

The Army Substance Abuse Program (ASAP)

**ALCOHOL AND DRUG ABUSE
Workforce Training
Fort Knox, Kentucky
2011**

*1) Fort Knox
Employee Assistance
Program
Overview*

*Helping to bring balance back into
the lives of employees*

John Emary

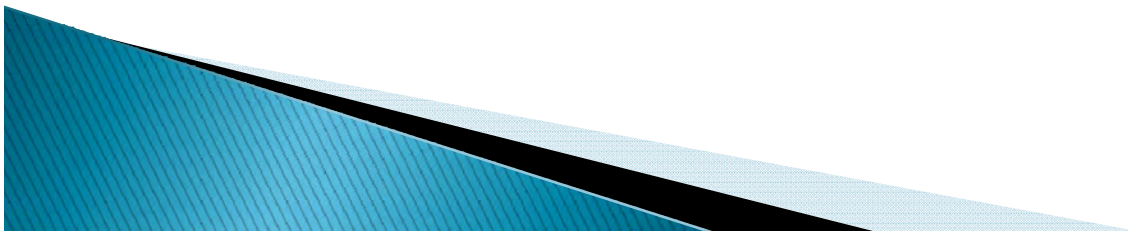


How Does the Employee Access the EAP?

Self-Referral: the employee contacts the program on their own

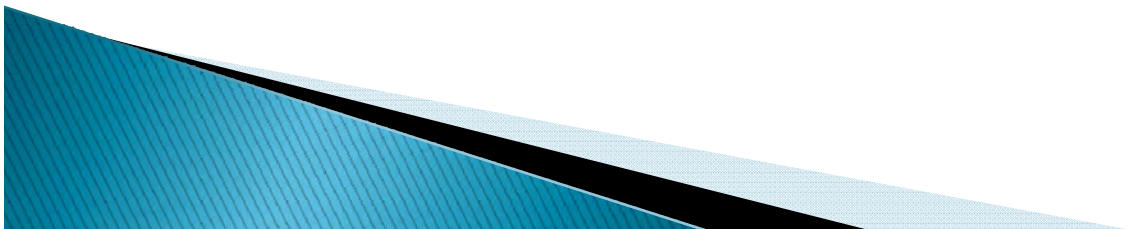
Informal Referral: the supervisor can tell the employee about the EAP

Formal Referral: The supervisor uses the *Formal Referral Form*



How the EAP Can Help

- Marital problems
- Communication issues
- Parenting concerns and parent–child conflict
Adjustment to separation and divorce
- Single parenting concerns
- Blended families
- Step–parenting
- Domestic violence and abuse
- Caring for an aging parent
- Personal and Emotional Problems
- Stress, Anxiety, Depression, Suicide



Review

True or False

The EAP can assist an employee with the following:

Marital problems

Communication issues

Parenting concerns and parent-child conflict

Adjustment to separation and divorce

Single parenting concerns

Blended families

Step-parenting

Domestic violence and abuse

Caring for an aging parent

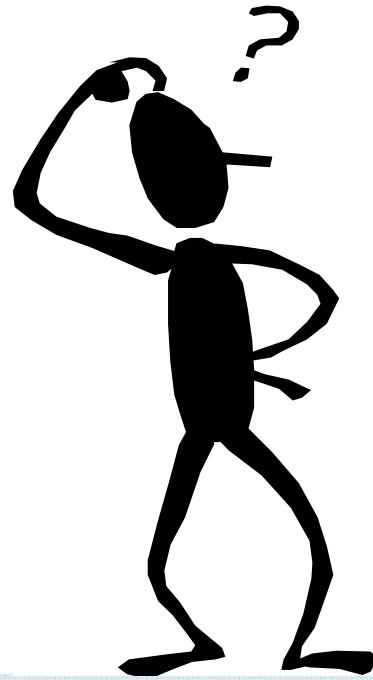
Personal and Emotional Problems

Stress, Anxiety, Depression, Suicide

Answer: True



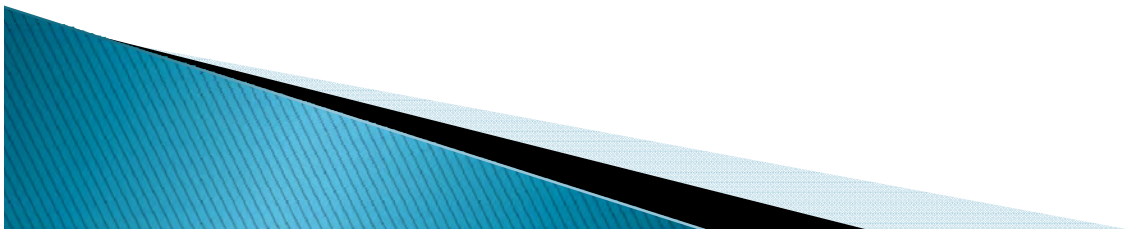
2) Why do you think people get high?



