



Alcohol Abuse and Drug Misuse Programs

Excessive alcohol use is one of the leading causes of preventable death in the U.S. among all adult age groups, contributing to more than 79,000 deaths per year.¹ Also, prescription drug abuse is our nation's fastest growing drug problem and in a typical month, approximately 4.5 million Americans use a prescription pain reliever for nonmedical reasons.² The Navy and Marine Corps Public Health Center (NMCPHC) in conjunction with the Military Health System (MHS), aligning with the National Prevention Strategy, supports the prevention of alcohol abuse and drug abuse and misuse. Awareness and education can help change attitudes and behaviors regarding alcohol abuse and drug misuse. Listed below are examples of ideas, initiatives and programs that may be used depending on the location and the availability of resources.

Awareness

- Articles
- Displays, posters
- DoD's [That Guy Campaign](#)
- Handouts, brochures, pamphlets
- Health fairs
- Navy prevention campaigns such as [Keep What You've Earned](#) and [Who Will Stand Your Watch?](#)
- POD/POW Notes
- PSAs, videos- From sources such as NMCPHC, Navy Medicine, locally produced



Education and Training

- [Alcohol and Drug Abuse for Managers and Supervisors \(ADAMS\)](#)
- [Alcohol-AWARE](#)- the Navy's basic alcohol awareness training
- [Command Drug and Alcohol Program Advisor \(DAPA\)](#)
- [Drug Education for Youth Program \(DEFY\)](#)
- Drug and Alcohol Program Management Activity (DAPMA)
- [Military Pathways Program and Alcohol Screening](#)
- [Personal Responsibility and Values Education and Training \(PREVENT\)](#)
- Safety stand downs*
- Seminars*
- Videos/films*
- Website resources and programs*



*Indicates that the idea/initiative/program can also be used for awareness.



Intervention

- [Alcoholics Anonymous \(AA\)](#)
- Behavioral/Mental Health Providers
- [Narcotics Anonymous \(NA\)](#)
- Navy Medicine Substance Abuse and Rehabilitation Program (SARP)
- [Navy My Ongoing Recovery Experience \(MORE\) Program](#)
- Primary Care Providers



To learn how our programs can help keep you fit for service and improve your overall health, visit us at:
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>

Mobile Applications

- A Treatment Locator is available as a mobile app from the Substance Abuse and Mental Health Services Administration, [SAMHSA](#).

Additional Resources

- Alcoholics Anonymous (AA): <http://www.aa.org>
- The Coalition of Sailors Against Destructive Decisions (CSADD): http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/CSADD/Pages/default2.aspx
- Leaders Guide for Managing Marines in Distress: <http://www.usmc-mccs.org/leadersguide/>
- Military OneSource: <http://www.militaryonesource.mil>
- Military Pathways: http://www.militarymentalhealth.org/alcohol_abuse_facts/
- Narcotics Anonymous: <http://www.na.org/>
- National Institute on Alcohol Abuse and Alcoholism (NIAAA): <http://www.niaaa.nih.gov/>
- Navy Alcohol and Drug Abuse Prevention Program (NADAP): http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/NADAP/Pages/default2.aspx
- Navy Leader's Guide for Managing Sailors in Distress: <http://www.med.navy.mil/sites/nmcphc/Documents/LGuide/index.aspx>
- NMCPHC Alcohol and Drug Abuse: <http://www.med.navy.mil/sites/nmcphc/health-promotion/preventing-drug-alcohol-abuse/Pages/preventing-drug-alcohol-abuse.aspx>
- NMCPHC Wounded, Ill, and Injured Substance Abuse: <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/substance-abuse.aspx>
- Office of National Drug Policy Control: www.whitehousedrugpolicy.gov
- Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov
- That Guy Campaign: <http://www.thatguy.com/>
- USMC Substance Abuse Program: https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health/C_Substance%20Abuse

¹ Alcohol and Public Health. Online Tools. Alcohol-Related Disease Impact (ARDI). Centers for Disease Control and Prevention. <http://www.cdc.gov/alcohol/ardi.htm>. Updated 20 July 2010. Accessed March 2013.

² Substance Abuse and Mental Health Services Administration, Results from the 2011 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-44, HHS Publication No. (SMA) 12-4713. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2012.