



ARMY SUBSTANCE ABUSE PROGRAM



ASAP, USAG-Humphreys

Spring 2021

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

In this Issue

Page 2: Upcoming Events

Page 3: ASAP Programs

Page 4: Alcohol Awareness Month

Page 7: Recovery Resources

Page 9: Mocktails

Page 10: Recognizing 501st MI BDE

Page 11: Team Contact Info



Left to right: Ms. Arclancia Montgomery, ASAP Manager; Ms. Ashley Jones, Risk Reduction Program Coordinator; Mr. Brian Orlando, Drug Testing Coordinator; Ms. Patricia Tooson, Risk Reduction Program Coordinator; Ms. Grace Park, Drug Testing Technician; Mr. Scott Vazquez, Drug Testing Coordinator; Ms. Bo Kyong Kim, Administrative Support Specialist; Ms. Bisirat "B" Sium, Employee Assistance Program Coordinator; Ms. Yeritza Nocera, Prevention Coordinator. Not Pictured: Juliann Bryant, Suicide Prevention Program Manager



Upcoming Events

ASAP Post-Wide Prevention Training

14 Apr 2021

16 Jun 2021

21 Jul 2021

4 Aug 2021

Location: Troop Theater, Bldg. 6806

Time: 0900, 1000, & 1100

POC: Yeritza Nocera, 755-1088,
Yeritza.i.Nocera.civ@mail.mil

***All are Welcome**

ASAP Civilian Training

13 Apr 2021

21 Sept 2021

Substance Abuse Prevention (EAP)

09:00-10:00 (Civilian Employees)

13:30-14:30 (Civilian Supervisors)

Suicide Prevention

14:30-16:30 (All Civilians & Family Members 18+)

Location: Troop Theater, Bldg. 6806

POC: Bisirat Sium, 755-1086,
Bisirat.Sium.civ@mail.mil

Welcome
Spring

2021 Unit Prevention Leader (UPL)

3 Day Course

Apr 12-14 & 26-28

Sep 8-10

May 10-12 & 24-26

Oct 4-6 & 18-20

Jun 7-9 & 21-23

Nov 1-3 & 15-17

Jul 12-14 & 19-21

Dec 13-15 & 20-22

Aug 9-11 & 23-25

POC: Scott Vazquez, 755-1018, Scott.B.Vazquez.civ@mail.mil
or Grace Park, 755-1082, Grace.M.Park.civ@mail.mil

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



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.

Employee Assistance Program

Offers short-term skills-based 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.

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 it is not predictable to the tested population.

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)

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



APRIL: Alcohol Awareness Month

April is Alcohol Awareness Month

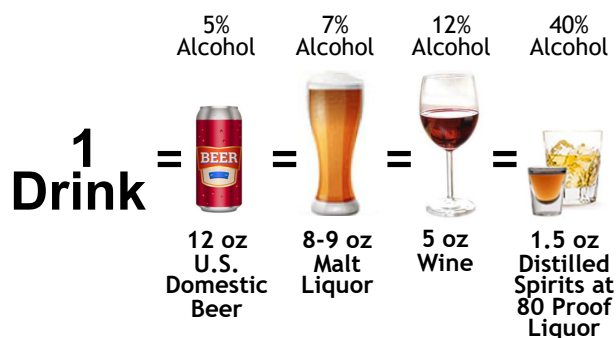


Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcohol use or abuse. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcohol abuse as well as how to help families and communities deal with drinking problems.

Source: <https://www.alcohol.org/awareness-month/>

LOW RISK DRINKING GUIDELINES

WHAT'S A STANDARD DRINK?



0 Standard drinks if driving, enrolled in a treatment program, under 21, during duty day, pregnant, on certain medications, etc.

