

NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

MAY 2012

Synthetic Drug Testing Operating Guide Available

NAVADMIN 082/12 announced the Navy would begin testing for synthetic drugs as a separate and distinct program from the urinalysis program directed by OPNAVINST 5350.4D. Commanders may take appropriate actions related to health, safety, and security based on a positive result.

The new Synthetic Drug Testing Operating Guide is available on the NADAP website at www.nadap.navy.mil. The guide provides commands clear and concise information regarding the proper procedures for the collection, documentation, and processing of the synthetic compound samples. Additionally, the operating guide also includes a sample request letter, NDSP Configuration, and a quick reference for Synthetic drug testing.

- Due to the limitation of sampling testing, Navy commands must request authorization for synthetic drug testing from NADAP in advance. Circumstances may call for collection of specimens prior to receiving authorization; however, **specimens submitted without authorization will not be tested and will be discarded.**
- Synthetic compound urinalysis samples will be forwarded for drug testing **ONLY** to Navy Drug Screening Laboratory (NDSL), Great Lakes.
- Synthetic drug urinalysis testing does not impact routine random drug testing.
- To view the guide or for more news from NADAP, visit www.nadap.navy.mil

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NADAP



DEFY

Set an Example. Be a Volunteer.

June marks the 19 year anniversary of the DEFY Program. All DEFY sites worldwide are looking for **volunteers** to be a part of the program.

Mentoring is the backbone of the DEFY Program. Mentors do not replace parents, but provide youths interaction with positive adult role models. Mentoring is hard work and requires a solid commitment. DEFY is no vacation, as any DEFY volunteer will tell you, but is well worth it!



“Adult volunteers are needed to help make the project a success. It takes a lot of energy, and most importantly, a strong commitment to make a difference in the lives of our youth.” -- NCC Anthony Darby, veteran DEFY volunteer

Enthusiastic volunteers willing to invest their time and effort in the future of our nation’s youth are key to DEFY’s success. Adult staff, mentors, and volunteers have made an indelible impact on the youth participants and are essential to the success of individual youth. Interested parties should contact the appropriate agency representative listed in this brochure for additional information

What’s DEFY?

The Drug Education For Youth (DEFY) Program is a year long, locally sponsored and operated program designed to improve youth resiliency and strength and to empower youth to build positive healthy lifestyles as drug-free, successful citizens. Plus, it’s FUN!

DEFY is a substance abuse prevention and comprehensive life skills program for kids ages 9 – 12. DEFY deters “at-risk” behaviors by giving kids the tools they need to resist drugs and develop positive social skills. The leadership and life skills training provided by DEFY include: goal-setting, team-building, conflict resolution and decision-making.

Phase I is a structured 5-day residential or 8-day non-residential camp environment conducted during the summer. Phase I participants engage in educational trips and participate in the President’s Fitness Challenge. Aside from the education and training the youths receive, Phase I provides youths an opportunity to interact with adult mentors and staff to enhance the effectiveness of Phase II.

Phase II is designed to reinforce the concepts and training received in Phase I. During the school year, mentors and staff provide positive support during group mentoring sessions and interactive workshops. DEFY sites also participate in activities that promote civic responsibility and expose DEFY kids to vocational and recreational opportunities.

For more information and to contact the local program coordinator in your area call (901) 874-3300 or visit www.nadap.navy.mil (see DEFY under NADAP directory) or visit our Facebook page at www.facebook.com/#!/HQDEFY.



The Domino Strategy on how to Drink Responsibly

The Domino Strategy on How to Drink Responsibly is a campaign that encourages Sailors to pay attention to the size, content and amount of alcohol they consume each time they think.

The strategy recommends that Sailors follow responsible drinking guidelines defined by the U.S. Department of Health and Human Services. The campaign is designed to help people who drink alcohol, reduce their risk of harming themselves or others.

The campaign promotes the 0-1-2 guidelines on how to drink responsibly.

