

ARMY
SUBSTANCE
ABUSE
PROGRAM



Drug & Alcohol
Information Pamphlet



This pamphlet was designed by the Army Center for Substance Abuse Programs (ACSAP) to provide:

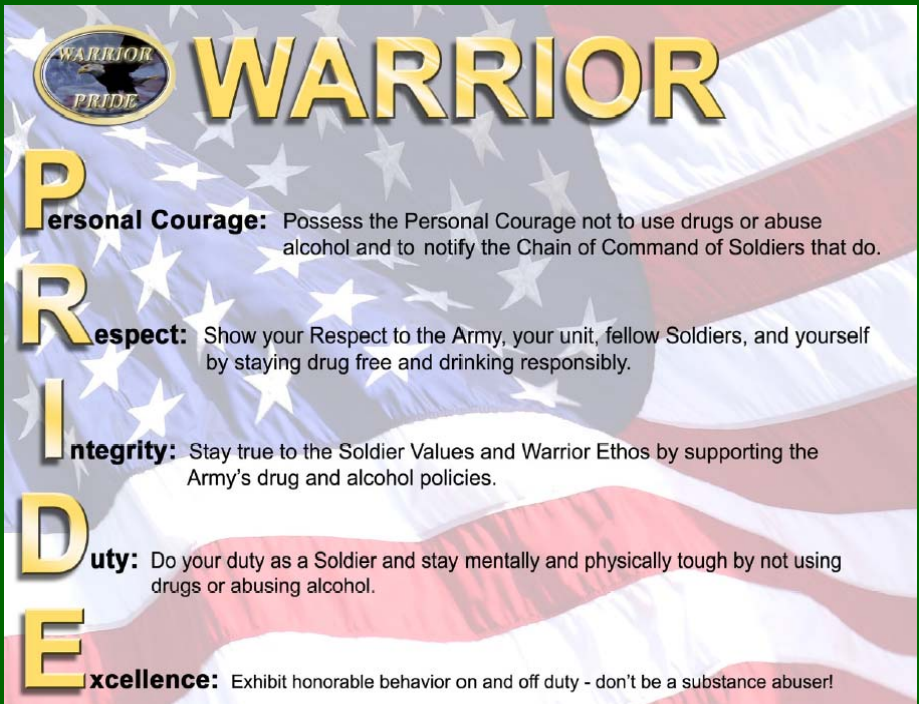
- ◆ Explain the Warrior Pride substance abuse prevention campaign.**
- ◆ Explain how drug use and alcohol abuse are incompatible with Army Values and the Warrior Ethos.**
- ◆ Provide Soldiers basic information on drugs of abuse and alcohol.**

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What is Warrior Pride?

- ◆ **Warrior Pride is an Army-wide alcohol and drug abuse prevention campaign that illustrates the incompatibility of substance abuse with Army Values and the Warrior Ethos.**
- ◆ **Soldiers are our nation's warriors and fight for our freedom; Soldiers must be mentally & physically fit to accomplish this mission.**
- ◆ **Warriors take PRIDE in their jobs and each letter in the word PRIDE corresponds to a Soldier value.**



WARRIOR PRIDE

P **ersonal Courage:** Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

R **espect:** Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

I **ntegrity:** Stay true to the Soldier Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

D **uty:** Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

E **xcellence:** Exhibit honorable behavior on and off duty - don't be a substance abuser!

What is the ASAP?

- ◆ **The Army Substance Abuse Program (ASAP) is the Department of Army program established to reduce substance abuse through prevention, education, and testing; and to rehabilitate those with the potential for continued service.**
- ◆ **The ASAP mission is to strengthen the overall fitness and effectiveness of the Army's total workforce and to enhance the combat readiness of its Soldiers.**
- ◆ **The following are the objectives of the ASAP:**
 - ◆ **Increase individual fitness and overall unit readiness by reducing substance abuse by Soldiers, civilians and family members thus reducing associated high-risk behaviors.**
 - ◆ **Provide adequate and responsive services to meet the needs of the total workforce and emphasize alcohol and other drug abuse deterrence, prevention, education, and treatment.**
 - ◆ **Implement alcohol and other drug risk reduction and prevention strategies that respond to potential problems before they jeopardize readiness, productivity, and careers.**
 - ◆ **Restore to duty those substance-impaired Soldiers who have the potential for continued military service and to separate those who do not.**

