



ARMY SUBSTANCE ABUSE PROGRAM



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ASAP, USAG-Humphreys

Winter 2020

ASAP's mission is to strengthen the overall fitness and effectiveness of the Army's workforce to enhance readiness. Through education, we assist Service Members, Family Members, DoD Civilians, Local Nationals, Contractors, and Retirees in identifying signs and symptoms of substance abuse as well as understanding the financial, social, physical, and emotional consequences. Our prevention and education training services include:

- Substance Abuse Prevention/Awareness Training
- Unit ASAP Re-integration Briefings
- Prime For Life
- Drug Testing Program Services
- Unit Prevention Leader (UPL) Courses
- Anonymous Unit Risk Inventory Surveys
- Suicide Prevention Training
- Employee Assistance Program



Holiday Mocktails Anyone?

Simple ingredients, great sources of anti-oxidants and delicious non-alcoholic drinks that family and friends of all ages can enjoy!

Sparkling Cranberry Apple Cider

Recipe:

Apple cider
Cranberry juice
Soda water
Lemon juice
Sugar in a dish (for the rim)
Lemon slice or peel (optional)

Directions:

Dip the top of the flute in water and then immediately dip into sugar dish. Add $\frac{1}{4}$ cup of apple cider to the flute. Add $\frac{1}{2}$ cup of cranberry juice to the flute. Add a splash of soda water for bubbles. Top with 1 tablespoon of lemon juice. Garnish with a lemon slice or peel (optional).



Non-Alcoholic Eggnog

Recipe:

2 cups milk
5 whole cloves
 $\frac{1}{2}$ tsp. ground cinnamon
 $\frac{1}{4}$ cup sweetened, condensed milk
4 egg yolks
 $\frac{1}{2}$ cup granulated sugar
1 cup heavy whipping cream
1 tsp ground nutmeg, plus more for garnish
1 tsp vanilla extract

Directions:

Combine milk, cloves, cinnamon and condensed milk over low heat in a deep sauce pan until the mixture is no longer chilled and is heated through. Slowly increase the heat to medium and bring the mixture to a low boil, careful not to allow a rolling boil. In a medium bowl, combine the eggs and sugar. Beat eggs until lightened in color and fluffy. Slowly temper the eggs by adding about 1 tbsp. at a time of the hot milk mixture into the egg and sugar mixture. Once enough of the milk is in the egg mixture, pour it all back into the saucepan. Heat over medium heat for 3-5 minutes, stirring frequently, until thickened enough to leave a clean line on the back of a spoon. Add the heavy whipping cream, nutmeg and vanilla extract to the mixture and heat through. Do not bring to a boil. Strain the mixture using a fine mesh strainer to catch the spices. Place in an airtight container in the refrigerator and let cool for at least one hour, preferably longer. Serve cold. Garnish with additional nutmeg if desired.

ASAP Programs

Employee Assistance Program

Offers short-term counseling and referral services to help employees achieve balance with work, family, and other responsibilities. Services are also available for employees who have alcohol or other drug misuse or abuse concerns. This free service is available to Department of Army Civilian Employees, active duty family members 18+, retired military and family members, and foreign national employees with SOFA status.



Employee Assistance Program

Coordinator

"Everyday, I strive to listen and help with true empathy and understanding."

Tips to prevent Holiday Stress and Depression:

- ◇ **Acknowledge your feelings:** It is Ok to feel sadness, do not feel that you have to force yourself to be happy just because it is the holiday season.
- ◇ **Reach out:** If you feel lonely or isolated, seek out community or other social events, even if virtually
- ◇ **Be realistic:** 2020 is a very different year, so this holiday season is likely to be very different from years past. Be open to creating new memories, new traditions and new ways to celebrate.
- ◇ **Set aside difference:** Try to accept family and friends as they are, even if they do not live up to your expectations. Keep in mind that they too may be feeling the effects of holiday stress and depression.
- ◇ **Stick to a budget:** Before you do your gift and food shopping, decide how much money you can afford to spend: Do not try to buy happiness with an avalanche of gifts.
- ◇ **Do not abandon healthy habits:** Overindulgence only adds to stress and guilt. Continue to:
 - * Eat healthy meals,
 - * Get plenty of sleep,
 - * include regular physical activity in your daily routine
 - * include relaxation in your daily routine such as deep-breathing exercises, yoga or meditation
 - * Be aware that the information culture can produce undue stress, thus adjust the time you spend reading the news and social media
- ◇ **Schedule Me Time:** Take a breather and make some time for yourself. Find an activity you enjoy or do nothing for just 15 minutes alone, without distractions.
- ◇ **Seek professional help if you need it:** If your feelings of anxiety, sadness, insomnia, irritability, fatigue and emotional exhaustion continue and you feel overwhelmed, please seek help.

ASAP Programs

ASAP Prevention Program

Provides services which are proactive and responsive to the Army's workforce needs and emphasize alcohol and other drug abuse deterrence and prevention.

Through education, we assist Service Members, Family Members, DOD Civilians, and Retirees in identifying signs and symptoms of substance abuse as well as understanding the financial, social, physical, and emotional consequences.



