

Summer is here!

NADAP is gearing up for our summer safety promotions in support of the Keep What You've Earned Campaign (KWYE). We need your help promoting responsible drinking and have put together some easy ways you can be part of the effort.

First, we've launched our annual **"Play to Live" summer safety pledge**. Please take the pledge, encourage your Sailors and their communities to participate, and share with your partners to spread the word on this important commitment to responsible behaviors.

We also have an **"Event in a Box"** implementation guide on the NADAP website in the "order materials" section to help you organize and execute a summer safety event – please consider holding an event in your community, and let us know if we can help.



Finally, we've crafted **social media "memes"** that take a motivational and humorous approach to summer alcohol safety. The meme images are attached; please share on your own social media channels and use the hashtags #KWYE, #KeepWhatYouveEarned, #LiveToPlay and #DrinkResponsibly.

In short, the three steps you can take to help us keep our Sailors

safe this summer are:

Complete and promote the KWYE "Play to Live" pledge. Share your reasons for drinking responsibly, and encourage others to do so by promoting on your own channels. The pledge is located [here](#).

Use our simple "Event in a Box" to host your own summer safety event. Make sure to hashtag your photos with #KWYE so we can recognize your efforts!

Share the attached memes on your own social media channels. Also, follow and share our additional content from the NADAP Social Media accounts, including the NADAP Facebook page at <https://www.facebook.com/USN.NADAP>, the NADAP YouTube Channel at <https://www.youtube.com/user/NavyNADAP>, and our NADAP Flickr account at https://www.flickr.com/photos/nadap_usnavy.



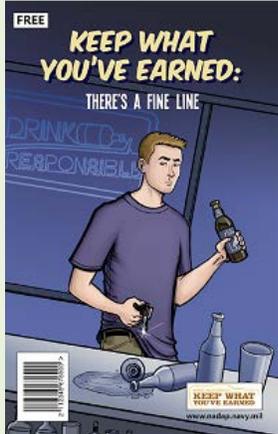
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EASY AND FREE! PRINT PRODUCTS AVAILABLE FROM NLL TO HELP YOUR SAILORS

It's almost too good to be true – the Keep What You've Earned campaign has **free, ready-to-order** products to help you spread the word about responsible drinking. These high-quality print resources are provided through the Navy Logistics Library completely free of charge, and are all you need to leave a memorable prompt about responsible drinking in your workspace. All you have to do is order today at the [Naval Logistics Library](#).

Free Resources Available on Naval Logistics Library from KWYE

Product	Description
<p>Posters – New Series!</p> 	<p>A collection of eight posters are available including new posters featuring the “Know Your Limit,” “Plan Ahead for a Safe Ride Home,” and “Don’t Try to Keep Up with Others” messages, as well as a play on the theme “paint the town”. Coming Soon!</p>
<p>Graphic Novel – New!</p> 	<p>Based on a true story, this graphic novel visually depicts the story of two Sailors who face the consequences of drinking and driving. Coming soon!</p>
<p>Fact Sheets</p> 	<p>Fact sheets are available for five different key audiences:</p> <ol style="list-style-type: none"> 1. Alcohol abuse prevention personnel (ADCOs/DAPAs) 2. All levels of Navy leadership 3. Local communities and businesses 4. Partnering organizations and agencies 5. Sailors

Order Keep What You've Earned Posters Today

"Keep What You've Earned" Posters and fact sheet are NOW available for order through the Naval Logistics Library.

The "Keep What You've Earned" posters feature the campaign message and taglines. For display in common areas on and off base, including Exchanges, Galleys, gyms and local community businesses, and tailored to each of the five Navy communities. The fact sheets provide an overview of the "Keep What You've Earned" campaign and how to get involved.

How to order:

1. Visit Naval Logistics Library at <https://nll1.ahf.nmci.navy.mil/>
2. In the Keyword field search: Keep What You've Earned

In addition, several print products, social media messaging and leadership talking points are also available for download at www.nadap.navy.mil.

Give Binge Drinking the Plunge

Source: http://www.fortcampbellcourier.com/news/article_acbda13a-d977-11e4-b015-6bd51460f2c0.html

The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration to 0.08 percent or above, [which] typically happens when men consume five or more drinks, and when women consume four or more drinks in a short amount of time. This type of obsessive drinking does not equate to alcohol dependency but has been linked to some of the same problems associated with the disorder.

Outlandish statistics such as one in six adults binge drink about four times a month and nearly 90 percent of the alcohol consumed by youth under the age of 21 is in the form of binge drinking by the National Institute of Alcohol Abuse and Alcoholism describe the commonality of binge drinking. This is a problem that must be avoided by our sailors and their family members. Make wise decisions to combat this increasing problem and monitor your intake as well as that of your shipmates around you.

Binge drinking can be associated with many health problems and has been linked to many life-changing situations. The National Institute of Alcohol Abuse and Alcohol reports that fatal car crashes, sexual assault and domestic violence incidents are all increasingly rising amongst binge drinkers. Also to be concerned with are liver disease and neurological damage.