- **Zero** drinks for people who are Under 21, operating any type of vehicle, pregnant, trying to become pregnant or breastfeeding, recovering alcoholics or chemically dependent, and using certain medications.
- No more than **one** standard drink per day for women
- No more than **two** standard drinks per day for men.

How to Implement the Campaign

The messages of *The Domino Strategy* are divided into three phases, each with its own color theme:

1. **Do You Count?**
2. **How Big Is It?**
3. **What's Inside?**



The campaign includes posters, outdoor banners, table tents, pamphlets, and TV/Radio public service announcements. Each phase should be rolled out **separately**. Do not display posters, banners, and table tents of all phases all at once. Each phase should last 4-8 weeks before presenting the next phase.



How to Order

All materials are available at no cost to all Navy commands for ordering through the Navy Logistics Library. Supply personnel may order them via <https://n111.ahf.nmci.navy.mil> (for NMCI computers) or <http://www.navsup.navy.mil/navsup> (if NMCI is not available). In the "Keyword" field, search "Domino". A list of items will appear. Select the items you would like to order.

To find more information about the Domino Strategy and a complete list of all campaign materials visit www.nadap.navy.mil.

Get Plugged Into the Facts About E-Cigarettes

Reproduced with permission of the DoD TRICARE® Quit Tobacco—Make Everyone Proud campaign.

If you're a fan of e-cigarettes, you might think you are using a safe substitute for the real thing. Inhaling vapor from an e-cigarette instead of smoke from burning tobacco seems like a healthier alternative for your throat and lungs. Plus, with e-cigarettes, you are not exposing others to the dangers of secondhand smoke.

If you aren't familiar with the tobacco replacement product, here's how it works. An e-cigarette is designed to look like a tobacco cigarette. It is battery-powered to heat a cartridge of liquid, usually containing nicotine. The heated liquid produces a vapor for users to inhale. The first e-cigarettes appeared in China in 2004, and now dozens of e-cigarette products are on the market.

Are E-Cigarettes Really Safe?

E-cigarette makers say so, but they have no scientific data to back their claims. There is no solid information about how these products will affect the health of users now, or in the long run. Many health experts would like to pull the plug on the nicotine devices until the long-term health effects can be studied.

- Public health officials are most concerned about the risks posed by the lack of standards across the many brands and models of e-cigarettes. Currently, the e-cigarette industry is not subject to any quality control through regulations.
- Because e-cigarettes are not made under the same strict standards as pharmaceutical products, such as nicotine inhalers, you can't be sure of what you are getting in each puff. Tests of several brands showed that they delivered different amounts of nicotine. In some cases, e-cigarettes produced less nicotine than cigarette smoking or nicotine replacement medicines, but not enough to provide much relief of tobacco urges
- Some manufacturers of e-cigarettes claim their products deliver a hit of nicotine without the harmful chemicals and toxins in tobacco. However, the Food and Drug Administration warns that e-cigarettes may contain toxic ingredients.
- Other hazards of e-cigarettes have been documented. Some e-cigarettes leak inside the wrappers or when cartridges are changed, allowing the skin to absorb liquid nicotine, another possible health issue.
- E-cigarettes may actually inspire smokers to keep using nicotine. Those who might normally try to quit smoking can continue to feed their nicotine addiction with e-cigarettes. What's worse, they may even absorb nicotine more frequently, since they can now use e-cigarettes in nonsmoking areas and thus expose others to secondhand vapors. Without adequate research to determine the health effects of secondhand vapors, the emissions of e-cigarettes may place the public at risk.
- Health officials also worry about the impact of e-cigarettes on our youth. With a variety of sweet flavors, such as chocolate and strawberry, e-cigarettes may attract a whole new generation of nicotine users. E-cigarettes might also entice kids to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death.



CSADD Rallies Will Navigate Sailors to Make Good Decisions

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy will hold two rallies in May and June to promote sound decision-making and leadership development among junior Sailors, according to NAVADMIN 124/12, released April 17.

