



E-PREVENTION

acsap.army.mil

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ASAP Basic Training Course

Based on the results of last year's ASAP Training Needs Assessment, ACSAP has decided to replace the ASAP Orientation Course with a course that better meets the training needs of newly hired ASAP professionals.

The new course, which will be called the ASAP Basic Training Course, is being designed to provide participants with a more comprehensive, hands-on experience that will cover all core areas of the ASAP.

One of the primary differences between the two courses will be the format of the course. While the Orientation Course was held in 3 days of lectures, the Basic Training Course will be held over 4.5 days

and will, in addition to lecturing, include case studies, distance learning, practical exercises and evaluations. ACSAP believes that by incorporating other styles of training, participants will be better prepared to implement course material into their daily activities. This is best documented by the proposed Risk Reduction and DAMIS training modules where each participant will complete the training in a computer lab.

While registration has not yet been opened, the new course is tentatively scheduled for June 2006. Additional information will be released on ACSAP's Training Calendar as it becomes available.

Oxycontin Testing

Testing for Oxycontin began throughout the Army on 1 October 2005. To date, the drug is being tested for on a rotational basis, but there have been a large number of oxycodone and oxymorphone positives reported, 1.05% according to ACSAP stats for Soldiers on Active Duty.

While not all of these positives are due to illicit use, it is important that all Soldiers receive training on the dangers of prescription drug abuse and be reminded that these drugs are now being tested for.

To help ensure that ASAP professional and UPLs have the necessary training materials, ACSAP has made a training package (Oxycontin) available for download within the Prevention/Training section of the ACSAP website.

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Did You Know?!

There are several national substance awareness campaigns scheduled throughout the year for ASAPs to participate in:

12-18 Feb—Children of Alcoholics Week

April—Alcohol Awareness Month, National Alcohol Screening Day

12-20 May—National AOD Related Birth Defects Week

September—Alcohol and Drug Addiction Recovery Month

23-31 October—Red Ribbon Week

December—Drunk and Drugged Driving (3D) Month

Additional information can be found within the Campaigns section of the ACSAP website.

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.

National Alcohol Screening Day—2006

Army participation in National Alcohol Screening Day has risen every year for the last three years and will be held this year on Thursday 6 April.

The purpose of the event is to provide 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 for the general public.

ACSAP encourages all installation ASAPs to participate in this year's campaign and to register early with Mental Health Screening Inc., the event organizer.

By registering early, participants will have access to a number of free materials. These materials, which include a "How To" guide, media templates, videos, posters, brochures and scoring information

will help ensure a successful event.

In addition to the traditional screening materials, an online version is being offered for the first time this year. Organizers felt that by offering an online version, participation in remote and understaffed sites would be greater.

Additional information on the event and how to register will be posted within the Campaign section of the ACSAP website.



Director's Corner

As many of you may have already heard, ACSAP recently welcomed several people to the agency and into new jobs. Please take the time to welcome LTC Overberg and SFC Gutierrez to the Biochem Branch and congratulate Ms. Drain and Mr. Marquez who have taken over as Branch Chiefs for the Oversight and Prevention Branches respectively.

I would also like to take the time to stress how excited I am about the modifications being made to several of ACSAP's training courses. All of the changes are being made based on recommendations ASAP personnel made in the Training Needs Assessment. Once implemented, I believe that they will have an immediate positive impact on learner outcomes.

Another training event that ACSAP is sponsoring this year is the PRI Training. Originally scheduled for last December, we decided to reschedule it for this March in order to give more people the opportunity to attend. More information on this training can be found on our Training Calendar and I encourage anyone involved with ADAPT to attend.

Finally, as you know, nominations are now being accepted for this year's Director's Awards. If you plan on submitting a nomination, remember to follow the guidelines carefully as there have been several modifications. Stay tuned for information on this year's Annual Conference.

George P. Chagalis

2006 Director's Awards

It's that time again! With the new year comes the opportunity to submit applications for the 2006 Director's Army Substance Abuse Program Awards.

While this year's awards remain the same, the process to apply has changed significantly. The changes, which include important information on how the applications must be submitted include:

a) Checklists are no Longer Provided—All applicants should utilize and review the application templates which are available on the ACSAP website, detailing the specific functional areas as outlined in AR 600-

85. Applicants should detail how their job performance at the installation successfully supports the functional areas in the regulation.

b) The narrative describing the activities and achievements of a nominee shall NOT exceed four pages. This limit is an increase over last year's three page limit.

c) Additional emphasis is now placed on ensuring that all required reports (3711, MRO reviews, DUI/UA, etc) are current prior to the ADCOs submission of the application packet.

d) IBTCs not certified through ACSAP are NOT eligible for the Director's

Award.

e) Functional areas for USAR ADCOs are emphasized in paragraph 13-8 of AR 600-85.

f) Electronic Submission—Applications submitted electronically MUST BE sent to ACSAP in PDF format via the IMA or the appropriate USAR chain of command. Applications not forwarded properly will not be accepted.

The Director's Awards continue to provide ASAP personnel an opportunity to be recognized for their outstanding, and often unheralded, efforts on behalf of the Army and our Soldiers. Additional information on the awards can be found at www.acsap.army.mil.

