

A complete resource for preventing drug abuse and excessive alcohol use.



If you're struggling, we can help.

Not only does drug abuse and excessive alcohol use impact your readiness, but it can harm the lives of your fellow Marines, friends and family. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center, along with Marine Corps Community Services, is committed to providing you with the tools you need to fight these harmful addictions. We have the educational materials and resources to help you understand the negative effects of binge drinking and misuse or abuse of over-the-counter and prescription medications so that you can overcome alcohol and drug abuse and live a healthy life.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/preventing-drug-alcohol-abuse or www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health to learn more about preventing and overcoming drug abuse and excessive alcohol use, including:

- 21st Century Sailor and Marine Initiative
- Alcohol Screening
- Excessive Drinking
- Underage Drinking
- Binge Drinking
- Alcohol Dependence
- Prescription Drug Misuse
- Over-the-Counter Drug Abuse
- Illegal Drug Use
- Marine Corps Headquarters Behavioral Health Branch



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION and WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME/MF/G_BEHAVIORAL%20HEALTH.

HARMFUL. HELPFUL.



Preventing Drug Abuse and Excessive Alcohol Use Overview



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Dealing with a situation without easy answers.

Treating substance abuse can be complicated, expensive and time consuming. If you're addicted to drugs or alcohol, you may be unwilling to seek help for fear of shame and the perceived negative impact on your career. Worse, you may feel that you lack willpower and that all it takes to stop an addiction is to quit "cold turkey." In reality, addiction is a complex condition and quitting takes more than good intentions.

What is excessive alcohol use?

Excessive alcohol use includes heavy drinking (on average, more than two drinks per day for men, more than one drink per day for women), binge drinking (five or more drinks in one sitting for men, four or more drinks in one sitting for women), underage drinking and drinking while pregnant. Some facts:

- ▶ It's a leading cause of preventable death in the United States among all adult age groups, contributing to more than 79,000 deaths per year.¹
- ▶ Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol impaired driver — one death every 48 minutes.²
- ▶ There is no proven safe amount of alcohol that a woman can consume while pregnant. Drinking alcohol at any time during pregnancy can cause harm to the fetus.

What is drug abuse?

Drug misuse and abuse includes any inappropriate use of pharmaceuticals (both prescription and over-the-counter drugs) and any use of illegal drugs. This includes taking medications that were prescribed to someone else and taking medications in ways other than what was prescribed, such as for the experience or feelings they cause or in higher doses than recommended. Some facts:

- ▶ Prescription drug misuse and abuse is our nation's fastest growing drug problem. In a typical month, approximately 4.5 million Americans use a prescription pain reliever for nonmedical reasons.³ Emergency department visits involving the misuse or abuse of pharmaceutical drugs have increased 114% between 2004 and 2011.⁴

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- ▶ More than eight million children live with at least one parent who abuses alcohol or other drugs.⁵ Children of parents with substance use disorders are more likely to experience abuse or neglect as well as physical, academic, social and emotional problems.

A toxic combination that's preventable.

Alcohol and drug use can hinder judgment and lead to harmful risk-taking behavior. Preventing drug abuse and excessive alcohol use:

- ▶ Improves quality of life, academic performance, workplace productivity and military preparedness
- ▶ Reduces motor vehicle crashes and fatalities
- ▶ Reduces crime and legal expenses
- ▶ Lowers health care costs for acute and chronic conditions

Alcohol and drug use can be especially harmful for people who have been wounded, ill or injured as frequent alcohol use can increase bruising, increase risk of infection and impair wound healing.

Take action if you notice a problem.

If you or someone you know is at risk:

- ▶ Talk to your Substance Abuse Control Officer (SACO)
- ▶ Visit your Substance Abuse Counseling Center (SACC)
- ▶ Speak to your unit commander, NCO or Chaplain
- ▶ Reach out to DoD Medical Personnel, such as a certified Substance Abuse Counselor or physician

While the Marine Corps has a zero tolerance policy regarding drug misuse and abuse, with a consequence of administrative separation from the Marine Corps, nothing is more important than your health. If you or someone you know is at risk, please reach to one of the contacts above, or contact your installation's Marine and Family Programs Division.

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

2 Injury Prevention and Control: Motor Vehicle Safety. CDC. http://www.cdc.gov/Motorvehiclesafety/Impaired_Driving/. Updated 2 October 2012. Accessed May 2013.

3 SAMHSA, 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.

4 SAMHSA, Center for Behavioral Health Statistics and Quality. The DAWN Report: Highlights of the 2011 Drug Abuse Warning Network (DAWN) Findings on Drug-Related Emergency Department Visits. <http://www.samhsa.gov/data/2k13/DAWN127/sr127-DAWN-highlights.htm>. Published February 2013. Accessed May 2013.

5 SAMHSA, Office of Applied Studies. (April 16, 2009). The NSDUH Report: Children Living with Substance-Dependent or Substance-Abusing Parents: 2002 to 2007. <http://www.samhsa.gov/data/2k9/SAParents/SAParents.htm>. Published April 2009. Accessed May 2013.

