to grow, so do the services that we provide to the field.

I would like to personally thank Ms. Diane Osborne who put a lot of hard work into the conference and it would not have been such a success if not for her commitment and dedication.

This issue of E-Prevention highlights on some important events

that we all need to remember. First, Red Ribbon Week is coming up. Red Ribbon Week is a very important campaign and is something that everyone in the ASAP, and your entire installation community can get involved in. It is our hope that all installations will somehow participate in the campaign.

I would also like to remind everyone about our new Unit Prevention Leader Certification Training Program. Everyone should have ordered and received their copies of the CD-Rom by now. Members of the

ACSAP staff put together an excellent all around program for members of the field to utilize. In addition to providing all of the course material to be taught, ACSAP has also provided the ASAP staff with a student notebook, exams, exam keys, certificates, and certification cards. The mandatory implementation date is quickly approaching so if there are any questions please contact the appropriate people as soon as possible.

We at ACSAP are always trying to develop and distribute new materials, such as the UPL CD-

Rom to everyone in the field.

We are currently working on two new brochures and two new posters that will be available on our websites shortly. One of the brochures will give commanders an introduction to the ASAP and the other will provide leaders with useful information about alcohol and alcohol abuse.

George P. Chagalishvili
Director

Secretary of Defense Community Drug Awareness Award

The Secretary of Defense Community Drug Awareness Award is an award that was designed to promote community drug awareness efforts in each of the military Services. Every year at the ACSAP Annual Conference ACSAP recognizes each of the Army nominations for the award. This year we were pleased to announce that there were five (5) nominations worldwide and would like to take the time to recognize each of them individually:

1) 6th Area Support Group – The 6th Area Support Group's nominated program is "Operation Preemptive Strike". The program focuses on primary and secondary prevention and seeks to alleviate all high-risk behaviors by developing, maintaining, and/or promoting existing collective protective factors. The success of Operation Preemptive Strike is nothing short of spectacular as it has resulted in a 25% decline in alcohol offenses, a 31% decline in accidents and injuries, and a 69% drop in child and spouse abuse.

2) 17th Area Support Group - The 17th ASG conducted a comprehensive, unique, and innovative approach for providing exceptional services for the Army communities in mainland Japan in FY01. The results for their approach included an increase in Command awareness and support, more appropriate referrals for soldiers to receive ASAP services, and a tremendous increase of substance abuse awareness throughout the command.

ness throughout the command.

3) Fort Dix - The Fort Dix ASAP focused on two specific goals in their prevention program campaign: a) To raise awareness of the issues surrounding substance abuse and b) To reduce substance abuse related problems and help personnel through the stress of changing military missions. Through hard work and effective education the Fort Dix ASAP successfully reduced alcohol related incidents by 21% this year.

4) Fort Hood - The Fort Hood ASAP is nominated this year for their efforts in Substance Abuse Prevention Education. The ASAP successfully educated 44,339 soldiers in FY01, a 100% training rate! This strong education effort resulted in a 48% increase in training rate compared to FY00. As a result of the Fort Hood ASAP's efforts and the local communities assistance, substance abuse awareness increased by over 50%.

5) 7th Infantry Division and Fort Carson - The 7th Infantry Division and Fort Carson ASAP is nominated this year for the role they played as the lead agency in the Rocky Mountain Coalition.

The Rocky Mountain Coalition is comprised of fifty-two (52) military and community organizations and is tasked with implementing a year round substance abuse prevention strategy.

In addition to being an active member of the Coalition, the 7th Infantry Division and Fort Carson ASAP was extremely active in last years Red Ribbon Week Campaign. During the Campaign they successfully distributed approximately 80,000 red ribbons and brochures at twenty-five local community events.

These installations have shown

great enthusiasm and energy in the planning and execution of their substance abuse prevention programs. ACSAP is honored to have been able to present them with their nomination plaques and to have been able to assist in the nomination process.

National award winners will be announced during the Red Ribbon Week campaign at the Pentagon.