National 3D Month—Selfridge

The Selfridge Army Substance Abuse Program was recently highlighted in The Sentinel for their participation in last year's National Drunk and Drugged Driving (3D).

According to the article, Anna Samulski-Doe and ASAP personnel used the campaign as an opportunity not only to train local residents on the dangers of impaired driving, but also to provide alcohol awareness training.

Participants were given the opportunity to experiment with impaired driving goggles and a drunk driving clock which estimates how long it takes to sober up based on the number of

drinks one consumes.

In addition to alcohol awareness training, information on Holiday Blues, and its signs and symptoms was also provided to attendees.

ACSAP would like to congratulate the Selfridge staff on a successful campaign and to remind all ASAPs to share their success stories.



Selfridge's 3D Month Display

Upcoming Events

6-10 FEB—IBTC Course
Alexandria, VA

20 FEB-3 MAR—Prevention Ethics
ACSAP Website

6-9 MAR—Prime for Life
Lexington, KY

8-12 MAY—IBTC Course
Alexandria, VA

22 MAY-2 JUN—Prevention Ethics
ACSAP Website

23-25 MAY—PC Workshop
TBA



Alcohol in the Workplace

About 15 percent of U.S. workers said they either used alcohol at work or were impaired on the job, according to research from the University of Buffalo's Research Institute on Addictions.

Researchers interviewed 2,805 adult U.S. workers between January 2002 and June 2003, and asked them about workplace alcohol use and impairment over the previous 12 months. Questions included how often they drank within two hours of reporting to work, drank during the workday, worked under the influence of alcohol, or worked with a hangover.

Lead author Michael R. Frone, Ph.D., and colleagues found that 1.8 percent of the workforce drank alcohol at least once before coming to work, and 7.1 percent drank during the workday -- often during lunch breaks but also during other breaks or while on the job. An estimated

1.7 percent of employees worked under the influence of alcohol, and approximately 9.2 percent had gone to work with a hangover, the authors said.

"Of all psychoactive substances with the potential to impair cognitive and behavioral performance, alcohol is the most widely used and misused substance in the general population and in the workforce," Frone said. "The misuse of alcohol by employed adults is an important social policy issue with the potential to undermine employee productivity and safety."

Alcohol use and impairment was more common among men than women, among younger employees, and more prevalent among evening and night shift workers.

The study was reported in the January 2006 issue of the Journal of Studies on Alcohol.

—As reported on *JoinTogether Online*.

Drug of the Quarter: PCP

What is PCP?

Phencyclidine (PCP), commonly known as Angel Dust, is most commonly classified as a dissociative anesthetic. The drug can also be classified as a hallucinogen, stimulant or depressant because it is extremely difficult to predict how the user will react to the drug.

While in its original state PCP is usually a white crystalline powder, though it can be found on the street as a colored powder, a liquid or as a capsule/pill.

History of PCP

Though PCP was first synthesized in 1926, experimentation on humans did not begin until the 1950s. Shortly thereafter Parke-Davis, a pharmaceutical company, began marketing the drug as Sernyl.

Parke-Davis continued to sell the drug until PCP was banned for human use in 1965 because of its harmful, and sometimes hallucinogenic, side effects.

Shortly after its ban, PCP found its way onto the streets as a recreational drug and was often sold as cocaine and LSD because it is cheap and easy to produce.

In the late 1970s the United States classified PCP as a Schedule II Controlled Substance in response to rise in use throughout the country. It is documented



that in 1979 seven percent of high school seniors had used the drug at least once in the last year. Presently, PCP continues to be a problem, though its use has been on a steady decline amongst high school seniors.

How is PCP Consumed?

Like many other drugs of abuse, PCP can be ingested in a variety of ways.

- Injected
- Snorted
- Smoked-With tobacco or marijuana
- Orally

What are the Side Effects of PCP?

The side effects of PCP range dramatically from extremely minor to fatal, and are difficult to predict as it effects every user differently.

Some minor side effects users have experienced are: sleepiness, dizziness, vomiting, heavy sweating, speech impediments and an irregular heart rate.

On the more serious side, users have reported experiencing: kidney failure, brain hemorrhaging, schizophrenia, suicidal tendencies, comas and even death.

Where can I find more information?

- www.dea.gov
- www.erowid.org
- www.streetdrugs.org
- www.acsap.army.mil

Prevention Website of the Quarter

This quarter E-Prevention is highlighting the American Council for Drug Education (ACDE) website. ACDE is a "substance abuse prevention and education agency whose sole purpose is to develop materials based on the most current scientific research on drug abuse".

Their site offers the user with a variety of free and informative resources including: quizzes, lesson plans, presentations, statistics and information on the national campaign "Facts on Tap". ACDE's website can be found at www.acde.org.

The screenshot shows the ACDE website interface. At the top, it says "AMERICAN COUNCIL FOR drug education". There are buttons for "Join our Network and Discussion List" and "Join Here!". Below that, there are sections for "NEWFACTSHEETS" and "FEATURES: Find out more about our new program... for college bound high school students". At the bottom, there is a collage of images labeled "health professionals", "parents", "college", "educators", "youth", and "employers". The website URL www.acde.org is displayed at the bottom.