



# E-PREVENTION

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E-PREVENTION  
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## 3rd Annual Director's Award Winners Announced

For the third straight year the Army Substance Abuse Program (ASAP) ADCO, EAPC, PC and IBTC of the Year were announced in Austin, Texas as part of the Annual Worldwide Workshop.

These awards were designed not only to promote and reward effective Army Substance Abuse Program services in accordance with AR 600-85, but to also give the Director of ACSAP an opportunity to recognize the hard work, determination and dedication that goes hand-in-hand with working within the ASAP.

This hard work and dedication was especially apparent to ACSAP's Awards Com-



Dr. Chagalys and Mr. Shipman



Dr. Chagalys and Mr. Moss



Dr. Chagalys and Mr. Harrop



Dr. Chagalys and Ms. Untiedt

mittee as, this year, they received more nomination packets than ever before.

The 2005 Director's Awards were presented at ACSAP's Awards Banquet by Dr. George Chagalys to Mr. Willie Shipman (ADCO of the Year) of Fort Hood, Mr. Chakiris Moss (EAPC) of Fort Stewart, Mr. Aaron Harrop (PC) of Fort Richardson and Ms. Barbara Untiedt (IBTC) of Rock Island Arsenal.

ACSAP congratulates this year's winners and thank them not only for their dedication to the ASAP but also for their commitment and service to the Army as a whole.

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### Did You Know?!

All of ACSAP's Warrior Pride Campaign materials are now available for download and/or order on ACSAP's website, [www.acsap.army.mil](http://www.acsap.army.mil):

Warrior Pride Logos—Both the oval and rectangular versions to be used in PowerPoint presentations, handouts and promotional materials.

Posters—ACSAP has developed three posters, one dealing with drunk driving, one with drugs and one spelling out *Pride*.

CD-Roms—Two CD's: one for leaders and one for Unit Prevention leaders.

### Additional Information

ACSAP is always searching for new and innovative prevention and training ideas. If you come across, or create anything that you believe would be useful for the rest of the prevention field, or if you would like to see something in next quarter's issue of E-Prevention please contacting E-Prevention editor Mr. Josh Myerson at DSN: 761-0667 or via email at [eprevention@acsap.army.mil](mailto:eprevention@acsap.army.mil).

## National Recovery Month

This September marks the eighth annual National Alcohol and Drug Addiction Recovery Month. According to the US Department of Health and Human Services (DHHS) the purpose of this year's campaign is to "promote the message that recovery from alcohol and drug use disorders in all of its forms is possible".

The theme for this year, "Join the Voices for Recovery:

*Healing Lives, Families and Communities*" is meant to remind communities that helping addicted individuals toward recovery not only helps save lives it also has a positive impact on everyone throughout the country.

DHHS has made several materials available online to assist local planners in promoting the importance of alcohol and drug treatment

and their respective treatment success stories.

These materials include event ideas, planning tips, letterhead and helpful tips on where to acquire additional materials at little to no cost.

Additional information on National Recovery Month and other substance abuse campaigns can be found on ACSAP's website, [www.acsap.army.mil](http://www.acsap.army.mil).





### Director's Corner

I would like to thank those of you that attended this year's Annual Workshop in Austin, Texas. The ACSAP staff were pleasantly surprised by the large turnout, especially the number of people who were attending for the first time. It is my hope that all of you took as much away from the day as I did. I always find it extremely gratifying to be able to talk with you and to hear how you feel about the work

we are doing here and how it relates to the work you do on your respective installations. I was truly excited and pleased to learn how many of you have already begun to implement aspects of the Warrior Pride campaign and all of us here at ACSAP are looking forward to the international kickoff during Red Ribbon Week. I would also like to take the time to recognize not only this year's award winners,

but all of you who submitted nomination packets. This year's winning selections were particularly difficult to make due to the extraordinary number of nomination packets received. While it is unfortunate that we could not present awards to everyone, I was humbled to see the hard work and dedication demonstrated throughout the ASAP community.

Finally, please remember to continue checking our website on a regular basis as important information regarding the Warrior Pride kickoff and training events for FY06 will be posted soon.

Again, it was good to see everyone and I look forward to hearing from you soon.

