



E-PREVENTION

acsap.army.mil

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E-PREVENTION
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Summer Campaigns

For many people summer time means more time outside with friends and family. Be it at the beach, the pool, a BBQ or any other outdoor activity, summer means more social time for many. Unfortunately, summer also brings with it an increased rate of alcohol abuse and drunk driving.

To help deter and combat the increase of these high risk behaviors, two national substance abuse awareness campaigns take place every summer.

The first campaign's, "Summer Sense", primary goal is to illustrate how alcohol and other drugs increase the risk to accidents

and injury while providing alternate, alcohol free activities. Examples of activities to offer might be intramural sports leagues, BBQs where no alcohol is offered or fishing trips.

The other major summer campaign is National Highway and Traffic Safety Administration's "You Drink, You Drive, You Lose" campaign. This annual campaign takes a two pronged approach to reducing impaired driving.

The first part, education,



reminds the public of the dangers and consequences of impaired driving via both radio and TV public service announcements.

Increased education combined with the second prong, an increased law enforcement presence on the roads and at sobriety checkpoints, will result in more people realizing that if they're going to drink they need to stay at home or identify a sober designated driver.

Additional information on both campaigns and how to participate can be found at www.acsap.army.mil or www.nhtsa.gov.

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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:

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.

2006 Annual Worldwide Workshop

The Annual Worldwide Workshop will once again be held in conjunction with the Texas Institute on Substance Abuse and Mental Health (TISAMH) 31 July—4 August at the Austin Renaissance Hotel.

This year, the Institute will be focusing on integrated public health, mental health, substance abuse prevention and treatment services in communities.

The Army portion of the training will take place all day Monday 31 July. This year's Workshop will include presentations by ACSAP offering

information on Prevention/ Training, the Risk Reduction Program and DAMIS and will be followed by the Fourth Annual Awards Banquet.

Remember to register with both ACSAP and TISAMH and to review the new TISAMH cancellation policy prior to submitting your registration form. Training seats at TISAMH are limited so register soon.

Additional information on the Annual Workshop can be found on the TISAMH and ACSAP websites (www.txstainstitute.com or www.acsap.army.mil).



Austin Renaissance Hotel



Dr. Chagal and ADCO of the Year, Mr. Willie Shipman



Dr. George Chagal

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

As summer approaches, I would like to start by reminding everyone to register for the Annual Worldwide Workshop. The Workshop not only allows ACSAP to brief ASAP personnel on our status, but also presents an excellent opportunity for networking with others in the ASAP community.

announce that Ms. Kim Henry, formerly of ACSAP's Biochem Branch, has accepted the DAMIS Program Manager position here at ACSAP. Please join me in congratulating and welcoming her into this new position and I'm sure, like myself, you're excited to work with her in this capacity.

some time talking about ACSAP's upcoming training events. We have several beneficial training events coming up in the near future. In addition to the Annual Worldwide Workshop, ACSAP is offering the modified IBTC Certification for the first time later this month, the PC Workshop and the totally revamped ASAP Basic Training

Course. I know that you will be as impressed as I am with the changes we have made to the courses. I truly believe that these changes are going to enhance your learning experience.

Have a safe summer and I look forward to seeing you in Austin.

I am also pleased to an-

Next I would like to spend

George P. Chagalis

Alcohol Without Liquid

A new way to consume alcohol is now being marketed throughout the United States. This new technique, Alcohol Without Liquid (AWOL), combines alcohol beverages with pure oxygen to form a vapor that is then inhaled over the span of twenty minutes.

While the AWOL machine is being advertised as a way to enjoy alcohol without the calories, carbs or hangover, it is being met with fierce opposition throughout the country.

Bills and legislation have been introduced in thirteen states throughout the country to ban the inhalation of alcohol, and Michigan recently became the first state to legalize the possession, sale or use of an AWOL machine.

While the health and safety risks of alcohol inhalation are not known at this point, the AWOL opposition believes the machines will cause a sharp increase in alcohol misuse, drunken driving and underage drinking, in part because the effects of al-

cohol inhalation are said to cause a *euphoric high*.

Contact your local Congressman for updates on pending legislation and visit the AWOL USA website (www.awolusa.com) for more information on the machine.



AWOL Machine

ASAP Service Awards

ACSAP believes it is important to recognize and honor those people who have dedicated their careers to the Army Substance Abuse Program. As such, ACSAP annually awards those personnel who have served in the ASAP for twenty and thirty years at the Annual Awards Banquet in Austin, Texas.

