



# Army Substance Abuse Program (ASAP)

Katrina Kilmartin

Installation Management Command integrates and delivers base support to enable readiness for a globally-responsive Army

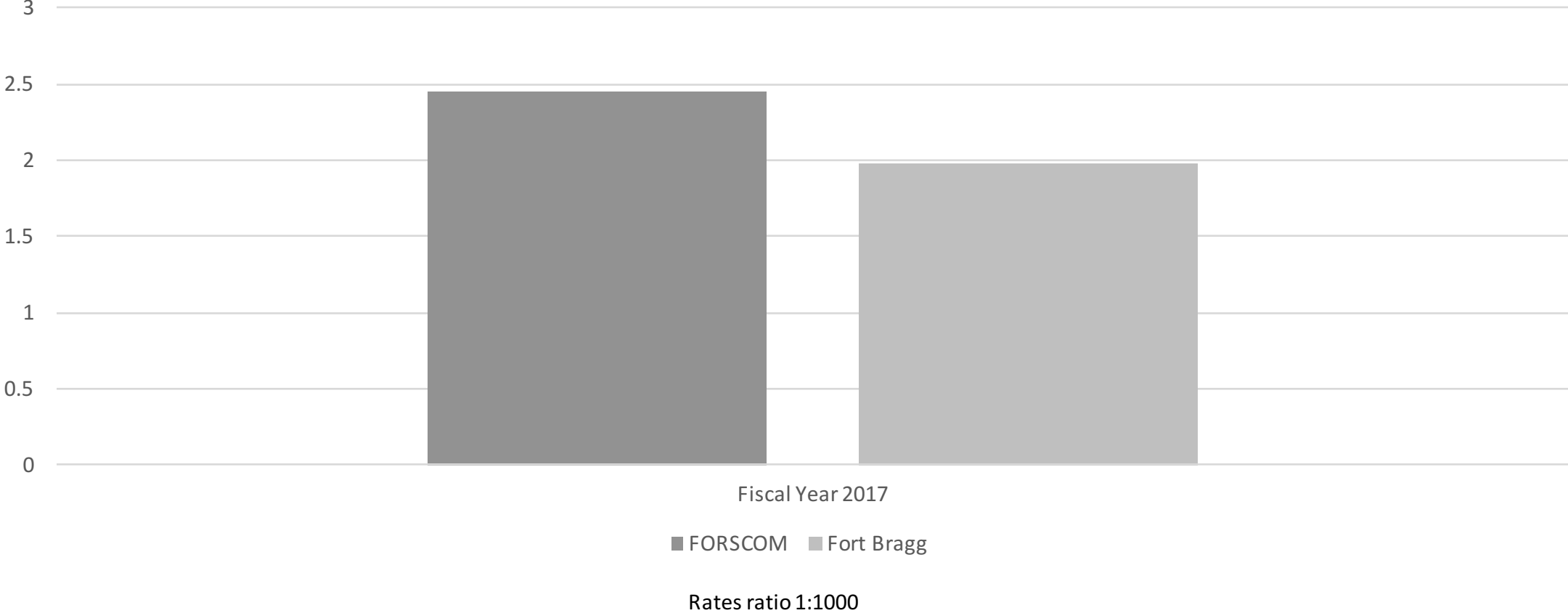
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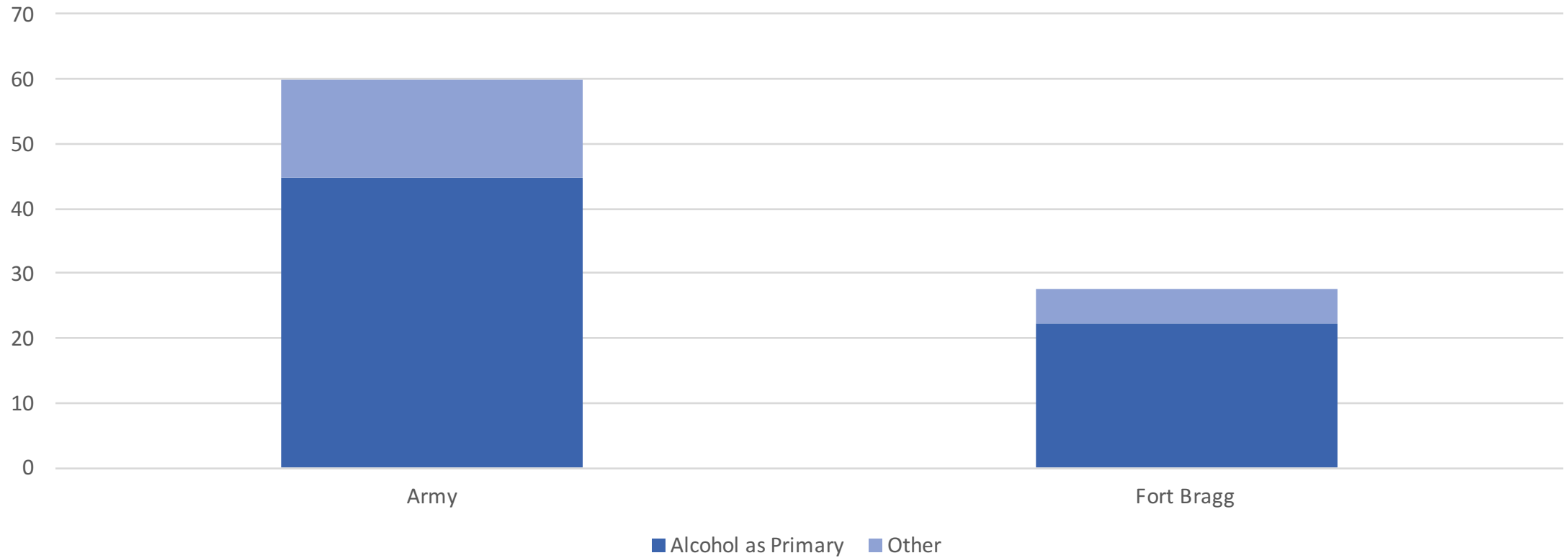
# CURRENT TRENDS

