



E-PREVENTION

acsap.army.mil

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E-PREVENTION
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New Drunk Driving Presentation

In the coming weeks ACSAP will be posting a new training video online for ASAP personnel to utilize. The video, "An Unfortunate Event", is a drunk driving presentation, given by LTC John Pastino, that not only provides the viewer with some of the negative consequences of impaired driving (jail, money, loss of career, etc.) but also shows the devastating effects impaired driving can have on other parties involved.

These effects are felt throughout the presentation as LTC Pastino describes in great detail how he lost his father to a

drunk driver on Easter in 2001.

Since creating the presentation with his brother, LTC Pastino has given the brief to over 600 people, almost entirely Soldiers.

Upon its completion, the training video will be approximately fifteen minutes long and available for download off of ACSAP's private portal. It is ACSAP's hope that ASAP personnel will utilize the video during the holiday season and Alcohol Awareness Month to remind Soldiers that impaired driving can impact anyone's life at any time.

According to LTC Pastino,

it doesn't matter who you are, once your life has been impacted by impaired driving, you will never be the same.

It is his hope that by continuing to give his presentation that he will convince others to act responsibly; not by giving up drinking but reiterating to Soldiers that "If you're going to drink, have a plan and use it".



Carmen Pastino with his sons and grandsons

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Did You Know?!

ACSAP has several new products available for download off of the ACSAP portal. In addition the products are available for order through your Regional ADCO.

"I Will Never Leave a Fallen Comrade"



"Who Would You Rather Have on Your Team?"



National Drunk and Drugged Driving (3D) Month

The holiday season is a time for family and friends to get together, celebrate and be thankful for everything they have. Unfortunately, it is also the time of year that many people make the irresponsible decision to drive after celebrating with alcohol or other substances.

To help counteract this problem, the National Highway Traffic Safety Administration (NHTSA) has sponsored 3D Month every December since 1981. This year the campaign is promoting safe, responsible

decisions with two messages: "This holiday season if you catch a buzz, catch a ride" and "You Drink, You Drive, You Lose".

These messages go hand-in-hand with the strategies of the campaign — increased education via radio and TV combined with an increased and highly visible law enforcement presence.



While most people will hear NHTSA's message, 3D Month is a prime opportunity for ASAP personnel and UPLs to remind Soldiers of the dangers and consequences of impaired driving and the importance of having a designated, sober driver.

Additional information on National 3D Month can be found at www.nhtsa.gov and the ACSAP portal offers several free products on impaired driving, including posters, brochures, PowerPoint presentations and Lesson Plans.

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.



Director's Corner

Let me start by wishing everyone a happy holiday season, and by thanking you for all of your hard work over the last year. I am especially proud of the dedication throughout the ASAP community during these difficult times. We at ACSAP are doing everything we can to make your jobs easier and over the next year we are planning some exciting additions.

The first of these is LTC John Pastino's presentation, "An Unfortunate Event". Recently, LTC Pastino presented his story to the ACSAP staff. After viewing the presentation and speaking with him, I felt that the presentation is something that can, and probably will, hit home with our Soldiers. The video will be available for download off of our website in the near future.

We are also planning to hold a CEAP Certification Prep Course next year. I understand that much of what EAPs in the civilian community differs from what you do with the Army. To better prepare Army EAPs for the certification exam, we have coordinated with EAPA to offer this course, which I hope will make the process a little bit more straightforward.

Finally, over the next year we will be offering several other training events and will continue to add materials to the Warrior Pride Campaign.

Have a safe holiday and remember to check the website regularly for updates and new products and information.

George P. Chagalis

CEAP Certification Prep Course

ACSAP recognizes that many EAPs throughout the Army are not yet certified through the Employee Assistance Professionals Association (EAPA). To assist in insuring that EAPs are properly prepared for the certification exam, ACSAP is working in conjunction with EAPA in preparing a certification preparation course.

The course will be taking place 8-10 May 2007 at the Doubletree Hotel in Denver, Colorado. The first two days (8-9 May) will be filled with training, taught by subject matter

experts from the Employee Assistance Certification Committee (EACC). On 10 May, after the training has concluded, EACC representatives will administer the certification exam to those who choose to sit for it.

In order to attend the course, participants must complete several steps following course registration. These steps have HARD deadlines that must be met in order for the course to be held.

ACSAP will also be providing all registrants with a list EACC's Domains,

Knowledge and Skills for CEAPs and a Training Needs Assessment. ACSAP asks that registrants review the list and complete the Needs Assessment NLT 8 January 2007 to insure that the EACC has time to prepare training that will be specific to the Army's needs.