ASAP Services

◆ Prevention/Education

- ◆ Provide substance abuse training resources for 4 hours of annual unit training to Soldiers.
- ◆ Conduct 3 hours of substance abuse awareness training to DA Civilians per year.
- ◆ Conduct Alcohol and Drug Abuse Prevention Training (ADAPT) classes – Primarily for Soldiers/Civilians that are screened for substance abuse by the clinical ASAP but do not require treatment.
- ◆ Certify Unit Prevention Leaders (UPLs) to provide unit level training and conduct monthly unit drug testing.
- ◆ Conduct national and local annual prevention campaigns such as Red Ribbon Week, Drunk and Drugged Driving (3D) Month, Summer Sense, Alcohol Awareness Month, etc.
- ◆ Risk Reduction Program (RRP) – Manage the RRP and brief commanders on quarterly reports as needed.
- ◆ Conduct Civilian Drug Testing IAW the Department of Health and Human Services (DHHS), DoD, and Army Policy.
- ◆ Inspect each unit's urinalysis program once a year.
- ◆ Provide an Employee Assistance Program to refer DA Civilians to agencies for any problems that might effect their job performance.
- ◆ Provide screening and treatment services to Soldiers identified as substance abusers.

Signs & Symptoms

Behavior Changes

- ◆ **Changes in peer group**
 - ◆ **Association with known abusers**
 - ◆ **Disassociation from old friends and family**
- ◆ **Argumentative**
- ◆ **Unusual borrowing of money**
- ◆ **Stealing**
- ◆ **Secretive behavior**
- ◆ **Avoids attention**
- ◆ **Decline in personal hygiene / physical appearance**
- ◆ **Trouble with the police (DUI, domestic dispute, etc)**

Change in Work Habits

- ◆ **Frequent tardiness**
- ◆ **On-the-job absenteeism – especially Mondays**
- ◆ **Avoiding supervisors or coworkers**
- ◆ **Numerous personal problems or illnesses**
- ◆ **Neglecting details**
- ◆ **Continued procrastination**
- ◆ **Changes in attitude**
- ◆ **Withdrawal from responsibility**

Alcohol

- ◆ Alcohol is the **MOST ABUSED** drug by Soldiers.
- ◆ Alcohol is a Central Nervous System (CNS) depressant which basically means it numbs the brain
- ◆ **Tips for Responsible Drinking:**
 - ◆ Eat before and during drinking – While a full stomach cannot prevent alcohol from affecting you, eating starchy and high-protein foods will slow it down.
 - ◆ Don't gulp or chug your drinks; drink slowly and make the drinks last – Try to drink no more than one alcoholic drink per hour.
 - ◆ Alternate between alcoholic and non-alcoholic drinks – This will give your body extra time to eliminate some of the alcohol.
 - ◆ Remember the word **HALT: NEVER DRINK** if you're Hungry, Angry, Lonely, or Tired.
 - ◆ Before you celebrate, designate – Identify a responsible driver who will not drink, or plan ahead to use public transportation.

BAC and the Human Body

Blood Alcohol Concentration is the amount of alcohol in the bloodstream, measured as a percentage. This chart is a general guide to the effects of BAC on the human body. The BAC levels actual effect on performance and judgment is different for every person.

- | | |
|-----|---|
| .02 | No loss of coordination, slight euphoria and loss of shyness. |
| .05 | This is the legal limit for military personnel on duty. |
| .06 | Lowered inhibition, feeling of relaxation and euphoria, minor impairment of reasoning and memory. |
| .08 | Judgment, self-control, caution and reason are impaired.
.08 is the legal limit in most states. |
| .15 | Impaired balance, movement, and coordination. Difficulty standing, walking and talking. |
| .20 | Decreased pain and sensation. Erratic emotions.. |
| .30 | Diminished reflexes. Semi-consciousness. |
| .40 | Loss of consciousness, very limited reflexes, anesthetic effects. |
| .50 | DEATH |

Amphetamines

- ◆ Amphetamines are powerful stimulants that increase activity in the Central Nervous System (CNS), or speed up the way the human body works. They are classified as a CNS Stimulant.
- ◆ Amphetamines are drugs that induce false feelings of power, strength, self-assertion and enhanced motivation.
- ◆ Amphetamines can be ingested in one of three ways:
 - ◆ **Orally** – In a pill form.
 - ◆ **Snorted** – This can cause severe damage to the interior and exterior of the nose.
 - ◆ **Intravenously** - The amphetamine can be injected into either the blood stream or the muscle tissue.
- ◆ When a dependent person stops taking amphetamines their body must readjust to functioning without the drug. Symptoms of withdrawal can include: hunger, extreme fatigue, nightmares, distress, panic attacks, anxiety, and depression.

