



# E-PREVENTION

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E-PREVENTION  
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## National Red Ribbon Week

The Department of Defense celebrated National Red Ribbon Week at the Pentagon from 21-23 October. This year's festivities were hosted by Mr. Thomas O'Connell, the Assistant Secretary of Defense for special operations and low-intensity conflict and highlighted drug demand reduction programs from each of the services. All of the programs received DoD Community Drug Awareness Awards for their efforts.

In recognition of their "3Rs for the 3rd ID" program, the Fort Stewart / Hunter Army Air Field was awarded with 2005's award for the Army. The goal of their program was to maintain mission readiness and reduce drug and alcohol

abuse through a comprehensive, community wide education program and a strong smart testing program. Red Ribbon Week also marked the official Army-wide kickoff of the new substance awareness campaign, Warrior Pride. ACSAP promoted the campaign by tying Warrior Pride into all of the Red Ribbon Week promotional materials. These included the ACSAP display board, stress balls, and Warrior

Pride t-shirts that were distributed to Army personnel. Local ASAPs kicked off the campaign in a variety of ways, from installations incorporating Warrior Pride into their normal Red Ribbon Week activities to kicking off with Warrior Fun Runs. ACSAP felt that combining the kick-off with Red Ribbon Week provided an opportunity to promote the campaign with Pentagon personnel and allowed ACSAP to explain how Warrior Pride is based on Army Values and the Warrior Ethos. Additional information on the Red Ribbon Week festivities and the Warrior Pride kick-off, to include an Army News Service article, can be found on ACSAP's website.



Mr. Olsen, COL Kidd, Ms. Mujica, Mr. Graham, Ms. Osborne, Mr. Wright and Dr. Chagalis

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### Did You Know?!

Prevention Reports—Local ASAP Prevention Reports are due to ACSAP on 1 December. These reports should be completed in the same format as they were last year and forwarded to ACSAP through your Regional ADCO.

Training Resources—Several training resources continue to be available for order via the ACSAP website. These resources target a variety of audiences and include the: Warrior Pride Leaders CD, Combat Leader's Guide Flip Book and several new training packages that include presentations with accompanying lesson plans.

## 12th Annual EAP Workshop

ACSAP is excited to announce that it will be sponsoring the 12th Annual EAP Workshop in conjunction with the Institute for Integral Development's Institute on Behavioral Health and Addictive Disorders 23-26 January in Clearwater Beach, Florida.

In preparing for the 2006 Workshop, ACSAP has scheduled speakers that will prove beneficial to all Army EAP Workshop participants. Speakers this

year will include EAPA's Professional Service Director; the Director of the Employee Assistance Program, US Department of Health and Human Services; the Director of Learning Systems, Defense Acquisition University; and Mr. Robert Guile, Fort Bliss' PC.

ACSAP encourages early registration for the Workshop as space is limited. Information on registration and the Workshop

## UPL-CTP, v. 2.2

ACSAP recently completed and distributed the new UPL-CTP to all installation ASAPs worldwide. Among other items, the updated CTP contains new information on certifying deployed UPLs, the Warrior Pride Campaign and an updated Resource Center that has all of the materials needed for a successful biochemical collection. If you have not received the new CD contact ACSAP at [prevtrain-group@acsap.army.mil](mailto:prevtrain-group@acsap.army.mil)

### 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).



### Director's Corner

As we near the end of 2005, I would like to thank everyone within the ASAP community for their hard work and commitment to our program. It has been another successful year with ACSAP and the field collaborating on several major projects, including the kick-off of the Warrior Pride campaign and the launch of several new features within the ACSAP portal.

Looking forward into next year, I am excited about what the future holds. Over the next year we are planning to continually meet the needs of the ASAP community by creating new promotional materials, offering more robust training events and continuing to update and modernize the ACSAP portal and the services it offers.

Finally, I want to wish everyone a happy and safe holiday season. Remember, while the holidays are a time for celebrating and rejoicing they also bring a significant rise in alcohol related accidents. To help educate and remind those close to us of the dangers of impaired driving, we at ACSAP have made our Safe Holiday Brochure and 3D Prevention Month

materials available for download off of the ACSAP website. Again, thank you for all of your hard work throughout another successful year and I look forward to seeing all of you in Clearwater Beach for the EAP Workshop.

George P. Chagalis

### National Drinking and Drugged Driving (3D) Prevention Month

Every year since 1982 the Army has participated in National Drunk and Drugged Driving (3D) Prevention Month on installations around the world. This year's 3D Prevention Month, *Friends Don't Let Friends Drive Drunk—Designate a Sober Driver*, will kick off on 1 December. The purpose of this year's campaign, as in years past, is to significantly reduce the number of impaired driving incidents throughout the United States. This year, for the first time, 3D Prevention Month will be working in conjunction with the *You Drink, You*

*Drive, You Lose Campaign*. Organizers created this partnership because they felt that more people would be reached by combining 3D's educational efforts with sobriety checkpoints and law enforcement resources of the *You Drink, You Drive, You Lose Campaign*.