Our Influences...

- ▶ Most of us are introduced to drugs by various means:
 - * Where we grew up...
 - * Our friends...
 - * Socialization...
 - * Peer pressures to belong ...
 - * Relieve stress – depression ...

Anything else you can think of?

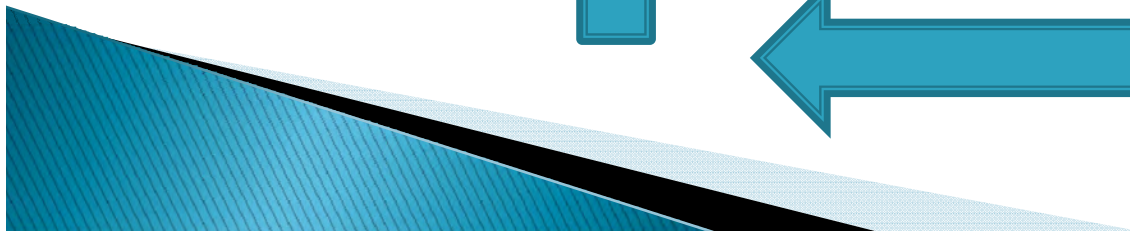


Drugs...

Uppers ↑

↓
Downers

All Arounders



Lets Talk Drugs... Examples of Uppers?

- ▶ Speed
- ▶ Crystal
- ▶ Meth
- ▶ Bennies
- ▶ Dexies
- ▶ Ice
- ▶ Glass
- ▶ Crank
- ▶ Crack
- ▶ Cocaine
- ▶ Nicotine

The Effects of Uppers...

Short Term

- ▶ Increased blood pressure
- ▶ Increase respiration rate
- ▶ Depressed appetite
- ▶ Decreased need for sleep
- ▶ Decreased fatigue

Long Term

- ▶ Inability to concentrate
- ▶ Tremors
- ▶ Heart Palpitations
- ▶ Confusion
- ▶ Blurred vision
- ▶ Fatigue
- ▶ Depression



Cocaine



Crack



Strawberry "Quick" Meth



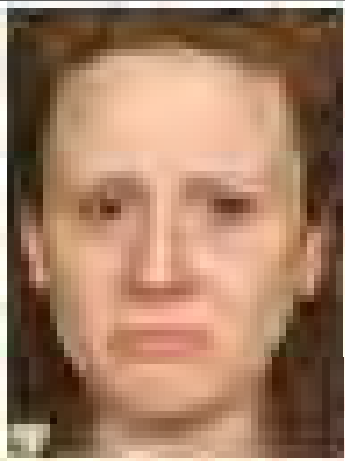
Home Lab











COFFEE MIXES



Downers ...or Depressants

- ▶ Alcohol
- ▶ Barbiturates
- ▶ Narcotics
- ▶ Librium
- ▶ Tranzene
- ▶ Rohypnol
- ▶ GHB
- ▶ Xanax
- ▶ Valium

Effects of Downers...

Short Term

- ▶ Slurred speech
- ▶ Disorientation
- ▶ Drunken behavior
- ▶ Relaxation
- ▶ Lower inhibitions
- ▶ False sense of well being

Long Term

- ▶ Dilated pupils
- ▶ Weak and rapid pulse
- ▶ Coma
- ▶ Cardiac arrest
- ▶ Irritability
- ▶ Mood swings
- ▶ Physical and psychological dependence



▶ Alcohol

5) What About Underage Drinking...

- ▶ Most states have set the standard for Underage Drinking below age 21.
- ▶ For military personnel – Fort Knox will enforce what State of Kentucky law dictates.

Legal Drinking Age for Kentucky is 21 ...