Dr. Chagalishvili presenting awards to (clockwise starting at top left): Mr. Shipman, Mr. Fischer, Mr. Tafoya, Mr. Castro, Mr. Licklider, and Mr. Bokser



Drug of the Month: Oxycontin

DRUG OF THE MONTH:

In each issue of E-PREVENTION a different drug of abuse will be highlighted. We at ACSAP strive to provide members of the field with the most up-to-date information on drugs of abuse new and old.

WHAT IS OXYCONTIN?

Oxycontin is an opium derivative that is available by prescription in 10, 20, and 40 mg tablets. In extremely rare cases it is also available in 80 and 160 mg doses, usually for those patients that are opioids tolerant. It is an extremely popular pain killer because it is exceedingly potent and it comes in a time-release tablet that lasts for up to twelve hours. Patients that are prescribed Oxycontin are usually cancer patients or people that suffer chronic pain.

In July 2001, the FDA investigated reports regarding the serious side effects (see below) of Oxycontin and strengthened the warnings and precautions by issuing a "black

box" warning to help deter inappropriate prescriptions and illegal use. Over the last eighteen (18) months Oxycontin has been linked to over 100 deaths.

Recently Oxycontin has become more and more popular as a drug among today's youth. Many youth are ingesting the drug by crushing it up and either swallowing or



Oxycontin Bottles and Pill

snorting it. This is extremely dangerous because when the tablet is crushed the time release mechanism is destroyed and this could potentially cause a lethal ingestion of the chemical.

WHAT ARE THE SIDE EFFECTS OF OXYCONTIN USE AND ABUSE?

Oxycontin use produces both serious and minor side effects that are extremely similar to those of all other opioids. The serious side effects can include: chest pains, muscle weakness, severe rashes, clammy skin, breathing difficulty/respiratory depression, seizures, overdoses, and death. If an Oxycontin user experiences any of these side effects it is imperative to seek medical attention.

WHERE CAN I FIND MORE INFORMATION?

More information on Oxycontin can be found on the Drug Enforcement Agency Website www.dea.gov or the ACSAP Website www.acsap.org.

Unit Prevention Leader Certification Training Program Implementation

REMINDER: ACSAP has developed a new Unit Prevention Leader Certification Training Program (UPL CTP) to meet the regulatory requirements to train, certify, and re-certify Unit Prevention Leaders (UPLs). All installations should currently have enough copies of the ACSAP UPL CTP CD-Rom so that each unit can receive a copy. The mandatory implementation date for the ACSAP approved UPL CTP is 1 October 2002. Remember, additional material may be added, but material contained within the CD CANNOT be substituted for or removed. All information and materials needed for the UPL CTP to include: PowerPoint presentations, Certification Examinations, Exam Answer Keys, certification cards, and certificates can be found on the ACSAP private website www.acsap-army.org. If you have any additional questions please contact ACSAP at upl.acsap@usadaoa-emh1.army.mil.



Dr. Chagalís and the Retrospective Presenters

ACSAP 30 Year Retrospective

ACSAP would like to pass a special thank you to Mr. Bill Castro, Ms. Yvonne Wilbanks, Mr. Elias Barnes, and Mr. Vern Hunter for their speeches on the history of the ASAP. All of us at ACSAP and most people from the field found the presentation to be extremely entertaining and informative.

ACSAP would also like to thank Mr. Mike Biggerstaff for his excellent and creative

work done on the audio/visual presentation. The walk down memory lane made the speeches all the more memorable.

Copies of the presenter's speeches and a comprehensive history of the ASAP will be available on the ACSAP private site (www.acsap-army.org). Unfortunately, the audio/visual presentation will not be able to be made available to the public.

AlcoPops: Targeting Our Youth

Alcohol producers have a new "hip" product out on the market. AlcoPops are defined as sweet, fruit flavored malt beverages such as Smirnoff Ice, Jack Daniels Hard Cola, Tequila, Sublime Raspberry Hard Lemonade. The beverages come in bright, colorful, youth-oriented packaging which are often similar to the non-alcoholic versions of the drinks. While there are the usual alcohol warnings printed on the labels and packaging many teenagers say that it is easy for them to acquire the beverages if they wanted to and that they would be more inclined to consume a fruity beverage, opposed to

beer or liquor.