1 Standard drink per hour

2 Standard drinks per day (if drinking daily)

3 Standard drinks maximum on any given day if not drinking daily

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

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

*Based on the Army's Alcohol & Other Drug Abuse Prevention Training (ADAPT) and “Prime For Life” AR 600-85. Prime For Life is a registered trademark of Prevention Research Institute.

APRIL: Alcohol Awareness Month



10 Effects of ALCOHOL on the Body



BRAIN

Excessive alcohol consumption can cause Wernicke-Korsakoff Syndrome (WKS), a brain disorder that affects memory, speech, vision, and more.

LIVER

Alcohol consumption can cause fatty liver disease and alcoholic hepatitis. Excessive drinking can also cause cirrhosis of the liver, which occurs when liver cells cannot regenerate.

BREASTS

As little as one drink per day can increase the risk of breast cancer in both men and women. When consumed, alcohol causes a spike in estrogen levels, a leading risk factor for breast cancer.

STOMACH

Drinking causes the stomach to produce an excess of acid, which may cause gastritis. Additionally, inflammation and irritation caused by alcohol can lead to ulcers and bleeding along the stomach lining.

PANCREAS

Regular alcohol consumption can lead to inflammation of the pancreas, which can lead to pancreatic cancer. Alcohol abuse can also diminish the pancreas' ability to produce insulin, which may cause diabetes.

HEART

Regular alcohol consumption raises blood pressure, which increases the risk of heart attack, hypertension, and stroke. Alcohol abuse can also cause drooping and stretching of heart muscle, a condition known as cardiomyopathy.

BONES

Alcohol is a diuretic, which flushes out toxins and essential nutrients. Long-term drinking can cause calcium to be flushed from the bones, causing bone deterioration and increasing the risk of fracture and osteoporosis.

CENTRAL NERVOUS SYSTEM

Long-term alcohol abuse damage cells within the central nervous system. This may lead to neuropathy, a condition characterized by weakness, pain, and numbness in hands and feet.

IMMUNE SYSTEM

Excessive alcohol consumption can weaken your immune system, making you more susceptible to diseases such as pneumonia and tuberculosis.

COLON

Regular alcohol consumption can lead to the development of adenomas, small benign tumors that exist in the colon. While these are considered harmless, they can develop into polyps, which may be pre-cancerous.



APRIL: Alcohol Awareness Month

Is your drinking affecting someone you love?

*Don't know if you might be
Misusing or Abusing Alcohol?*

Please take the screening survey below.

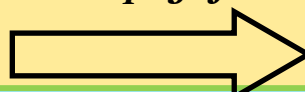
In the past year have you:

- ◆ Had times when you ended up drinking **more, or longer** than you intended?
- ◆ More than once wanted **to cut down or stop** drinking, or tried to, but couldn't?
- ◆ More than once gotten into situations while or after drinking that **increased your chances of getting hurt** (such as driving, swimming, using machinery, having unsafe sex)?
- ◆ Had to drink **much more** than you once did to **get the effect** you want? Or found that your **usual number** of drinks had **much less effect** than before?
- ◆ Continued to drink even though it was making you feel **depressed or anxious** or adding to **another health problem**? Or after having had a **memory blackout**?
- ◆ Spent **a lot of time** drinking? Or being sick or getting over the after effects?
- ◆ Continued to drink even though it was causing **trouble** with your **family and friends**?
- ◆ Found that drinking or being sick from drinking often **interfered with taking care** of your **home or family**? Or caused **job troubles**? Or **school** problems?
- ◆ **Given up or cut back on activities** that were important and interesting to you, or gave your pleasure, in order to drink?
- ◆ More than once gotten **arrested**, been held at a police station or had other **legal problems** because of your drinking?
- ◆ Found that when the effects of alcohol were wearing off, you had **withdrawal** symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure?



Help is Available!