**George P. Chagalis**

### 2005 Community Drug Awareness Award

The Secretary of Defense Community Drug Awareness Award was first presented fifteen years ago to promote community drug awareness efforts throughout the Department of Defense community. ACSAP is proud to announce that the 2005 Awareness Award will be presented to the Fort Stewart / Hunter Army Airfield (HAAF) ASAP for their "3 Rs (Reestablish, Reorganize, Redeploy) for 3rdID" program.

The purpose of the program was to establish a community wide education program in order to reduce the

number of alcohol and drug offenses throughout the community.

ASAP personnel accomplished this by reestablishing their Smart Testing Program, recertifying Unit Prevention Leaders and by providing extensive substance abuse awareness education and training to Soldiers, DA Civilians, retirees and family members throughout their community.

The effectiveness of this program was felt immediately throughout the Fort Stewart / HAAF area as there was a 23% increase in campaign participation, a 0% positive rate among DA Civilians

and no reported youth alcohol or drug incidents on the installation.

The Award will be presented to the Fort Stewart / HAAF ASAP during this year's Red Ribbon Week festivities at the Pentagon.



Dr. Chagalis and Ms. Mujica

### Meth Problem Goes National

Experts told Congress this week that methamphetamine has become a national, not a regional, problem, [Reuters](#) reported July 26.

Meth use may have started in the West and in rural communities, but it is now affecting both rural and urban areas across the U.S., witnesses told a House subcommittee on criminal justice, drug policy and human resources, chaired by Rep. Mark Souder (R-Ind.).

"Historically, meth abuse was confined to the western United States and to rural areas. However, the drug has quickly spread east and is having disastrous consequences in rural, urban and suburban communities nationwide," said Valerie

Brown of the National Association of Counties, echoing the results of a survey of county sheriffs released by her group earlier this month.

"The devastating consequences of methamphetamine are felt across the country by individuals, government agencies, businesses and communities of all sizes. Americans are waging a daily battle against this drug," agreed Joseph Rannazzisi, deputy chief of enforcement with the Drug Enforcement Administration.

Witnesses told the committee that steps to fight meth use and production could include restricting the sale of cold medicines whose ingredients can be used to make the drug, increasing border patrols, toughening

criminal penalties on dealers, and providing better treatment for users. —*Jointogether.org*

### Upcoming Events

29 AUG - 2 SEP — IBTC Course Savannah, GA

SEP — National Recovery Month

23-31 OCT—International Warrior Pride Kickoff / Red Ribbon Week

29 NOV - 2 DEC — PRI Training Alexandria, VA

5 - 9 DEC — IBTC Course Alexandria, VA



### ACSAP Awards—Lessons Learned

In order to better prepare applicants for future Awards applications, we at ACSAP wanted to share a few of the common mistakes that can cause an application packet to be deemed ineligible by the Awards Committee:

- 1) Not Meeting the Suspend Date—Any application that is not submitted on time will not be reviewed by the Committee.
- 2) Not Getting Command Endorsement
- 3) Not Staying in the CY for which the award is being offered.
- 4) Not including specific statistics that show the effectiveness and outcomes of the nominated program.

- 5) Not documenting the cost effectiveness of the program in the nomination packet.
- 6) Combining more than one award category in the same nomination packet.
- 7) The Award write-up does not demonstrate a connection between what has been accomplished and the goal of the Award.
- 8) A point of contact is not provided within the nomination packet.
- 9) The original packet is not sent to or received by ACSAP.

Additional information on all of ACSAP's Awards and the awards process can be found at [www.acsap.army.mil](http://www.acsap.army.mil).

### Drug of the Quarter: Oxycontin

#### What is Oxycontin?

Oxycontin is a time-release version of the prescription drug oxycodone. Approved by the Food and Drug Administration in 1995, Oxycontin is legally prescribed to cancer patients and chronic pain sufferers to help manage their pain.

#### How is Oxycontin Consumed?

Because Oxycontin is a prescribed pill, it is most often consumed orally in its original form. When it is consumed illegally, Oxycontin is ingested by: chewing and swallowing the pills, snorting crushed pills and injected the crushed pills after they have been diluted in water. By crushing the pill, the user has destroyed its time release mechanism, thus making the drug much more potent.