According to a recent poll teens reported to have more familiarity towards alcopops than adults did by a three to one margin, and that they are more than twice as likely to have tried them. In addition to this more than nine in ten teens and 70% of adults believe that the alcohol companies that produce, market, and distribute alcopops are trying to market towards and lure young people into trying them.

According to the National Insti-

tute on Alcohol Abuse and Alcoholism young people who being drinking before the age of 15 are four times as likely to develop alcohol dependence than those who wait until they're 21 one to start. There are currently more than 10 million American children that participate in drinking alcohol and alcohol kills more teenagers than all illicit drugs combined.

For additional information on alcopops visit www.cspinet.org/booze/alcopops.htm.



Examples of "AlcoPops"



Upcoming ACSAP Training Courses

ACSAP has set tentative dates and locations for several training courses. For additional information for any or all of the following training course, please visit the ACSAP Private Website. More information on all of these courses will be in upcoming issues of E-Prevention.

IBTC Training Courses:

- 3-7 FEB 03 Orlando, FL
- 19-23 MAY 03 Tucson, AZ
- 8-13 SEP 03 Savannah, GA

EAP Workshop

21 JAN 03 Clearwater, FL

ADCO/PC/EAP Course

MAR 03 Alexandria, VA

PC Workshop

JUN 03 Phoenix, AZ

Designated Driver/Safe Ride Program

The holiday season is quickly approaching, and while the holidays are a time to be with family they are also a time for increased DUIs. Many communities nationwide offer a 'free ride home' program to help ensure those who drink don't drive. Contact your local community to determine if such a program exists in your community. If one is not offered try contacting members in your local community to try and set one up.

More information on Safe Ride Programs can be found on the ACSAP private website or at www.nhtsa.gov. Please remember to remind your soldiers to **ALWAYS** have a designated driver; this helps ensure their safety and their mission readiness.

PC Certification

ACSAP has made the draft version of the PC Certification Policies Manual available on the ACSAP private website in order to provide initial information on the ACSAP/IC&RC PC Certification Process. The IC&RC Application Subcommittee will vote on the PC Certification Policies Manual and the ACSAP application to IC&RC at their October 2002 meeting. Following the meeting and subsequent approval of the ACSAP application, additional information about PC Certification and the "grandparenting" process will be posted on the ACSAP website. ACSAP is targeting 1 January 2003 – 30 March 2003 for the grandparenting application process.

Remember to check the ACSAP Private Website on a regular basis for updates to the certification process.

REMINDER

Please remember to update all contact information on a quarterly basis. Your contact information is vital in order for ACSAP to distribute new and valuable information and training resources. Contact information can be updated on the ACSAP Public Website (www.acsap.org) or by contacting Mr. Josh Myerson at DSN 761-0667, FAX 761-6575 or via email at josh.myerson@usadaoa-emh1.army.mil.

Prevention Education Resources and Materials

The ACSAP Prevention/Training Branch wants to make resources, materials and training courses that are used in the field available on the ACSAP Private Website. If you feel that any of the materials that you use to teach would be beneficial to others, please email them to the Prevention/Training Branch at: prevention@usadaoa-emh1.army.mil



Dr. Chaqalis Thanking Mr. Biggerstaff

Annual Conference Photographs

This issue of E-Prevention contains several pictures from the recent Annual Conference in Colorado Springs, Colorado. Unfortunately there isn't enough room in the newsletter for all of the wonderful pictures. All of the other pictures can be found online on both the ACSAP Public and Private Websites.



Mr. Fisher and Ms. Felton



30 Year Anniversary Cake



LTC Halder Giving the Biochemical Update



Dr. Chaqalis and Ms. Osborne



MSG Henry Briefing the Field on DTP



Dr. Chagalis and Ms. Whitmire Cutting the Anniversary Cake



Mr. Prepicius Fielding Questions on DOT Testing