



## Addressing Responsible Alcohol Use

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 88,000 deaths per year.<sup>1</sup> The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department provides resources and tools to support the prevention of excessive alcohol use. Awareness and education can help change attitudes and behaviors regarding responsible alcohol consumption. Listed below are resources, initiatives, and programs that may be used to promote responsible alcohol consumption and where to refer patients for help when there is a concern. You should also reach to your command Drug and Alcohol Program Advisor (DAPA) for partnering opportunities and additional information and resources on local efforts.

### Awareness and Education

Articles, posters, brochures, handouts, and videos to increase awareness of excessive alcohol use are available at the following locations:

- [NMCPHC Toolbox](#)
- [Preventing Drug Abuse and Excessive Alcohol Use \(NMCPHC\)](#)
- [Wounded, Ill, and Injured Substance Abuse \(NMCPHC\)](#)
- [Navy Alcohol and Drug Abuse Prevention \(NADAP\)](#)
- [Keep What You've Earned \(NADAP\)](#)
  - [Materials for download](#)
  - [Pier Pressure](#) mobile application game
- [That Guy Campaign \(DoD\)](#)
- [Afterdeployment](#): Including alcohol resources and assessments
- [Military OneSource](#)
- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)





## Where to Refer Patients For Help

If you are concerned that someone you know or a patient is at risk, recommend or refer them to following:

- Talk to your DAPA or Navy Drug and Alcohol Counselor
- Speak to your commanding officer, XO, OIC, CMDCM/COB, or chaplain
- Reach out to DoD medical personnel
- Contact your Fleet and Family Support Center Counselor

Other resources are available in the Navy and Marine Corps including:

- Navy Substance Abuse Rehabilitation Program (SARP)
- Marine Corps Substance Abuse Counseling Centers

## Additional Resources

Other program and initiative ideas include:

- Work with your local Coalition of Sailors Against Destructive Decisions (CSADD) chapter
- Navy Leader's Guide for Managing Sailors in Distress:  
<http://www.med.navy.mil/sites/nmcphc/Documents/LGuide/index.aspx>
- USMC Substance Abuse Program: <http://www.usmc-mccs.org/index.cfm/services/support/substance-abuse/>

1 Excessive Alcohol Use. Preventing a Leading Risk for Death, Disease, and Injury: At A Glance 2016. Centers for Disease Control and Prevention. <https://www.cdc.gov/chronicdisease/resources/publications/aag/alcohol.htm>. Updated 31 December 2015.