#### What are the Side Effects of Oxycontin?

When taken legally, Oxycontin has been associated with several short-term side effects. These effects can include: constipation, dizziness, drowsiness, nausea, vomiting, heartburn and dry mouth.

The effects of Oxycontin become much more dangerous when the drug is ingested illegally, especially when the time release mechanism is destroyed by crushing the pill. Abuse of the drug in this manner can lead to physical dependence, severe chest pains,



respiratory distress, seizures, unconsciousness, coma and even death.

#### Withdrawal Effects of Oxycontin

Once a user becomes physically dependent to Oxycontin, he or she will experience unpleasant side effects when they stop ingesting the drug. These effects include, but are not limited to: severe muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes and involuntary leg movements. It is important that a recovering user not hesitate in contacting a medical professional if they are experiencing these symptoms as they can become much more severe if ignored.

#### Oxycontin Abuse in the United States

According to the DEA, Oxycontin abuse is currently on the rise throughout the United States, especially on the east coast. It has also been reported that Oxycontin has caused hundreds of deaths throughout the country. Because of this rise in abuse, the Army will begin testing urinalysis specimens for Oxycontin and oxycodone on a rotational schedule in Oct 05.

#### Where can I find more information?

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

### Prevention Website of the Quarter [www.streetdrugs.org](http://www.streetdrugs.org)

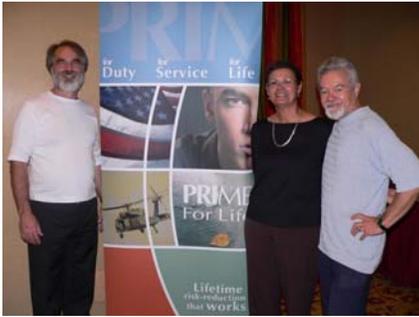
This quarter E-Prevention is highlighting [streetdrugs.org](http://streetdrugs.org). Streetdrugs.org is an excellence resource for anyone trying to learn more about drugs of abuse. The website offers resources for students, parents, teachers, health care professionals and members of the law en-

forcement community. These resources include general information on all drugs of abuse, signs and symptoms of drug abuse, information on drug treatment and a variety of substance abuse awareness training materials (posters, brochures, CD-Roms, etc).





## Prime For Life Training Course



Austin Instructors: Ray Daugherty (co-author of PFL), Dianne Hayward, and Tom Frostman

In accordance with AR 600-85, ACSAP has approved the Prime for Life course for use as an accepted ADAPT curriculum. Accordingly, ACSAP is encouraging ASAP personnel to become trained and certified through the Prime for Life course in order to standardize the ADAPT curriculum Army wide.

It is important for ADCOs and PCs to understand why the Army would move to this standardized training program. Research has

shown that substance abuse education and life skills alone do not change behavior; as a matter of fact many of your ADAPT students have a vast knowledge of drugs and alcohol before they attend your class. By combining research based information in a non-confrontational manner and utilizing persuasion techniques that are imbedded in the instructional material, our Soldiers will be able to determine what their low risk choices are and make changes in their behavior. The PRIME for Life course provides the educational information and puts the responsibility back on the Soldier (personal responsibility). The course may be taught as a 12, 16, or 20 hour ADAPT.

Twenty-nine ASAP personnel attended the 32 hour PRIME For Life (PFL) Instructor Training Course from 28 to 31 July 2005 in Austin, Texas and will be certified PFL instructors after teaching the course one time and filling out an online critique. All of the students re-

ceived an instructor's manual, 4 DVDs with the course material, and a Reference CD. All of the students rated the course as either one of the most or the most valuable drug and alcohol workshops that they have ever attended. Here are just a few of the comments that your colleagues had about the course: "I feel empowered now to do an effective job instead of hoping I was doing an effective job of prevention"; "Excellent Program – very useful and *On-Target* for Soldiers"; "I was offered more skills than I could have imagined." The next PFL instructor training course will be held from 29 Nov – 2 Dec in Alexandria, VA., registration will begin in September on the ACSAP website; we look forward to seeing you there!