



E-PREVENTION

acsap.army.mil

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E-PREVENTION
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Preparing for Red Ribbon Week

Why was Red Ribbon Week Created? Red Ribbon Week began in 1985 following the murder of Kiki Camarena, a DEA agent, by drug traffickers in Mexico City. Following his death, the tradition of wearing and/or displaying red ribbons to symbolize intolerance towards drug use became an annual event. Today, one of the primary purposes of Red Ribbon Week is to present a unified commitment against drug use and abuse.

When is Red Ribbon Week? Traditionally, Red Ribbon Week was observed over the last full week of October, encompassing two weekends. Because the dates changed every year, the national coordinators recently decided to standardize the dates, arranging for Red Ribbon Week to be celebrated 23-31 October every year.

Who Participates in Red Ribbon Week Events? The majority of Army Substance

Abuse Programs will plan and initiate Red Ribbon Week Activities to lead and support the military and civilian communities in nurturing health by staying drug free. An ideal way for people and communities to take a visible stand against drugs and to show their personal commitment to a drug free lifestyle is wearing the symbol of the red ribbon.

In 1988 the Nationwide Family Partnership (NFP) took the Red Ribbon Celebration nationwide and major events began touching millions of

Americans each year. The DoD followed suit, and in 1990, began to annually recognize units or installations that have outstanding anti-drug programs. Those recognized units are then honored during the DoD's Red Ribbon Week celebration.

What is the theme this year? The DoD theme for the 2006 celebration is **United Against Drugs**. The NFP's theme, however, is **100% Me Drug Free**. DoD decided to select a different theme because of the target population we serve.

How Do I Get Started? Make a list of your local community and on post resources and services (schools, hospitals Chaplains, etc). Once you've compiled your list, inform those services of your celebration plans and encourage their involvement. Additional information on Red Ribbon Week and planning for campaigns can be found at www.acsap.army.mil.



What's Inside

<i>Directors Corner</i>	2
<i>UPL CTP for Deployed Units</i>	2
<i>R-URI Analysis</i>	2
<i>Hot Topics in Drug Testing</i>	3
<i>New NHTSA Campaign</i>	3
<i>Drug of the Quarter: Ephedrine</i>	3

Did You Know?!

In the near future ACSAP will begin sending important updates and information to installation ASAP personnel via e-mail every other month. These electronic updates will contain information on the projects ACSAP is working on, important information from both the military and civilian communities, links to short videos produced by ACSAP and much more. Updates will be sent to all e-mail addresses in the online ASAP personnel directory; so make sure your information is correct.

ACSAP Director's Awards

ACSAP would like to congratulate the winners of the 2006 Director's Awards. While the awards were unable to be presented in Austin, we at ACSAP are excited to be able to honor the winners in conjunction with the Pentagon's Red Ribbon Week celebration.

Dr. Chagalis felt that presenting the awards during the Red Ribbon Week festivities would be an excel-

lent opportunity to bring additional recognition to the award winners and visibility to the Army Substance Abuse Program as a whole.

Based on this, it was de-



cidated that the Awards will be presented on Monday 23 October at the Pentagon in the Hall of Heroes.

Again, congratulations to this year's winners: Mr. Willie Shipman (ADCO), Mr. Timothy Block (EAPC), Ms. Margie Winters-Harris (PC) and Mr. Oskar Schlomer (IBTC).

Additional information on the Director's Awards can be found at www.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.



Director's Corner

As summer is quickly coming to a close and Labor Day is quickly approaching, I would like to start by encouraging everyone to participate in NHTSA's new campaign *Drunk Driving: Over the Limit, Under Arrest*. With the current climate in the Army it is more important now than ever for all of us to emphasize the dangers of alcohol and impaired driving. Many of our Soldiers are returning home and are

more likely to participate in high risk behaviors such as impaired driving.

I am also excited about this year's Red Ribbon Week festivities. In addition to the normal celebration at the Pentagon, I will also be presenting the 2006 Director's Awards to the winners in the Hall of Heroes at the Pentagon. With the reopening of the "Installation News" section of

our website, I encourage you to submit your Red Ribbon Week success stories so they can be shared with the rest of the field.

Finally, I am extremely excited about two new forms of technology we will be using, new e-mail updates and streaming video. The primary goal of these technologies is to offer additional forms of communication with you in the field. It

is my hope that they will provide you both with greater insight into what we at ACSAP are currently working on and additional resources for you to utilize.

I hope everyone had a safe and enjoyable summer, and remember to visit the website regularly.

George P. Chagalis

UPL Certification and Training for Deployed UPLs

In mid-2004, the Drug Testing Branch (DTB), ACSAP, developed a distance learning version of the Unit Prevention Leader (UPL) certification and recertification program. This version of the certification training program was created to enable commanders to accomplish drug testing while deployed.

A Letter of Instruction (LOI), posted on the ACSAP webpage, gives commanders all the necessary information to get his/her UPL candidates certified or recertified. Important things to note when following the LOI:

- 1) Commanders must send all requests for UPL training

- 2) Requests from the UPL candidates or other unit members will be redirected to the Commander.
- 3) All required exams and practical exercises must be proctored by an officer, senior NCO (E-7 and above), or a certified UPL.
- 4) UPLs whose certification is expired, even for one day, should not conduct a urinalysis until they are recertified.
- 5) The DTB will issue Certificates of Training and UPL Certification Cards to all candidates who successfully complete the training.