BAC and the Human

- ▶ .02 – slight euphoria, loss of shyness
- ▶ .05 – Legal limit for military personnel on duty
- ▶ .06 – Lowered inhibition, minor impairment
- ▶ .08 – Judgment, self-control, reason impaired
- ▶ .15 – Impaired balance, difficulty standing
- ▶ .20 – Decreased pain and sensation, erratic
- ▶ .30 – Semi-consciousness
- ▶ .40 – Loss of consciousness
- ▶ .50 – DEATH

▶ Rohypnol

▶ GHB



All Arounders...

Acid-LSD

Sugar

Microdot

Raves- Parties

Blotter

Windowpane

XTC

Shrooms

Magic

Mescaline (Cactus) Psychedelic

Ozone (super oxygen)

Peyote

Hog (PCP)

Love Drug

Angel Dust (PCP)

Sherms

Ecstasy

Adam (MDMA)

All Arounders...

The Effects

Short Term

- ▶ Distortion of time and space
- ▶ Hyper-sensitivity
- ▶ Mood and Perceptual distortions

Long Term

- ▶ Panic
- ▶ Paranoia
- ▶ Flashbacks
- ▶ Adjustment problems
- ▶ Personality changes
- ▶ Neurosis-abnormal behavior
- ▶ Dementia – intellectual and emotional instability

Effects of Marijuana...

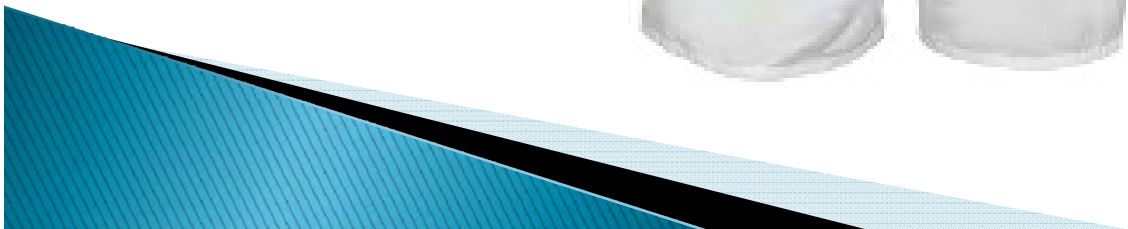
Short Term

- ▶ Calm Euphoric Feeling
- ▶ Relaxed inhibitions
- ▶ Increased appetite
- ▶ Disoriented Behavior
- ▶ Increased heart rate
- ▶ Dry mouth
- ▶ Paranoia
- ▶ Impaired short term memory

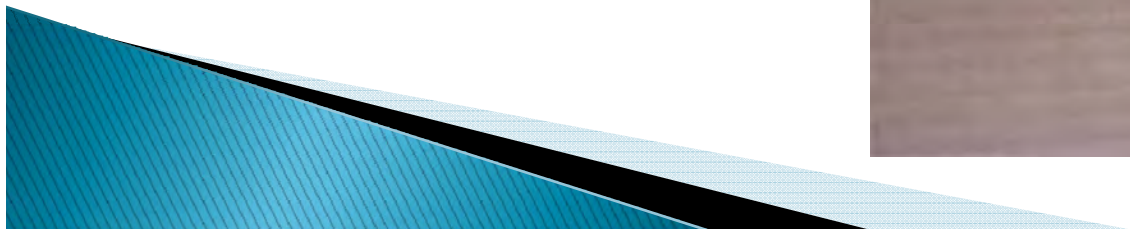
Long Term

- ▶ Enhanced risk for cancer –
- ▶ Decreased testosterone levels(men)
- ▶ Increase testosterone levels(women)
- ▶ Psychological dependence
- ▶ Physical dependence









What are Inhalants?

