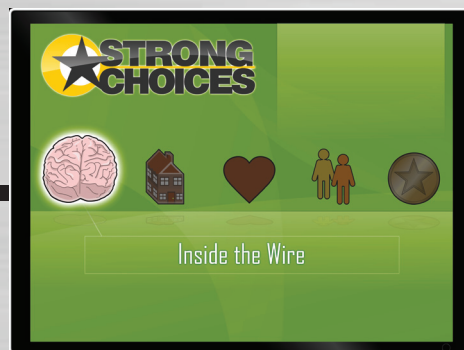


## MODULE: BEING WELL

The wiring inside our brains and bodies create a complex machine. When we combine the actions of our complex machine and our choices, we can predict the outcomes we may experience.

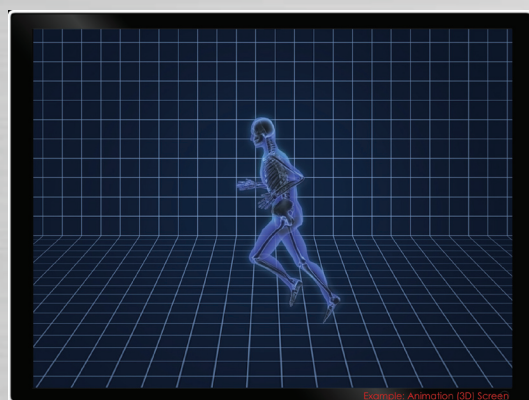


## MODULE : RELATING WELL

The ties that bind us to others who matter to us can be affected by our choices. Strong choices help us relate well to those around us, giving us support and providing positive experiences. High-risk choices with drugs and alcohol weaken those ties and can lead us to experience relationship challenges that we did not intend or want.

## MODULE: WORKING WELL

One of the strongest parts of a team is its ability to work together as a cohesive unit. Our choices impact cohesion, both in good and bad ways. Strong choices can play a part in building unit cohesion. High-risk drinking and drug choices can quickly degrade cohesion.



## MODULE : LIVING WELL

It is human nature to “play hard” by seeking to maximize pleasure and reduce pain. Life experiences can create a pendulum that swings between pleasure and pain. High-risk choices have complex effects on the balance that can compromise our overall well-being. Strong choices help to maintain the balance. There are low-risk ways to play hard and still maintain a healthy balance.



## MODULE: LEADING WELL

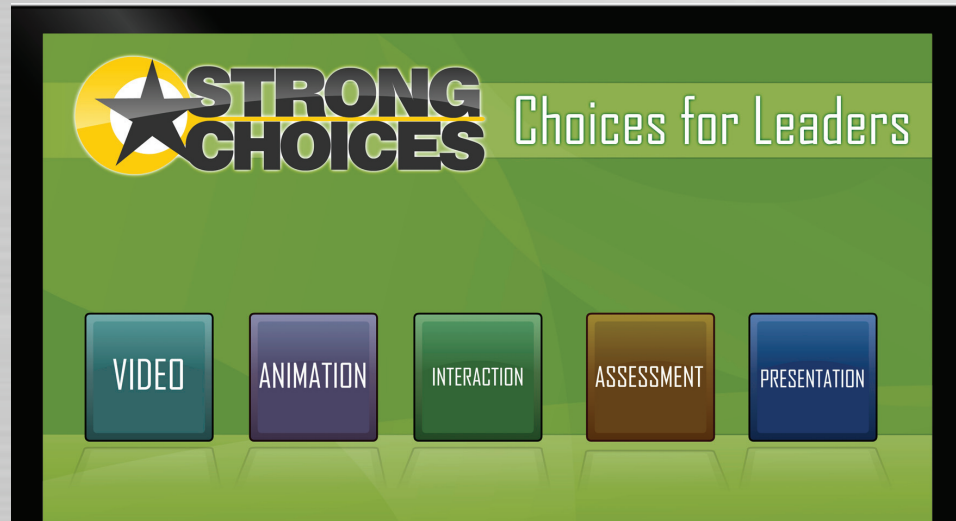
Officers and NCOs influence Strong Choices by: (1) the messages they convey - both verbal and nonverbal, (2) fulfilling their obligations to Soldiers and the Army, and (3) sustaining constant vigilance of their Soldiers’ well-being. The Leader module differs from the rest of the program in that it is directed exclusively at leadership. ACSAP’s goal of creating change at the Leader level requires that Leaders be addressed as a unique audience, with a discreet set of objectives that target Leader needs and provide Leaders with information and tools to more effectively deal with substance abuse prevention as it relates to their command. In order to fully achieve the goals of the program, Leaders will attend all four of the other modules as well.

UNIVERSAL PREVENTION



A Substance Misuse/Abuse  
Prevention Program





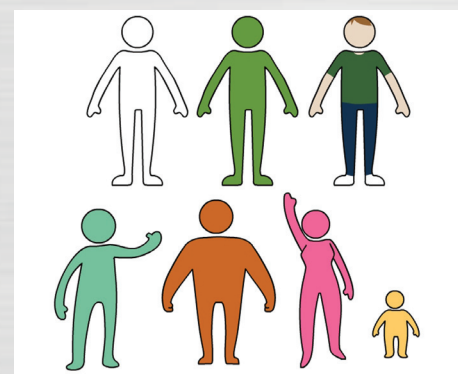
# PROGRAM OVERVIEW:

The purpose of the Strong Choices prevention program is to provide all U.S Army Soldiers, Civilians, and Family Members targeted training in the area of substance misuse/abuse in order to positively impact the overall Army climate and attitude towards high-risk behaviors with regard to alcohol and drugs. As a proactive prevention approach, the goals of the Strong Choices program include

- 1) Educating leaders in emerging issues of substance abuse,
- 2) Aligning content with concepts and language used throughout current Army Substance Abuse Program (ASAP) training and treatment
- 3) Supporting the Army's efforts in the areas of Health Promotion and Risk Reduction and
- 4) Ensuring measurement of ASAP training efforts for effectiveness Army-wide.

# TRAINING DESIGN

- Four one-hour modules that can be delivered at one time or in stand-alone sessions with groups ranging from 25 up to 250 in size.
- Content incorporates multiple media including video, animations, presentations, and interactions.
- Each module includes self-assessment exercises.
- Training is focused on influencing behavioral change.
- Primary instructors will be ASAP Prevention Personnel.
- A separate module will focus exclusively on training for Leaders.



# KEY CONCEPTS OF STRONG CHOICES

- Every choice has the power to harm or protect both myself and others in ways I cannot always control.
- I know the research-based risks of high-risk choices and my vulnerability and have come to believe that "I am more at risk than I think" if I make high-risk choices.
- I matter as much to others as to myself. My choices affect those around me and my mission.
- Through self-assessment I understand myself better in terms of future resilience and choices.
- (For Leaders) I can influence my Soldiers' choices, and it's vital that I do.