Since the inception of the distance learning training program, the DTB

has certified approximately 350 deployed UPLs. For complete information on how to certify or recertify your UPL while deployed, log on to www.acsap.army.mil and click on the link for Certification Training for Deployed UPLs.



R-URI Results—Initial Analysis

The Program Analysis and Evaluation Branch, ACSAP, has recently completed a preliminary analysis of 18,000 completed R-URIs. The analysis clearly indicates that the more a Soldier drinks (light, moderate or heavy) the more likely they are to be involved in other high risk behaviors.

In addition, Soldiers that have seen combat while deployed are between 2.3 and 2.8 times more likely to be involved in other high risk

behaviors than their counterparts that have similar drinking habits but did not see combat. Overall, the analysis verifies that combat experience and alcohol abuse result in a significant increase in high risk behaviors (drug use, illegal acts, vandalism, etc.) in our Soldiers.

Additional information on the R-URI results and their analysis are currently available within the Annual Conference presentations which are available for download on the ACSAP website.

Upcoming Events

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| 22-25 Jan | EAP Workshop
Clearwater, FL |
| 5-9 Feb | PC Workshop
Savannah, GA |
| 12-16 Mar | Basic Training Course
Alexandria, VA |
| 26-30 Mar | IBTC Course
To Be Determined |
| 8-10 May | CEAP Exam Prep Course
Denver, CO |
| 4-8 Jun | IBTC Course
To Be Determined |



Hot Topics in Drug Testing

AR 600-85 Revision.

ACSAP expects to send the new draft AR 600-85 to the field for a 60-day comment period on or about 1 October 2006. Please look for it and send your comments to ACSAP.

Drug testing in de-

ployed areas. ALARACT 087/2006, which took effect on 1 June 2006 is not being uniformly enforced across the Army. All ASAP staffs should be familiar with the ALARACT's provisions and should be assisting commanders in meeting their responsibilities for drug testing while deployed. For a copy of the ALARACT, go to www.acsap.army.mil and look at the top item under the "Deployment Testing Actions" banner.

Medical Reviews of Pre-

sumptive Positive Results. Increased attention to conducting MRO reviews has drastically cut the number of overdue reviews, but there are still far too many delinquencies for

many installations and commands. The goal is to have zero delinquencies by completing all reviews within 15 working days of the result being posted to iFTDTL. ACSAP and MEDCOM are available to assist in resolving issues.

ACSAP Drug Testing Program Inspection Pro-

cedure and Checklist. The Drug Testing Branch will update and revise the installation drug testing inspection checklist this fall. If you have ideas for improvements, send them to bio-chem@acsap.army.mil

FY 07 Civilian TDP Test-

ing Rate. In FY 07, DA will comply with the DOD directive to randomly test civilian Testing Designated Positions (TDPs) at a 100% rate. This means that each installation must conduct the same number of random TDP tests as it has TDP positions. Note that because of the random selection process, some TDPs may not be selected for testing each year.

New Impaired Driving Campaign

This Labor Day, NHTSA, in conjunction with local authorities nationwide, will be introducing a new campaign to combat impaired driving. The campaign, *Drunk Driving: Over the Limit, Under Arrest*, strives to continue fighting drunk driving by focusing on a combination of the high visibility of law enforcement personnel with "heightened public awareness through adver-

tising and publicity". While the number of drunk driving fatalities actually dropped in 2003 and 2004, the overall number of DUIs throughout the country is expected to increase this year, making the new campaign necessary. Additional information on the campaign can be found at www.stopimpaireddriving.org.

Drug of the Quarter: Ephedrine

What is Ephedrine?

Ephedrine, a central nervous system stimulant, is the principal active constituent found within Ephedra. Ephedrine can be found in many over the counter products, typically within several medicines (decongestion, asthma, concentration aid, bronchial issues) and supplements (weight/fat loss, appetite suppressant, energy products) that are typically used within the body building community.

History of Ephedrine

Ephedrine, or Ma Huang, was first documented to be used by the Chinese, who have used the drug to treat bronchial problems for thousands of years.

Within North America, widespread use of ephedrine and ephedrine based products has only recently grown in popularity. This rise in use came at the same time that other herbal supplements such as ginseng rose in popularity.

Today, ephedrine and its stimulants effects are sometimes abused as a way to get high with a legal product. For example, ephedrine has been linked to products such as *herbal ecstasy* and is a primary ingredient of methamphetamine.

How is Ephedrine Consumed?

Because of its use within over the counter medication and supplements, the



Ephedrine Pills

primary method of ingestion is orally either in pill or liquid form. But, like many other drugs, ephedrine based products can be ingested in a variety of ways:

- Inhaled—Primarily used to treat asthma and other bronchial conditions.
- Injected—Ephedrine based products are sometimes ingested intravenously to assist in reversing hypotension from spinal anesthesia.

What are the Effects of Ephedrine?

Because it is found in so many over the counter products, it is common belief that ephedrine is a safe drug to use. Unfortunately, a recent FDA funded study showed that there are several adverse effects that can be directly associated with ephedrine use, including: tremors, anxiety, insomnia, hypertension, palpitations, cardiac arrest, stroke and seizure.

Is Ephedrine Legal to Use?

According to the FDA, ephedrine itself has never been illegal and can be found in many over the counter medications. Purchase of products containing the drug, however, is severely limited.

Where can I find more information?

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