Dexies
Black Beauties
Jollies



Barbiturates

- ◆ Barbiturates are prescription sedatives or tranquilizers. Barbiturates are multi-colored pills and tablets and are classified as Central Nervous System (CNS) depressants that cause drowsiness.
- ◆ Barbiturates can be ingested in a variety of ways:
 - ◆ Orally – In a pill or liquid form.
 - ◆ Intravenously – Injected with the use of a hypodermic needle:
 - ◆ Injected into the bloodstream or muscle (MAINLINING)
 - ◆ Injected under the skin (SKIN POPPING)
 - ◆ Inserted into the body via suppository.
- ◆ Barbiturates are prescribed to treat: anxiety, depression, epilepsy, insomnia, alcohol and other drug (AOD) withdrawal.
- ◆ Barbiturates are called “Downers” and are identified on the street by the color of the pill.

Blue Heavens
Yellow Jackets
Red Devils



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Club Drugs

- ◆ The Term “Club Drug” is a media classification of drugs that have been used extensively at Raves and other parties; these drugs include:
 - ◆ Ecstasy – A designer methamphetamine.
 - ◆ Ketamine - used primarily as an anesthetic in veterinary medicine, ketamine is classified as dissociative anesthetic, or a drug that separates perception from sensation.
 - ◆ GHB - GHB, or Gamma Hydroxybuteric acid, is classified as a central nervous system (CNS) depressant that sometimes causes hallucinations
 - ◆ Rohypnol (fluritrazepam) - is a sedative that is more than ten times as strong as Valium. Rohypnol is also known as a “Date Rape Drug” due to its association with sexual assaults.
 - ◆ Methamphetamines
 - ◆ LSD



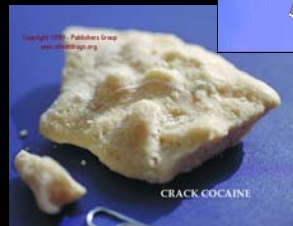
Cocaine

- ◆ Cocaine is a bitter, white, odorless, crystalline drug.
- ◆ Cocaine is extracted and refined from the coca plant, which is grown primarily in the Andean region of South America.
- ◆ Cocaine can be snorted, injected, smoked, or eaten. The level and length of the effects depend on how the drug was induced.

	<u>Onset</u>	<u>Duration</u>
Snorted	<i>1 minute</i>	<i>20-40 Minutes</i>
Injected	<i>1-5 Seconds</i>	<i>15-20 Minutes</i>
Smoked	<i>Immediate</i>	<i>5-15 Minutes</i>

- ◆ Cocaine is considered to be one of the most addicting drugs consumed by man. Those who use cocaine regularly, find it extremely difficult to stop and often encounter serious withdrawal symptoms such as: intense cravings, severe irritability, depression, paranoia, severe apathy, insomnia, etc.

Dust, Snow
Blow, Candy
Crack



Dietary Supplements

- ◆ A dietary supplement is a product intended to supplement the diet by increasing the total dietary intake that bears or contains one or more of the following dietary ingredients: herb or botanical, amino acid, vitamin, mineral, or a concentrate, metabolite, constituent, or extract of any of the these.
- ◆ Dietary supplements are NOT regulated by the Food and Drug Administration (FDA).
- ◆ Dietary Supplements and use by Soldiers:
 - ◆ Hemp oil is banned by AR 600-85
 - ◆ Ephedra was banned by the FDA in 2004
 - ◆ Androstenedione is banned effected 20 Jan 05 by the “Andro ban” law signed by President Bush.
 - ◆ Creatine, vitamins, minerals, amino acids and other botanicals – although not regulated or banned for use should only be used as directed by the manufacturer and in consultation with your health care provider.