Glues



Nail Polish Remover



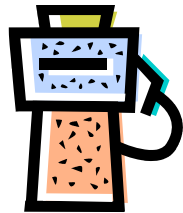
Paint



Hair Spray



Gasoline



Markers



Sprays



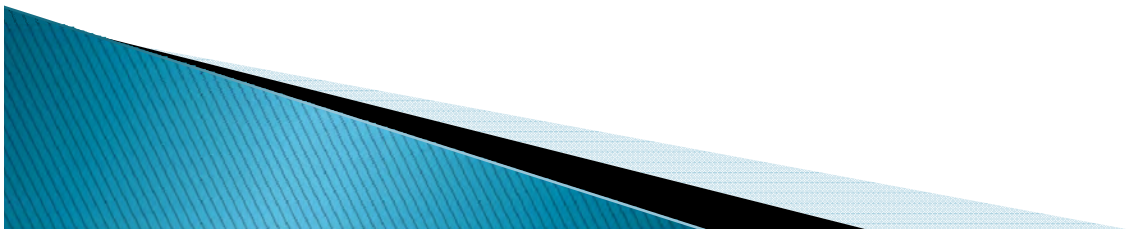
Effects of Inhalants

- ▶ Hyperactivity
- ▶ Irritation
- ▶ Tension
- ▶ Fright
- ▶ Panic
- ▶ Self destructive behavior
- ▶ Physical aggression
- ▶ Acute psychosis
- ▶ Sudden death



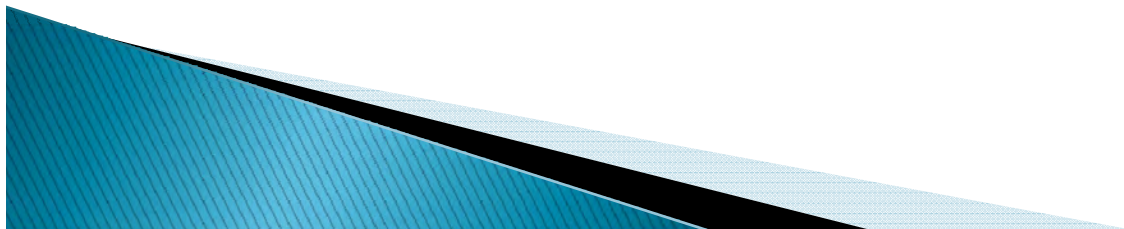
How Common is Inhalant Use?

- ▶ Almost half a million young people use inhalants in any month
- ▶ Inhalants are the fourth most abused substance after alcohol, tobacco, and marijuana among high school students
- ▶ Almost as many eighth graders have abused inhalants (18%) as have used marijuana/hashish (20%).



Ecstasy

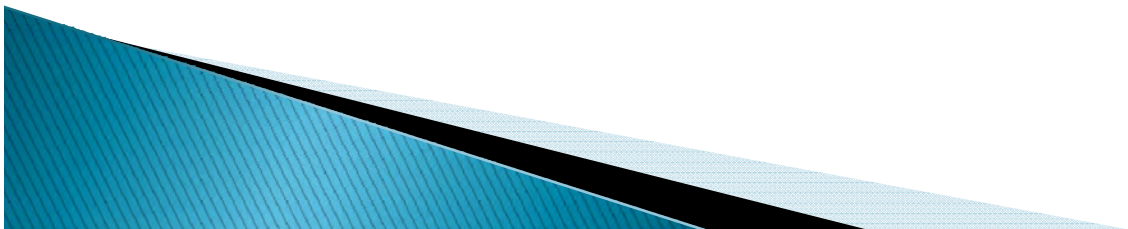
Rave



Ecstasy



Sexstasy



Review Questions

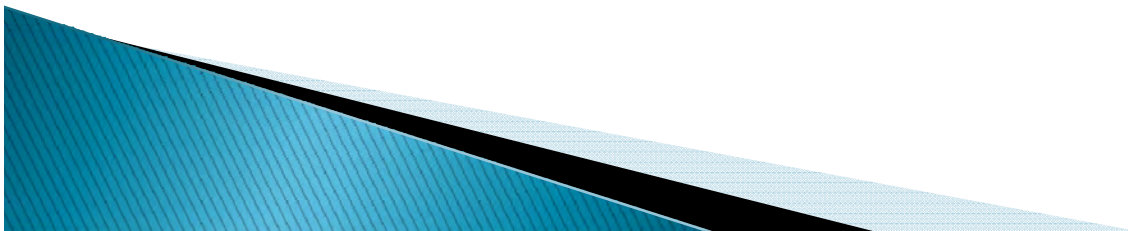
1. Prevention is considered a “proactive approach” to addressing problems or issues.
True_____ False_____

1. The answer is True. Prevention is considered a “Proactive Approach” to addressing possible issues and concerns to offset a possible incident or problem from occurring.