*Please see the next page for
resource*



Recovery Resources

Recovery/Treatment Services

• Substance Use Disorder Clinical Care (SUDC-C)

DSN: 737-5840 COMM: 0503-337-5840

(All evaluation and treatment services for Service Members are provided by SUDC-C)

Off-post Counseling Services for Civilians

• Seoul Counseling Center: 02-542-5553

<https://seoulcounseling.com>

Email: support@seoulcounseling.com

• Adaptable Human Solutions: 02-749-7915

<https://ahskorea.com/> Email: info@ahskorea.com

• You and Me Psychological and Consultation Services (YPCS): 02-6929-3014

www.ypcskorea.com Email: admin@ypcskorea.com

• Mind Care Institute of Korea: 070-8888-8277 Mobile: 010-8263-8277

Email: assist@mindcarecenter.co.kr or
mindcarecenter@gmail.com

Other Resources

• Employee Assistance Program (EAP):

DSN: 755-1086 or COMM: 0503-355-1086

Virtual/Telehealth Services

• Military One Source: 1-800-342-9647

Chat: <https://www.militaryonesource.mil/>

*Sandra Bruno: Virtual MFLC COMM: 256-226-7317

• American Addiction Centers: 1 -866-692-5058

<https://americanaddictioncenters.org/virtual-meetings>

• Alcoholics Anonymous

<http://aa-intergroup.org>

• Self-Management and Recovery Training (SMART) Recovery

<https://www.smartrecovery.org/community>

• SoberCity

<https://www.soberocity.com>

• Sobergrid

<https://www.sobergrid.com/>

• Soberistas (women-only international support group)

<https://soberistas.com>

• Sober Recovery (for friends and family as well)

<https://www.soberrecovery.com/forums>

• We Connect Recovery

<https://www.weconnectrecovery.com/free-online-support-meetings>

• Unit Recovery + WEconnect + Alano Club

<https://unitrecovery.org/digital-recovery-meetings>

• Hazelden Betty Ford Foundation

<https://www.hazeldenbettyford.org/recovery/tools/daily-pledge>

Alcoholics Anonymous (AA) Meetings on Post

USAG Humphreys: M/W/F/SU: 18:00-19:00 and

Sat: 15:00-16:00

DPW Bldg. 6140, 2nd fl. Conference Room

Zoom: <https://us04web.zoom.us/j/4461412809>

COMM: 02-319-5861 Email: aainkorea@gmail.com



Osan AFB

AFB Chapel Annex-Room 1

T/TH-19:00-20:00

Sun-17:00-18:00

aainkorea.org

Additional Resources

Military & Family Life Counselors (MFLC)

1ABCT 010-9742-1032

65 MED BDE 010-4360-7663

501 MI BDE 010-2607-1801

HHBN 010-9814-6623

1SIG BDE 02-3143-9512

Adult Rotational 070-7663-2294

Adult Rotational 010-9534-5841

Adult Rotational 070-7663-2294

CYB/DODEA 02-2023-5853

CYB/DODEA 070-4784-4325

CYB/DODEA 070-4732-6768

CYB/CYS 070-4784-4347

MSC Chaplains

USFK Deputy Command Chaplain: 755-4549

8A Deputy Command Chaplain: 755-0303

2ID Deputy DIV Chaplain: 756-7337

2CAB BDE Chaplain: 755-0293

2SUS BDE Chaplain: 757-1792

1SIG BDE Chaplain: 756-7029

501 MI BDE Chaplain: 755-5723

65 MED BDE Chaplain: 737-1840

SOCKOR Chaplain: 757-3080

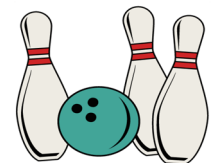
94 MP Chaplain: 757-3414



If you are bored on post, check out these free activities:

- **Free lunchtime bowling for Active Duty Soldiers on weekdays 1100-1300**

- ◊ Excludes holidays, Training holidays, and 4 day weekends
- ◊ Must be in uniform
- ◊ Must make a purchase at Snack Bar and shoe rental (\$2.75) not included