As 3D Month and the holidays get closer it is important to remind Soldiers that the period between Thanksgiving and New Years Day is one of the most dangerous and deadly times of the year due to alcohol related crashes. Everyone can help make the

season safer by planning ahead and arranging for a sober ride.

Additional information on 3D Month and other impaired driving campaigns can be found at [www.nhtsa.gov](http://www.nhtsa.gov) or within the Campaigns section of the ACSAP website.



### Training Needs Assessment

ACSAP is committed to providing Army Substance Abuse Program personnel with the professional development and training needed to successfully perform their job on a day-to-day basis. Recently, ACSAP asked all members of the ASAP to complete a Training Needs Assessment. Earlier this month, ACSAP completed its analysis of the completed assessments.

Based on the findings, ACSAP plans, among other things, on creating a course designed specifically for Risk Reduction Program Coordinators, modifying the ASAP Orientation

Course to better meet the needs of installation ADCOs, updating the IBTC Certification Course, scheduling an EAPC certification preparation course that will properly prepare EAPCs for certification through EAPA and ensuring that training events sponsored by ACSAP offer a significant amount of training for PCs and EAPCs. ACSAP believes that when completed, the updated training programs will provide ASAP professionals the tools they need to better perform their duties and meet their certification requirements.

### Upcoming Events

- DEC—3D Prevention Month
- 29 NOV-2 DEC—Prime for Life  
Postponed  
New Date TBD
- 5-9 DEC — IBTC Course  
Alexandria, VA
- 23-27 JAN—EAP Workshop  
Clearwater, FL
- 6-10 FEB—IBTC Course  
Alexandria, VA
- 20 FEB-3 MAR—Prevention Ethics  
ACSAP Website
- 21-23 MAR—ASAP Orientation  
Course  
Alexandria, VA
- 8-12 MAY—IBTC Course  
Alexandria, VA



### New DAMIS Web Features

ACSAP is scheduled to launch new features for DAMIS web by 1 December 2005. These features include the DTP Bar Code Utilization Report and the new RAPR (DA Form 371 I). While the DTP Bar Code Utilization Report was added to allow installations to retrieve data required for the ISR report, the new RAPR was created to make it easier to enter and supply ACSAP with pertinent information which is utilized at the DA and DoD levels.

To assist installations in maintaining a record keeping system for the Prevention portion of the new Resource and Performance Report (RAPR), the Prevention/Training Branch has

developed a spreadsheet to assist in properly completing the prevention portion of the RAPR. The spreadsheet allows the user to enter all of the required information for up to 2000 classes.

Once the information has been entered, the user will be able to view data by the month, quarter or fiscal year and be able to determine the number of hours and what type of training different units have received.

While ACSAP does not require the spreadsheet to be utilized, it is believed that its use will make tracking training information and data entry into the RAPR much easier.

### Prevention Website of the Quarter Office of National Drug Control Policy

This quarter E-Prevention is highlighting the Office of National Drug Control Policy's (ONDCP) website. Their site offers the user with a plethora of free and informative resources on several drugs of abuse. These resources include: current drug trends, national reports, presentations, brochures, videos,

and posters. In addition to the resources, the website offers the user with information on drug prevention strategies, research and evaluation, and the principles of prevention. ONDCP's website is located at [www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov).



[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

### Drug of the Quarter: Ketamine

#### What is Ketamine?

Ketamine, or ketamine hydrochloride, is a dissociative anesthetic or a drug that separates perception from sensation. The drug is used primarily as an anesthetic in veterinary medicine, but can also be used on small children or the elderly.

#### History of Ketamine

Ketamine was first synthesized in 1962 at Parke Davis Labs in California. From the time of its creation, up until the early 1970s, Ketamine was found to be a useful anesthetic. Its use as an anesthetic began to diminish in the 1970s due to patients reporting severe hallucinations while under the drugs influence. Over the next twenty years the rate of its illicit use continued to rise, so much so that two books were written detailing accounts of personal use. In 1995, the DEA added the drug to its 'emerging drug list' and as illicit use continue to rise, it became a Schedule III drug in 1999.

#### How is Ketamine Consumed?

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

- Injected
- Snorted
- Smoked-With tobacco or marijuana
- Orally-Drank with water and/or orange juice or in recent years, ketamine has been known to dis-



tributed in pill form that is sometimes sold as Ecstasy

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

The side effects of ketamine can be classified as both physical and psychological, they are extremely unpredictable and often depend on the size of the dose ingested.

The physical consequences of the drug range significantly. Users have reported experiencing slurred speech, muscle rigidity, respiratory distress, heart attack, stroke and even death.

The psychological effects of the drug are just as severe and at times are harder to detect. These effects include amnesia, depression, flashbacks, out-of-body experiences or *K-Holes*, impaired motor function, and even the loss of ones senses, time or even ones identity.

#### Testing for Ketamine in the Army

Ketamine is not tested on a regular basis within the Army, though testing can be accomplished through special coordination with the ASAP.

#### Where can I find more information?

- [www.dea.gov](http://www.dea.gov)
- [www.erowid.org](http://www.erowid.org)
- [www.streetdrugs.org](http://www.streetdrugs.org)
- [www.acsap.army.mil](http://www.acsap.army.mil)