2. Some of the influences that affects our choices to use drugs are friends, socialization, peer pressure, and relieve stress.

True _____ False_____

2. The answer is True. Most of us are introduced to drugs by various means such as: Friends, socialization, peer pressure, and to relieve stress. There are other influences but these are considered primary ones.

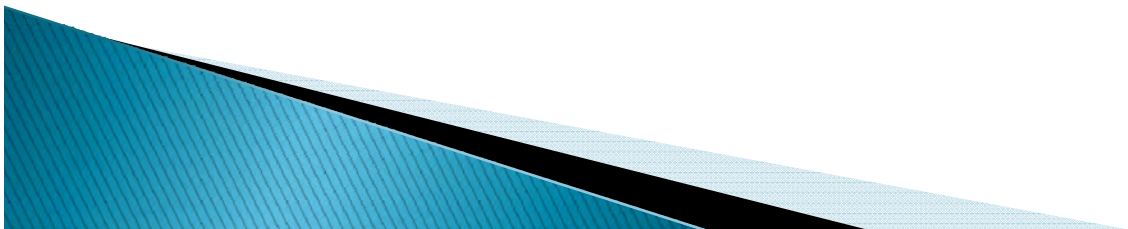


3. Uppers are considered depressants and downers are considered stimulants.
True____ False____

3. The answer is False. Uppers are stimulants such as speed, crystal, methamphetamines, and even nicotine. Downers are depressants such as valium, narcotics, barbiturates, rohypnol and GHB (date rape drugs).

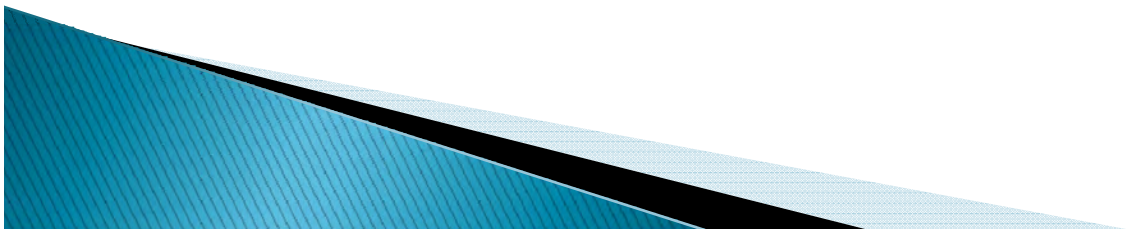
4. Alcohol is considered a “depressant” drug. True ____ False____

4. The answer is True. Alcohol is considered a “depressant” drug even though many people see the use of alcohol as a stimulant because it lowers their inhibitions.



5. Huffing and sniffing is referred to as Marijuana Use. True____ False____

5. The answer is False. Huffing and sniffing is related to use the use of “Inhalants”. Common products found in homes, offices, and schools such as hairsprays, glues, markers, and paint can come under the description as an Inhalant. The danger lies in “sudden sniffing death” and irreparable damage to their organs, including the brain.

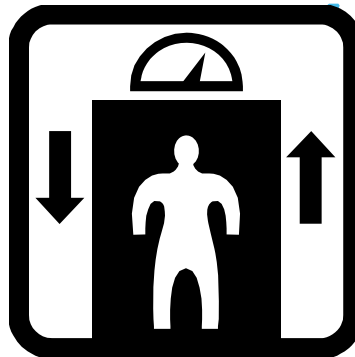


SUBSTANCE ABUSE ...

IS LIKE RIDING AN ELEVATOR...

**YOU CAN GET OFF AT THE TOP
FLOOR OR RIDE IT ALL THE WAY TO
THE BOTTOM...**

Addiction is the bottom for



4) Defense Mechanisms



“Defense mechanisms” *are those tools an individual uses to justify certain behaviors to himself and especially others.*

- ▶ **Denial** – inability to believe that something is true, despite evidence that it is so
- ▶ **Externalization** – blaming behavior on an outside force
- ▶ **Rationalization** – Making up excuses for a behavior

More Defense Mechanisms...