## Alcohol Related Incidents



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## Substance Use Clinical Enrollments



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# SIGNS OF ABUSE & ADDICTION

## ABUSE

- **Neglecting responsibilities**
- Using the drug under dangerous conditions or taking risks while under the influence
- **Legal trouble**
- Problems in relationships

## ADDICTION

- ▣ Increasing tolerance
- ▣ Taking the drug to avoid withdrawal
- ▣ **Loss of control**
- ▣ Life revolves around the use of the drug
- ▣ **Continued use despite negative consequences**



# HOW MUCH IS TOO MUCH?

- The \*NIAAA says that less than 2% of drinkers who fall within the following “low risk” guidelines develop an alcohol problem:

## 0-1-2-3 Guidelines

- **MEN:** No more than 1 **standard** drink per hour, no more than 2 **per day**, no more than 3 on any single sitting and no more than 14 **drinks** a week.
- **WOMEN:** 2 or fewer **standard** drinks on any single day and sitting and no more than 7 drinks per week.

**\*National Institute on Alcohol Abuse & Alcoholism**



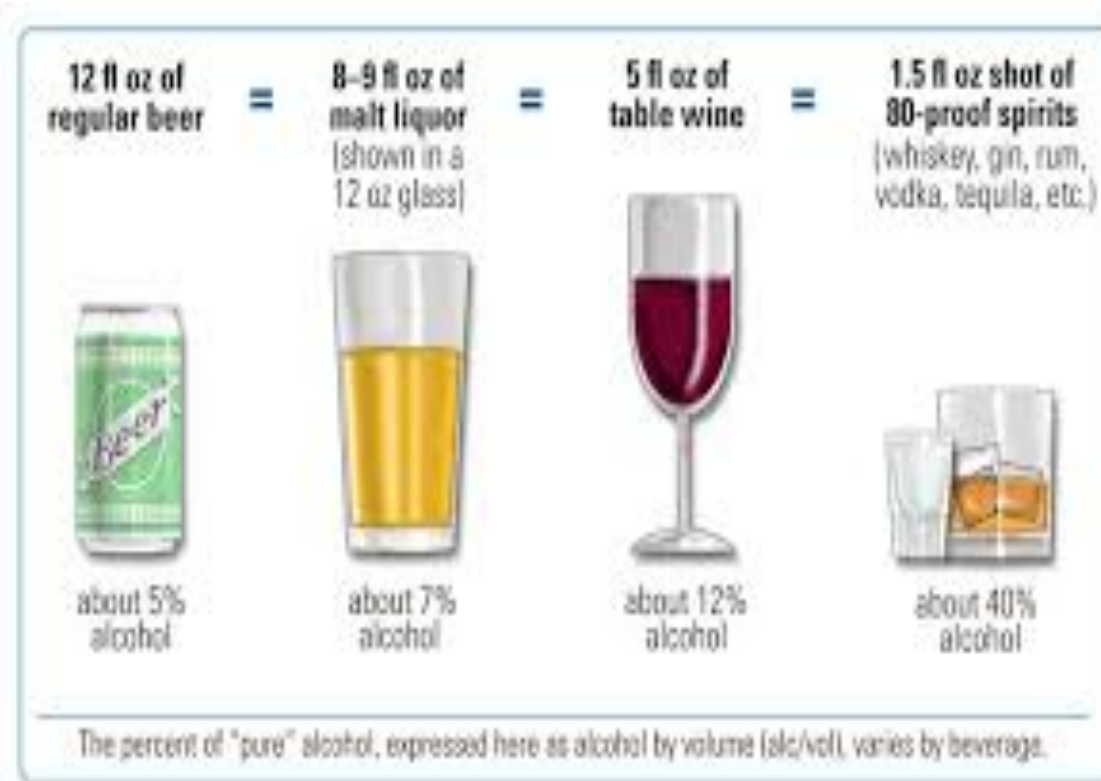
# IS THIS YOU'RE STANDARD DRINK?



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# WHAT IS A STANDARD DRINK? (American)





# Binge Drinking Games

- Designed for binge drinking
- Drinking IS the activity itself
- Intentionally surpassing personal drinking tolerance
- “State restricted/dependent learning”
- Amplifies peer pressure of binge drinking through common games and competition



# If You Choose to Drink Alcohol

## ➤ Drink RESPONSIBLY !

- Drink to enhance activities, not as the activity
- Drink with others (Know who you are drinking with)
- Drink Low Risk Amounts (0-1-2-3)
- Make a plan! (P.A.C.E.) (DD, Taxi (UBER), Pick-up, \$\$, DDI)



# Fort Bragg Local Policy

- Master Policy Letter #4
  - Mandatory initiation of separation
- Master Policy Letter #5
  - Cannabidoids, Synthetic/Alternative drugs, Paraphernalia (use/possession/distribution)
  - Underage alcohol use/possession/distribution



# Fort Bragg Resources

## Substance Abuse Prevention

- Risk Reduction
- Employee Assistance Program
- Drug Testing Center
- Education and Training

## Clinical/ Treatment

- Substance Use Disorder Clinical Care Clinics (SUDCC)
  - 3 clinics



# Contact Information

## Army Substance Abuse Program

Monday – Friday

(closed federal holidays)

Hours: 0800 – 1700 hrs

Phone: (910) 396-4100

Soldier Support Center, B-C

[www.bragg.army.mil/directorates/HR/ASAP/Pages/default.asp](http://www.bragg.army.mil/directorates/HR/ASAP/Pages/default.asp)

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### Other ASAP Services

Drug Testing.....	910.396.3081
Employee Assistance.....	910.396.6067
Risk Reduction.....	910.432.9367
Suicide Prevention.....	910.396.5159