- **Free video and board games at Downtown Recreation Center,**
- **Visit any of the gyms on post for a good workout at your own pace**
- **Visit the 8-lane, 25-meter indoor pool at Collier Community Fitness Center (Super Gym)**
- **Sign up to play intramural sports**



- ◊ For more information, contact Mr. Kim, ChiHyon @ chihyon.kim6.ln@mail.mil

You can find other Humphreys activities on the MWR website:

<https://humphreys.armymwr.com/#>



Mocktails in the Spring

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



Shirley Ginger

Ingredients

4 cups Ginger Beer (it's alcohol free)
1 cup club soda
3 tbsp lime juice
.25 cup grenadine

Instructions

Stir ginger beer, club soda, lime juice, and grenadine in a pitcher. Pour into tall glasses with ice. Garnish with lime rounds and or maraschino cherries.

Revitalizer

Ingredients

9 oz carrot juice
15 oz apple juice
2.25 oz ginger syrup (1:1 ration ginger juice/sugar)
.75 oz lime juice

Instructions

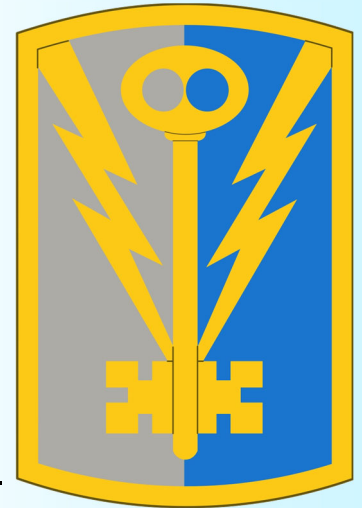
Combine ingredients and shake with ice. Strain into glasses. Makes four drinks.



Recognizing 501st MI BDE



501st MI BDE conducted a Behavioral Health Fair on 28 January and 4 February 2021. ASAP along with 10 additional organizations provided 5-8 minute briefings as groups of 11 or less Soldiers visited the information tables. ASAP focused on impacts of alcohol and other drugs, Low Risk Drinking Guidelines, public health alert on vaping as well as Suicide Prevention and Intervention. Other organizations that participated were:



- Military & Family Life Counseling (MFLC)
- Ready and Resilient Performance Center
- Army Wellness Center
- Army Community Service
- Sexual Harassment/Assault Response and Prevention (SHARP)
- Barracks Managers
- Unit Ministry Teams
- Behavioral Health Teams
- Soldiers and Family Readiness Groups
- Strength in Diversity
- Seoul Counseling Center

Great Job 501st MI BDE!!!

We Are Here To Help

Army Substance Abuse Program Manager

Arclancia Montgomery
Arclancia.S.Montgomery.civ@mail.mil
755-1037

Prevention Coordinator

Yeritza Nocera
Yeritza.i.Nocera.civ@mail.mil
755-1088

Suicide Prevention Program Manager

Juliann Bryant
Juliann.L.Bryant.civ@mail.mil
755-1083

Risk Reduction Program Coordinator

Patricia Tooson
Patricia.A.Tooson.civ@mail.mil
755-1090

Risk Reduction Program Coordinator

Ashley D. Jones
Ashley.D.Jones89.civ@mail.mil
755-1087

Drug Testing Coordinator

Scott Vazquez
Scott.B.Vazquez.civ@mail.mil
755-1018

Drug Testing Coordinator

Brian Orlando
Brian.M.Orlando.civ@mail.mil
755-1080

Drug Testing Technician

Grace Park
Grace.M.Park.civ@mail.mil
755-1018

Employee Assistance Program Coordinator

Bisirat "B" Sium
Bisirat.Sium.civ@mail.mil
755-1086

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>

Army Substance Abuse Program (ASAP) Services Link: <https://home.army.mil/humphreys/index.php/about/Garrison/directorate-human-resources/asap-services>