- ▶ **Avoidance** – Creating diversions that keep the attention off of your behavior.
- ▶ **Minimizes** – Downplaying or rejecting a particular behavior as insignificant – no big deal – I deserve the right to drink – it’s legal – “after deployments, everyone does it” – calms me down – helps me to cope

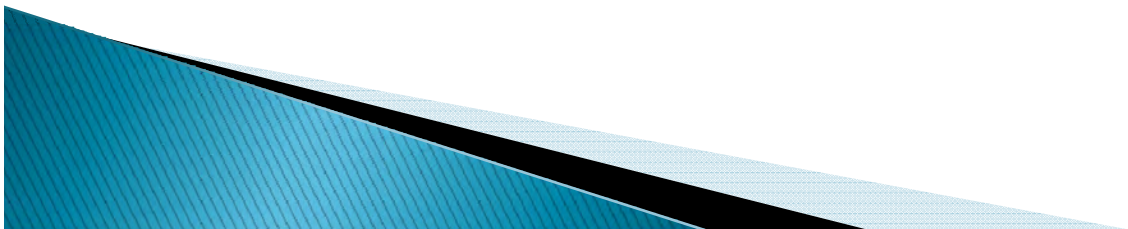
Review Questions

1. As a reaction to the alcohol abuse in the family, family members adopt a particular dysfunctional role whether it be codependency or other behaviors in their attempt to cope. True_____ False_____

1. The answer is True. Family Roles in an alcoholic dysfunctional family is a response by family members in their attempt to cope with the alcoholic's behavior. Unfortunately, this creates more confusion and creates additional stress and uncertainty for everyone.

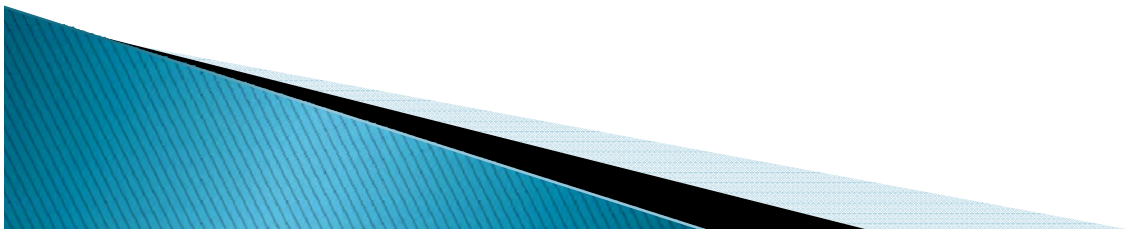
- ▶ 2. Facts that impact on “BAC” can vary from age, gender, body weight, to the medications you’ve taken. True_____ False_____

2. The answer is True. Other factors that can impact on BAC (*blood alcohol content*), includes altitude, recent illness, fatigue, and stomach content.



3. There are always risk factors when someone is abusing alcohol or using other drugs that ultimately impact on the Unit Readiness. Such as, a loss of trust by command, loss of job, morale of the unit, increased family violence issues, and worse scenario – “Loss of Life”... True_____ False_____

3. The answer is True. The very worst scenario is “Loss of Life”.



But I was Trying to Help...

Realize that even people with the best intentions can become enablers...



Our Friends...



Our Families...

6) HOW ARE EMPLOYEES SELECTED FOR TESTING

- 1. Pre-employment Testing**
- 2. Random Testing:**
 - 100% of all TDPs selected by a computer program annually**
- 3. Reasonable Suspicion Testing**
 - Any employee suspected of on-duty drug use or impairment**
 - Any employee in a TDP suspected of using illegal drugs**
- 4. Post Accident Testing**
 - Strict guidelines**
- 5. Follow-up Testing**
- 6. Other - Volunteer for Testing**



WHAT DRUGS ARE DETECTED?

➤ MARIJUANA



➤ COCAINE



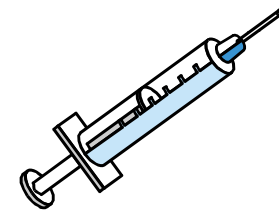
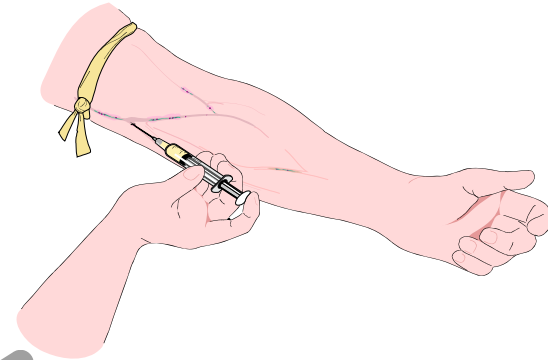
➤ AMPHETAMINES