Additional information on the training and the steps that must be followed can be found within ACSAP's online Training Calendar. Questions regarding EAPC certification should be directed to Mr. John Capen at (703) 681-5572 or via e-mail at john.capen@acsap.army.mil.

Safe Holiday Season

Once again the holiday season is rapidly approaching. The holiday season generally means more parties, which raises the potential to drink. Driving defensively means not only taking responsibility for yourself and your actions but also keeping an eye on "the other guy." If you plan to drink, designate a driver who won't drink. Alcohol is a factor in almost half of all fatal motor vehicle crashes.

If you are a host for a party, here are some things you can do to promote responsible drinking at a social function:

- Provide plenty of non-alcoholic beverages.

- Do not pressure guests to drink.
- Serve food to slow the rate of absorption of alcohol.
- Stop serving alcohol at least one hour before the party is over.
- If guests drink too much, call a cab or arrange a ride with a sober driver.

To assist in planning for the holiday season, ACSAP has made a "Safe Holiday" Brochure available for download off of the ACSAP portal. In addition to offering safe holiday tips, the brochure also offers several *mocktail* recipes, or non-alcoholic cocktails.

Remember, having a FUN holiday is having a SAFE Holiday.



Upcoming Events

- 22-26 JAN — IBTC Course
San Antonio, TX
- 6-8 FEB — PC Workshop
Savannah, GA
- 12-16 MAR—ASAP BCT
Alexandria, VA
- 26-30 MAR— IBTC Course
Atlanta, GA



Drug of the Quarter: AlcoPops

What Are AlcoPops?

AlcoPops, or malternatives are known within the alcohol industry as RTDs (ready to drink) or FABs (flavored alcoholic beverages).

According to Wikipedia, the media came up with the term AlcoPops to describe alcoholic beverages that resemble soft drinks.

History of AlcoPops

In the early 1990s Australia, was the first country to produce an AlcoPop, with the introduction of Merry-down's Two Dogs and Hooper's Hooch. While they were the first, they were not initially popular. It wasn't until 1994, in the US, with the introduction of Zima, that an AlcoPop was successful. Following Zima, there have been countless AlcoPops introduced to the market. Some of the more popular drinks have been Mike's Hard Lemonade, Smirnoff Ice and Jack

Daniel's Country Cocktails. **Concern Over AlcoPops** Because of their bright coloring, packaging and advertising campaigns, there is continual concern around the country that AlcoPops appeal to underage drinkers. While the Federal Trade Commission stated that AlcoPops aer not marketed to teenagers in the US, there is still a feeling of unease as their sales are continually on the rise and according to a recent UK survey "Young people in the 14-15 age drink AlcoPops because they are strong, cheap and sweet".

What's Next?

According to Join Together, in Santa Clara County, California, a law suit has been filed to reclassify AlcoPops as liquor products instead of beer. This would increase the tax associated with the drinks from \$0.20 per gallon to \$3.30, or \$2-3 per 6-pack. It is hoped that this increase will discourage underage purchase and consumption of the products.

Prevention Website of the Quarter www.streetdrugs.org

This quarter E-Prevention is highlighting 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 and health care professionals and members of the law enforcement

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).



www.streetdrugs.org

ASAP Annual Awards

DoD celebrated Red Ribbon Week at the Pentagon on 23-25 October in the Hall of Heroes. Festivities this year included speakers from CADCA, ONDCP and the Office of the Secretary of Defense and a performance by the Civil Air Patrol Drill Team. The Fort Hood ASAP was also recognized as they won the Community Drug Awareness Award. Mr. Shipman and COL Victoria Bruzese, Fort Hood's Garrison Commander accepted the award.

Following DoDs ceremony ACSAP celebrated by presenting awards to the 2006 Director's Award winners.

The Award Ceremony, which also took place in the Hall of Heroes, was attended by ACSAP employees, representatives of the IMCOM, COL Victoria Bruzese, Mr. Charles Green, Fort Hood's HR Director and COL Dennis Dingle, Director, HRPD.

ACSAP would again like to congratulate this year's winners: Mr. Willie Shipman, ADCO of the Year; Ms. Margie Winters-Harris, PC of the Year; Mr. Timothy Block, IBTC of the Year; and Mr. Oskar Schlomer, IBTC of the Year.

Additional information and photos regarding the Red Ribbon Week celebration and the awards ceremony can be found on ACSAP's website.



(l-r) Dr. Chagalís, COL Dingle, COL Bruzese, Mr. Shipman, Mr. Green, Mr. Block, Ms. Winters-Harris, Mr. Schlomer



Dr. Chagalís and Mr. Shipman



Dr. Chagalís and Mr. Block



Dr. Chagalís and Ms. Winters-Harris



Dr. Chagalís and Mr. Schlomer



Mr. Shipman and COL Bruzese