Creatine, Hemp Oil

Ephedra

Androstenedione



LSD

- ◆ The full chemical name of LSD is d-lysergic acid diethylamide.
- ◆ LSD is classified as a hallucinogenic chemical (Hallucinogen) that is derived from a parasitic fungus that grows on rye.
- ◆ LSD is produced as a crystal, then dissolved in alcohol prior to sale and consumption.
- ◆ LSD users describe their experience with the drug as a “trip”.
- ◆ LSD is generally taken orally, either as a pill, a piece of blotter paper (as seen on right), or via liquid dripped onto a sugar cube. LSD can also be absorbed through the users skin.
- ◆ Flashbacks are spontaneous, unpredictable recurrences of the LSD experience without the ingestion of more of the drug.
- ◆ There are three types of flashbacks:
 - ◆ **Emotional Flashbacks** –, brings back feelings of fear, depression, and anxiety. Reminds the user of a “bad trip”.
 - ◆ **Somatic Flashbacks** – sensations of the body that are associated with the original “trip”, i.e. tremors, dizziness, etc.
 - ◆ **Perceptual Flashbacks**– Perceptual flashbacks consist of the sensory distortions that come with the original dose, i.e. seeing music and hearing colors.

Microdots
Acid, Cid
Tabs, Hits



Marijuana

- ◆ Marijuana is still the #1 illicit drug of choice in the Army
- ◆ Marijuana is a psychoactive or mind altering drug.
- ◆ Pulmonary risks of smoking marijuana are often ignored.
- ◆ While not physically addictive, THC is psychologically addictive.
- ◆ Types of Marijuana used:
 - ◆ **Marijuana** - Made from the leaves, flowers or stems of the hemp plant.
 - ◆ **Hash/Hashish** - Concentrated form of marijuana by compressing marijuana resins into small blocks.
 - ◆ **Hash Oil** - Made by soaking marijuana in a chemical solvent (such as rubbing alcohol) and then evaporating the solvent to obtain an oil concentrate.

Pot
Weed
Blunts



Methamphetamines

- ◆ **Methamphetamine is a powerful, synthetic Central Nervous System (CNS) Stimulant.**
- ◆ **The majority of methamphetamine being consumed illegally is manufactured in clandestine laboratories around the United States.**
- ◆ **Methamphetamine can be ingested several different ways:**
 - ◆ **Orally** – In a pill form
 - ◆ **Snorted** – This can cause severe damage to the interior and exterior of the nose.
 - ◆ **Intravenously** - The methamphetamine can be injected into either the blood stream or the muscle tissue
 - ◆ **Smoked** – Methamphetamine is sometimes smoked by itself or on top of marijuana.
- ◆ **When a dependent person stops taking methamphetamines their body must readjust to functioning without the drug. Symptoms of withdrawal can include: hunger, extreme fatigue, nightmares, distress, panic attacks, anxiety, and depression, etc.**

Crank
Meth
Crystal



Opiates

- ◆ Opiates are drugs that are derived from the poppy plant and are Central Nervous System (CNS) depressants.
- ◆ The most common opiates are:
 - ◆ Opium
 - ◆ Heroin
 - ◆ Morphine
 - ◆ Codeine
- ◆ There are several synthetic opiates available, such as OxyContin and Methadone, that were created as pain killers and to help treat heroin addiction.
- ◆ Opiates can be ingested several different ways:
 - ◆ **Eaten** – All opiates can be consumed orally
 - ◆ **Snorted** – Because of the high potency of heroin today, more and more users are snorting the drug.
 - ◆ **Intravenously** - Injecting opiates, specifically heroin, is still the ingestion method of choice.
 - ◆ **Smoked** – The method of choice for opium is smoking the tar like substance. Other opiates are often smoked on top of marijuana. This is known as “*snow capping*”.

Smack, Horse

China White

Black Tar



PCP

- ◆ PCP is a dissociative anesthetic, or a drug that separates perception from sensation.
- ◆ PCP can be bought in several forms: crystalline powder, colored powder, pills or capsules
- ◆ PCP can be ingested in many ways: orally (in a pill or liquid form), smoked, snorted, injected intravenously.
- ◆ The psychological side of effects of PCP use can cause serious long term damage to the human body:
 - ◆ Depression of the Central Nervous System (CNS)
 - ◆ Stimulation of the CNS
 - ◆ Schizophrenia
 - ◆ Delirium
 - ◆ Suicidal Tendencies
 - ◆ Toxic Psychosis