➤ OPIATES



➤ PHENCYCLIDINE

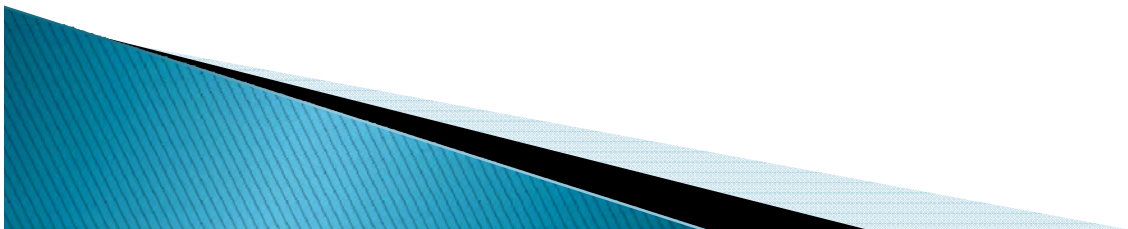


QUESTION: WHAT ABOUT PRESCRIPTION DRUGS?

ANSWER: NO PROBLEM IF YOU HAVE A PRESCRIPTION.

The Original Whizzinator was a product intended to fraudulently defeat drug tests. The Whizzinator comes as a kit complete with dried urine and syringe, heater packs (to keep the urine at body temperature), a false penis (available in several skin tones including white, tan, latino, brown, and black) and instruction manual.

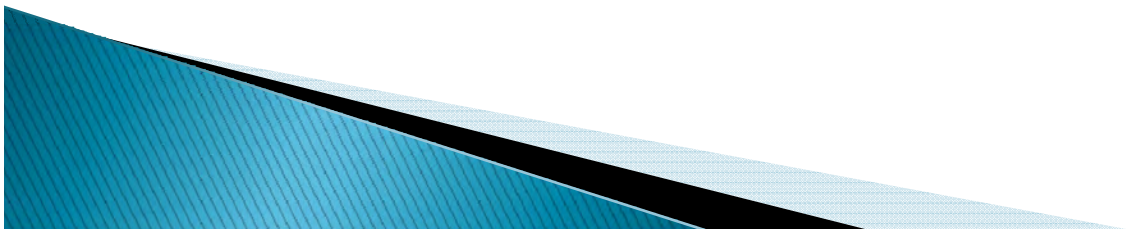
The company also offered a female version of the Whizzinator, called "Number One." Though there is no information on exactly how this product differs from the 'disposable unisex' product also on the market. It was manufactured by Puck Technology of Signal Hill, California; a suburb of Los Angeles.



7) OBJECTIVES

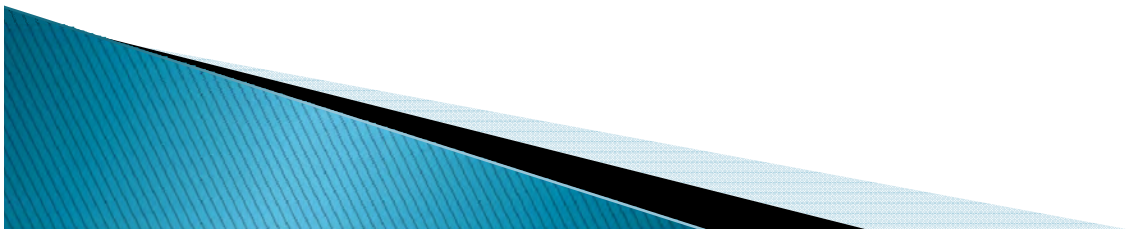
**DEPARTMENT OF DEFENSE 1010.9,
JRTC & FP REG 690-19, AND ADAPCP AR 600-85
MANDATORY GUIDELINE FOR FEDERAL
WORKPLACE DRUG TESTING PROGRAM**