Be Smart and Don't Do it! Binge drinking can damage more than you career, it can cost you your life and your livelihood. Know when to stop and "Give Binge drinking the Plunge".

If you or someone you know is participating in this dangerous practice, please seek help. There are many services available for active duty military via Military OneSource, 1-800-342-9647.



DEFY Summer Program Has Launched!

Drug Education For Youth (DEFY) has launched the leadership component at thirty-five command-sponsored sites.

DEFY provides leadership and life skills by initiating team building, goal setting, decision-making and conflict resolution. The program is designed to strengthen and improve their resistance to negative influences, such as anti-bullying, leadership skills and increase their awareness of the harmful effects of drugs.

Commands can help ensure the success of their local programs by helping recruit volunteers and support command staff to serve as positive adult role models and providing the resources necessary to operate the local program. DEFY relies heavily on volunteers to serve as adult role models and is beneficial to volunteers and attendees alike. Participating in defy provides valuable real-life experience that includes mentoring, tutoring, supervision, leadership, logistics, public speaking, instructing, and finances. Despite the hard work and long hours, many sailors and marines that have actively participated in a local defy program return to their commands a better military member.

Non-residential programs require 8-10 hours of work each day and residential programs require adults to be with the youth 24 hours per day.

The DEFY program office can be contacted at (901) 874-3300 or by email mill_n17_defy@navy.mil.

Check out the DEFY website for more information:

http://www.npc.navy.mil/support/21st_century_sailor/nadap/defy .

Myths vs. Truths

MYTH: If you had an alcohol-related incident, you can just "self-refer" to get help for alcohol problems to avoid any disciplinary.

TRUTH: To qualify as a valid self-referral, disclosure of alcohol abuse must be made to a qualified referral agent with the intent of acquiring treatment, and there can be no credible evidence of member's involvement in an alcohol-related incident.

MYTH: You're allowed to drink if you are under 21 as long as you are in your barracks room.

TRUTH: The minimum age to consume alcohol is 21 for all personnel. In foreign countries where the installation is located, the minimum age to consume alcohol shall conform to the legal age set by the host country. In the absence of any local law, the minimum age to consume alcohol shall be 21 for all personnel.



September is National Recovery Month

Source: <http://www.recoverymonth.gov/>

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. Recovery Month seeks to increase awareness and celebrate the successes of those in recovery.

The theme for Recovery Month 2016 is Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!, which highlights the value of family support throughout recovery. The theme also invites individuals in recovery and their family members to share their personal stories and successes in order to encourage others.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Materials produced for the Recovery Month observance include print, Web, television, radio, and social media tools. These resources help local communities reach out and encourage individuals in need of services, and their friends and families, to seek treatment and recovery services and information. Materials provide multiple resources including SAMHSA's National Helpline 1-800-662-HELP (4357) for information and treatment referral as well as other [SAMHSA resources for locating services](#).

FOOD FOR THOUGHT

The alcohol content of a typical beer, wine or spirits is virtually identical. To a breathalyzer, a drink is a drink is a drink!

A mixed drink that contains carbonated drink is absorbed into the body more quickly than straight shots.

Key Steps for Urinalysis Collection

Proper urinalysis collection is the key to a successful urinalysis program. Poor collection procedures, such as samples provided without direct observation or with a break in chain of custody of the samples can result in adulterated or substituted samples and dismissal at NJP or court martial proceedings. This would undermine the deterrence effect of the detection program. The success of the urinalysis collection program is dependent on close adherence to the guidance that follows:

A simple checklist, along with OPNAVINST 5350.4 series, provides all the information needed to conduct a technically correct urinalysis collection. There are several key steps in the collection process that should be carefully followed to ensure success.

Direct observation. This is the primary method the military uses to deter efforts to beat the test. Every sample must be given under direct observation by a member of the same gender as the person providing the sample. The observer must never lose sight or take possession of the bottle, and watch the urine leave the body into the bottle.

Individual's verification of information on the bottle label. The member must initial the label to verify his/her information. The UPC should then initial the label to verify the individual designated on the label provided the sample. **DO NOT** print or sign your full first and/or last name.

UPC's inspection of the sample. This is accomplished by inspecting the color of the sample, feeling the bottle for warmth, and looking for debris in the sample. An adulterated or substituted sample may appear clear or pale, may be a different color from urine, or may feel cool to the touch.

Command Ledger. Each individual must sign the ledger to verify the sample provided is theirs; and observer must print and sign their name on the ledger to verify they saw the sample provided enter the bottle. **DO NOT** send the ledger with the samples to the NDSL for testing.

Use of tamper-resistant tape. Tamper-resistant tape is affixed in the presence of the sample provider and makes it easy to determine if tampering has occurred with a sample. Tape should overlap the bottle label; extend over the top of the bottle and down the side. Ensure tape does not cover the bottle label bar code. If tape break during packaging, affix another strip and annotate the break in block 13 of the DD 2624. UPC supply list can be found on the NDSP page of the NADAP website at <http://www.nadap.navy.mil>.

The final key step is to ensure only the sample provider and UPC has custody of the sample during the collection process. The observer should NEVER take possession of a sample.