Those personnel who believe they are eligible for either the twenty or thirty year award must fill out and submit the ASAP Service Time Documentation Form prior to the cut off date of 23 June 2006. Please note that only ASAP personnel who have not been

recognized for the awards are eligible.

Required forms and additional information on the ASAP Service Awards can be found within the Awards section of the ACSAP website at www.acsap.army.mil.



Dr. Chagalis and Mr. Dan McCauley

Upcoming Events

- 22 May-2 Jun Online Ethics Course ACSAP Website
- 27-29 Jun PC Workshop Colorado Springs, CO
- Jun-Jul You Drink, You Drive, You Lose Campaign
- 31 Jul-4 Aug Annual Workshop Austin, TX
- 21-25 Aug Basic Training Course Alexandria, VA
- 18-22 Sep IBTC Course Alexandria, VA



ACSAP Website—Installation News

1. Are you new to the ASAP program?
2. Are you in need of fresh ideas?
3. Would you like to enhance or continue your ASAP program success?
4. Are you interested in saving time and not re-inventing something that's already been done by another Installation?
5. Are you mentoring and supporting other ASAPs?

If you answered YES to any of the five questions above, then the Installation News section of the ACSAP website is designed for you. Installations are encouraged to share information with each other in order to reduce redundancy, encourage collabo-

ration, and maintain program success. The Installation News section of the website can only remain current based on the information we receive from installation ASAP sites. You are encouraged to send your installation NEWS to Ms. Diane Osborne at ACSAP. She will coordinate the ACSAP review / acceptance process for posting the information on the ACSAP website.

Please submit an electronic mail request to Diane Osborne, Diane.Osborne@us.army.mil, pending Director's approval.

The Installation news section is for you.

Huffing Increases as Knowledge Declines

About 20 percent of U.S. teenagers admit they have gotten high by inhaling common household products, and fewer understand the dangers of this practice compared with teenagers five years ago, according to a report released Monday.

The findings reflect a drop-off in educational efforts begun in the 1990s to combat the growth of inhalant abuse, says the Partnership for a Drug-Free America, which is publishing the report.

Sniffing or "huffing" vapors from ordinary products like glue, spray paint, nail polish remover and gasoline was once a "fringe" activity, said Steve Pasierb, president and CEO of the Partnership.

But by the mid-1990s, the practice had "exploded nationwide," he told Reuters Health. Even elementary school children were experimenting with the inhalants readily available under their kitchen sinks.

In 1995, the Partnership launched a large advertising campaign that was credited with boosting awareness of the dangers of inhalant abuse -- which include damage to the brain, liver, kidneys, vision, hearing and even sudden death from suffocation or heart arrhythmias.

More importantly, surveys found an accompanying decline in the percentage of kids who'd ever tried huffing, from 23 percent in 1995 to 18 percent in 2001. But the new findings, based

on a national survey of more than 7,200 teenagers and 1,200 parents, suggest awareness has waned and abuse is on the rise.

Overall, the survey found, 64 percent of teens "strongly" agreed that huffing can be fatal, down 19 percent from 2001. And 77 percent strongly agreed that inhalants can cause brain damage, down 9 percent. "It's a lack of education," Pasierb said, noting that parents and kids alike need more information.

Only 5 percent of the parents in the survey thought their child had ever abused an inhalant, although 20 percent of teens said they had. Some parents may simply be unaware of the practice, but many may believe that their child wouldn't do it, Pasierb noted.

He said the Partnership is re-starting its ad campaign warning against inhalant abuse, because today's middle-schoolers weren't exposed to the educational efforts of the 1990s.

"This is something we need to keep up," Pasierb said.

The campaign includes advice on how parents can recognize signs of inhalant abuse, such as chemical odors on children's hands or clothes, spray cans or soaked rags in their rooms, and physical and behavioral signs such as a dazed appearance, red and runny eyes or nose, irritability and problems at school.

A parents' guide is published on the Partnership's Web site, www.drugfree.org.

—Reuters

Prevention Website of the Quarter www.freevibe.com

This quarter E-Prevention is highlighting free-vibe.com. While free-vibe.com's target audience is high school students, the layout and style of the site will appeal to our young Soldiers.

In addition to providing information on different drugs of abuse, the site also gives the user the

opportunity to share their story with others (via email or poetry) and an "In the News" section that includes *true stories ripped from the headlines*, personal interviews and investigative reports.

Finally, the site also offers free tools and graphics that can be used by users on their own websites or blogs.



www.freevibes.org