The Coalition of Sailors Against Destructive Decisions (CSADD) rallies will take place at Naval Station Norfolk, VA, May 22-23 and at Naval Base Coronado, CA, June 12-13.

CSAAD is a peer mentoring program for active and reserve Sailors, Reserve Officer Training Corps (ROTC) candidates, and Junior Reserve Officer Training Corps (JROTC) cadets aimed at promoting good decision-making and leadership development at the most junior levels.

The theme for the rallies is "Navigating Success" and participation is open to all CSADD regions, chapters and local area command leadership. The rallies are designed to provoke thought and inspire young leaders to discuss a variety of issues affecting the fleet, such as sexual assault awareness, bystander intervention, responsible alcohol use, off-duty safety and Sailor family readiness.

CSADD encourages positive behavior by bringing together Sailors through both online social networking to foster peer interaction and in-person networking. "We need to communicate and interact with junior Sailors in the way that best speaks to them," said Chief of Naval Personnel Fleet Master Chief Scott Benning. "One of the best methods is by Sailors interacting with each other - tackling these important issues together to foster discussion, share experiences, provoke thought and create awareness.

"The rally's message is simple," continued Benning. "This is about shipmates learning from and helping shipmates. Since CSADD's inception, we have seen improvements in all areas of personal readiness and safety - our goal with these rallies is to motivate Sailors to build on that success."

CSADD Sailors are taking on leadership challenges both on and off-duty, reinforcing both the core principles of CSADD and the Navy's 21st Century Sailor and Marine initiative, according to Benning.

The 21st Century Sailor and Marine initiative, which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps.

"Making good decisions - and Sailors encouraging their shipmates to make the right choice - is critical to Sailor and Fleet readiness," said Master Chief Hospital Corpsman Keith Wright, CSADD coordinator and organizer of the rallies. "These rallies will offer the opportunity for more peer-to-peer interaction on issues that directly affect the readiness of our Navy, and will empower our Sailors to develop themselves as tomorrow's leaders."

Currently there are more than 250 CSADD chapters operating across the Navy.

For more information about CSADD, visit <http://www.public.navy.mil/bupers-npc/support/CSADD/Pages/default2.aspx> and the CSADD Facebook page, <https://www.facebook.com/pages/Coalition-of-Sailors-Against-Destructive-Decisions-CSADD/299642495316>.



Navy Medicine *SPICE* Poster Now Available at Navy Logistic Library



Navy Medicine launched a new campaign aimed at detailing the dangers of using synthetic compounds. The campaign's slogan, "Spice: It's Not Legal. It's Not Healthy. It's Not Worth It!"

The information and educational communication products focus on the real and present risks, particularly the negative health effects, associated with the usage of the unregulated synthetic marijuana commonly referred to as Spice.

The poster shown is available through the Navy Logistics Library. Supply personnel must order them via

<https://nll1.ahf.nmci.navy.mil> (for NMCI computers) or

<http://www.navsup.navy.mil/navsup> (if NMCI is not available).

To locate the posters search "Spice Posters" in the keywords field.

NADAP Webinar – Rescheduled

The 101 Days of Summer Kickoff webinar has been rescheduled for 14 June 2012 at 1300 and 1700(CST). Visit the NADAP website for more information. If you have questions, please contact Sara Geer at sara.geer.ctr@navy.mil.

How to join the webinar:

1. Register for a DCO account at <https://www.dco.dod.mil>
2. Enter the meeting at <https://connect.dco.dod.mil/nadapwebinar>

New Webinar Schedule Coming Soon

FY12 STATISTICS

DAARS & DUIs

OCT	330	91
NOV	269	64
DEC	269	103
JAN	278	82
FEB	224	67
MAR	187	67

MEM POS & TOTAL TESTED

OCT	106	95,072
NOV	144	101,383
DEC	99	89,728
JAN	152	120,724
FEB	178	96,067
MAR	198	91,925



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