Angel Dust

Boat, Zoot

Embalming Fluid

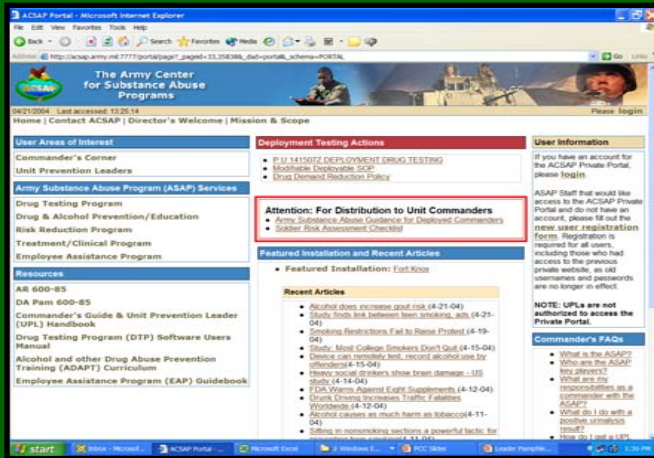


Steroids

- ◆ **Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.**
- ◆ **Anabolic steroids effect the human body in two major areas:**
 - ◆ **The anabolic effects of the drugs promote the growth of skeletal muscle.**
 - ◆ **The androgenic effects of the drugs promote the development of male sexual characteristics.**
- ◆ **Anabolic Steroids can be ingested in a variety of ways:**
 - ◆ **Orally – In a pill or liquid form.**
 - ◆ **Intravenously – Injected with the use of a hypodermic needle.**
 - ◆ **Rubbed onto the skin with the steroid in a gel or cream form.**
 - ◆ **Some steroid users mix different types and amounts of these drugs to increase the effects. This is call “Stacking”.**
- ◆ **Psychological effects include: Overly aggressive attitude or “ROID-RAGE”, homicidal rage, chronic depression, and loss of interest – lack of concentration, and no energy to do anything.**
- ◆ **The "Andro Ban" Law, which takes effect 20 Jan 05, adds 18 substances to the list of banned anabolic steroids in the Controlled Substances Act (21 USC 802). The most significant of these is androstenedione. Under the new law, andro and andro supplements, which are currently available in virtually all health and fitness stores, will be classified as Schedule III Controlled Substances, similar to cocaine and heroin. As of 20 Jan 05, these substances may no longer be legally purchased. It will also be illegal to use them, even if they were bought before 20 Jan 05.**

For more information

www.acsap.army.mil



Pamphlets and Posters





What's the bottom line?

◆ Drug and/or alcohol abuse will affect your ability to be an effective Warrior.

◆ Substance abuse will inevitably affect your relationships with friends and family, your financial stability, your health, and your career.

◆ DON'T RISK IT –

◆ If you choose to drink, then drink responsibly

◆ Don't support underage drinking:

◆ If you are underage, then don't drink

◆ If you are of age, then don't buy alcohol for underage Soldiers

◆ Say NO to all illegal drugs

◆ Follow your doctor's prescription instructions

◆ Never use other people's prescriptions

◆ If you have a problem – GET HELP!



Alternatives

Many Soldiers say “There is nothing to do here, except drink”; here are a few alternatives to alcohol use and/or abuse:

- ◆ **By yourself:** Read a book, do a correspondence course, put a puzzle together, play a video game, watch a movie, write a letter, keep a journal, build a model, call a friend, go to the gym or for a run, go to the craft shop, surf the internet (computers are available on most installations for soldier use), listen to music, go shopping, or bake something.
- ◆ **With Friends:** Play a video game, a board game or DVD game; rent or go to the movies; go shopping; play racquetball, tennis, football, workout or play some other sport; listen to music or go dancing; play pool or ping pong.
- ◆ **Other activities:** Volunteer as scout leader, big brother or sister, coach, or other youth activity. Volunteer your time with your local church or other groups.

The main idea is that Soldiers can find something to do other than drink. It’s nothing more than a matter of choice, and willingness to look for something else to do.

Remember your ...

WARRIOR

Personal Courage

Respect

Integrity

Duty

Excellence

Questions?

Go to: www.acsap.army.mil

or Contact your ASAP at:

Place local ASAP contact information here

Send suggestions or comments to:

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