- 1. TO ASSIST IN DETERMINING FITNESS FOR
APPOINTMENT TO, OR RETENTION IN A TESTING
DESIGNATED POSITION.**



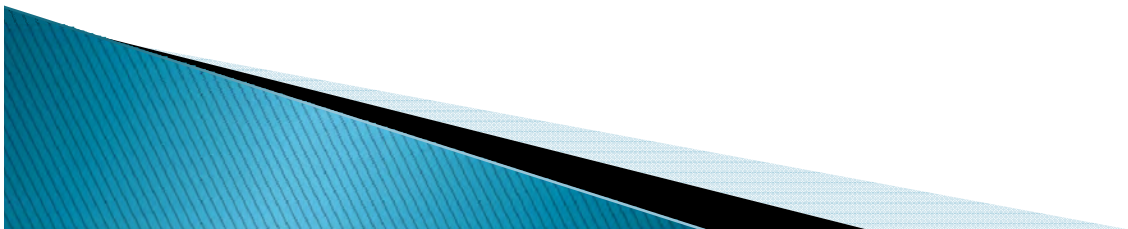
OBJECTIVES -Cont

- 2. TO IDENTIFY DRUG ABUSERS AND NOTIFY THE EMPLOYEE OF THE AVAILABILITY OF APPROPRIATE COUNSELING, REFERRAL AND REHABILITATION SERVICES OR OTHER MEDICAL TREATMENT.**



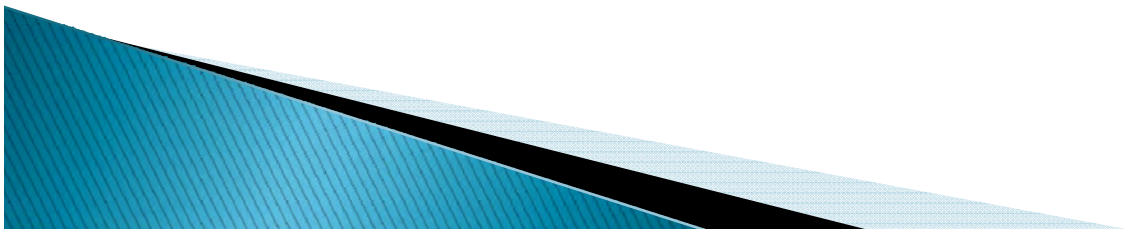
OBJECTIVES Cont.

- 3. TO ASSIST IN MAINTAINING NATIONAL SECURITY AND THE INTERNAL SECURITY OF THE ARMY BY IDENTIFYING THOSE WHOSE DRUG ABUSE COULD DISRUPT OPERATIONS, DESTRUCTION OF PROPERTY, THREATS TO SAFETY FOR THEMSELVES OR OTHERS, OR THE POTENTIAL FOR UNWARRANTED DISCLOSURE OF CLASSIFIED INFORMATION THROUGH DRUG RELATED BLACKMAIL.**



OBJECTIVES Cont.

4. TO COMPLY WITH EXECUTIVE ORDER 12564 OF SEPTEMBER 15, 1986, DRUG-FREE FEDERAL WORKPLACE.





DRUG-FREE
ZONE

▶ John Emary

EMPLOYEE ASSISTANCE PROGRAM

Army Substance Abuse Office

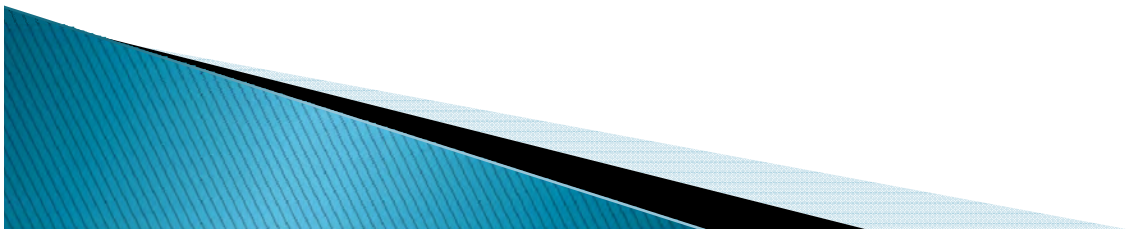
Bldg 1224

94 Pershing Drive

Fort Knox, KY 40121

(502) 624-8361 Phone

(502) 624-4935 Fax



Certificate of Completion

is hereby granted to

to certify that he/she has completed to satisfaction

Army Substance Abuse Program Workforce Training

DATE:-----

Fort Knox Army Substance Abuse Program