Prevention Coordinator



Suicide Prevention Program
Manager

Suicide Prevention Program

Enhances community and individual empowerment through education and awareness training. The program is designed to minimize suicide related behaviors; thereby preserving mission effectiveness through individual readiness of Soldiers, Family Members, and Civilians.

On-going Classes

- **ASIST** (Applied Suicide Intervention Skills Training)
- **ACE-SI** (Ask, Care, Escort - Suicide Intervention)



ASAP Programs

Risk Reduction Program

Focuses on identifying and reducing Soldier high risk behavior through effective use of installation resources and coordination between staff agencies utilizing the Installation Prevention Team (IPT) to implement effective prevention and intervention strategies.

Risk Reduction Benefits:

- Targets areas of concern
- Provides on-going needs assessments (Unit Risk Inventory/URI)
- Promotes informed decision making pertaining to prevention strategies and delivery methods.
- Strengthens collaboration between Commanders and the IPT



Risk Reduction Program

Coordinators

"I love working with others to help our Service Members across USAG Humphreys!"



Drug Testing Program

Drug Testing Program

A Commander's Program which relies heavily on smart testing to deter illicit drug use and prescription drug abuse. Smart testing is the process through which drug testing is conducted in such a manner that is not predictable to the tested population.

Drug Testing Coordinators

"We are one of the top Drug Testing Teams in the World"



Upcoming Events

2021 Unit Prevention Leader (UPL)

3 Day Course

Jan 11-13 & 19-22	Jul 12-14 & 19-21
Feb 23-25	Aug 9-11 & 23-25
Mar 8-10 & 24-26	Sep 8-10
Apr 12-14 & 26-28	Oct 4-6 & 18-20
May 10-12 & 24-26	Nov 1-3 & 15-17
Jun 7-9 & 21-23	Dec 13-15 & 20-22

POC: 755-1018 or 755-1082

***Soldiers must be registered/class slots are limited**

ASAP Post-Wide Prevention Training

13 Jan 2021 (updated date)

3 Mar 2021

14 Apr 2021

16 Jun 2021

21 Jul 2021

4 Aug 2021

Location: Troop Theater, Bldg. 6806

Time: 0900, 1000, & 1100

POC: 755-1088

***All are Welcome**

LOW RISK DRINKING

“A Different Approach to Responsible Drinking”

Low Risk Drinking Guidelines

- 0** Abstinence from drinking for those under 21, enrolled in a treatment program, etc
- 1** No more than 1 standard drink per hour
- 2** No more than 2 standard drinks a day for males or 1 a day for females
- 3** No more than 3 standard drinks per day if person does not drink daily

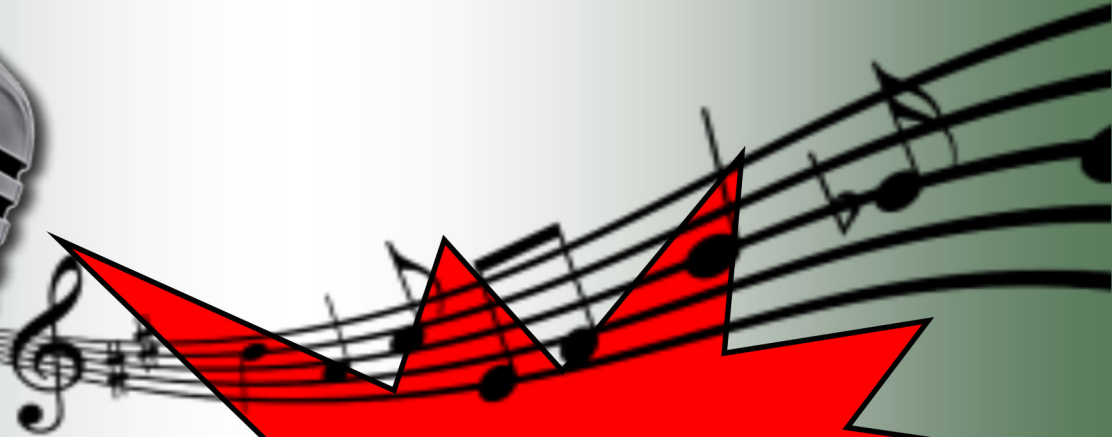
Examples of One Standard Drink



No more than 14 (males) or 7 (females) standard drinks in a week to avoid health and other alcohol related problems.

*** Note: One cannot “save-up” to exceed the 3 standard drinks in one day for a binge.**

ASAP and AFN



Catch your ASAP Team on AFN Radio station every other Monday at 1300 to get up to date information about ASAP & any upcoming events!



We Are Here To Help



Prevention Branch Chief

755-1037

Prevention Coordinator

755-1088

Suicide Prevention Program Manager

755-1083

Risk Reduction Program Coordinator

755-1090 or 755-1087

Drug Testing Coordinator

755-1018 or 755-1018

Employee Assistance Program Coordinator

755-1086

Administrative Support Assistant

755-1089

Korea Suicide Prevention Lifeline:
Dialing from any DSN line: 118 or Cell 080-855-5118

Dialing Suicide Prevention Lifeline from CONUS 1-800-273-8255

National Suicide Prevention Lifeline Online Chat:
<https://www.veteranscrisisline.net/get-help/chat>