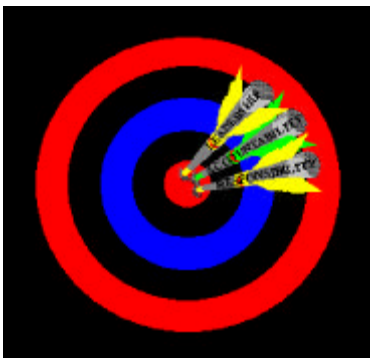

Right Spirit



**Get the
Right Spirit
Navy 2000**



This is my first opportunity since assuming the duties as Assistant Commander Navy Personnel Command, Personal Readiness and Community Support (PERS-6) in March 2000 to express my support for the Right Spirit.

Navy has made great strides in recent years in reducing the effects of alcohol abuse on fleet readiness. Alcohol Incidents have decreased from near 7,000 per year in 1996 to 3,953 in 1999. DWI arrests as well have decreased from 1,795 in 1996 to 983 in 1999. Alcohol related vehicle fatalities decreased from 29 in 1996 to 19 in 1999.

This tells us that Prevention Works.

It also tells us our work has just begun because further reductions will require even more effort.

Without a commitment to a strong prevention posture by Navy leaders and Sailors alike, we risk a return to higher incidents and serious impact on readiness. We cannot let this happen to our Navy.

I urge you to make the Right Spirit part of your daily Navy life. The Right Spirit and Navy Life... Getting Better Every Day.



Right Spirit is published by Navy Personnel Command, Alcohol Abuse Prevention Branch

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From the MCP0N



MMCM(SS/SW/AW) Jim Herdt
Master Chief Petty Officer of the Navy

After a night out on the town in San Diego, a shipmate experiences a sexual assault. After a party at a friend's house in Norfolk, a shipmate has a fatal accident on the way back to the BEQ. A Sailor takes a fatal fall from the balcony of an overseas hotel on his first liberty after a long period at sea.

These are tragedies that happen with too great a frequency in our Navy, and the proof of their occurrence comes home to me each morning as I read the message traffic. In the standard format for reporting SITREPs, there is a space for reporting whether or not alcohol was involved. It is disturbing to me that it nearly always is. In fact, if there is a common denominator in most of these horrendous situations that kill, maim, bring indescribable grief to families and destroy careers, it is alcohol.

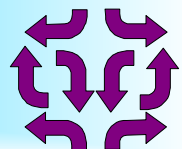
Several years ago, we launched the "Right Spirit" campaign as a new approach to controlling the bad things that happen to Sailors who drink. The focus of this innovative approach is "responsible" use of alcohol by those that choose to drink. "Right Spirit" works! Our focus has helped reduce alcohol-related incidents dramatically.

I believe we can attribute the success of "Right Spirit" to two factors. First, it is a common sense approach to dealing with alcohol. It recognizes that it's okay not to drink, but if we do drink we must drink responsibly. Second, it places trust in Sailors to conduct themselves and to help their shipmates conduct themselves in a way that is safe for everyone.

"Right Spirit" works for Sailors and because of Sailors. Let's talk it up and make sure all of our shipmates make responsible decisions regarding alcohol use. Most importantly, let's all do our part to protect our shipmates from being the subject of life altering unit SITREPs!



What direction are you going?



Are you anchored in your life ...
or... are you drifting away? How do you recover?

Your DAPA may be the answer. They can lead you in the *right* direction.

Get the Right Spirit



Come Aboard with the *Right Spirit* for Summer Safety



Booze & Boats Don't Mix

More than 50% of the boating accidents that result in death can be traced to alcohol impairment.

Boating Fatalities



Type of Accident
50% Alcohol Related



BALANCE..... Alcohol impacts an individual's sense of balance. A moment of dizziness or even a mis-step may not cause any harm on your patio or in a restaurant, but it can lead to disaster on the water.

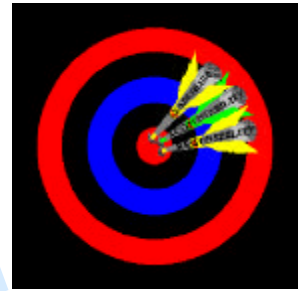
VISION..... Safe boating requires good vision and too much alcohol can seriously restrict your vision. It can create a "tunnel vision" effect, reducing peripheral vision. It can impair your ability to "focus" on objects and it can reduce your night vision, especially for reds and greens.....the colors of running lights.



Don't let this happen to you!



Get the Right Spirit



Latest News

Drinking Adult Drivers Faulted in Child Deaths

Most children 14 and under killed in alcohol-related crashes are passengers in automobiles driven by drivers who have been drinking, according to a study published today in the Journal of the American Medical Assn.

And more than two-thirds of these drinking drivers were not teenagers but old enough to be the parents or adult caregivers of the children who died in their cars, according to researchers at the federal Centers for Disease Control and Prevention who conducted the study.

The findings, culled from a decade of national crash statistics, contradict a widely held perception that kids are usually killed by drunken drivers who crash into them. The study's authors said that their research points to a need for greater awareness on the part of parents and stronger state laws aimed at drivers who drink and get behind the wheel with children in their cars. "These findings require us to think about new [strategies] to prevent these deaths," said Dr. Kyran Quinlan, a pediatrician and the lead researcher on the study. "We are suggesting that states [should] have lower blood alcohol limits for drivers transporting children and that families adopt a policy of zero tolerance for drinking and driving with children."

Remember that a drink is

- a 12-ounce can or bottle of beer
- a 5-ounce glass of dinner wine
- a shot of liquor or spirits
(either straight or in a mixed drink)²

Remember...
Drink Responsibly



Food for Thought

... for thinking Right Spirit

Add some of these to your grocery list!

FRUIT

- Apples, oranges, bananas, grapes, grapefruit, melon, strawberries, blueberries, exotic fruits, etc.
- Frozen and canned fruit are just as good, but watch for heavy syrup in the canned fruit.
- Any type of fruit blended with yogurt and juice makes a great treat.

VEGETABLES

- Potatoes, lettuce (the greener the better), tomatoes, onions, green/red/yellow peppers, mushrooms, carrots, celery, cucumber, squash, zucchini, broccoli, cabbage, etc.
- For salads: cut up vegetables or buy packaged salad fixings.
- Frozen vegetables are a wise option because they're easy to prepare; canned vegetables are also a good choice as long as the salt content is not too high.



Use Your Bean



Just about everyone can benefit from soy. What's the best way to get it into your diet?

START SMALL

Even a little soy goes a long way, so don't worry about overhauling your refrigerator. "Soy three times a week is enough to protect you antioxidant-wise," says James Anderson, M.D., author of the 1995 University of Kentucky study and a professor of medicine and clinical nutrition at the school. A serving of soy — an eight-ounce glass of whole soy milk, or a half cup of tofu or boiled soybeans — has approximately eight to 10 grams of PROTEIN.

BOTTOM LINE: One serving daily for nutritional benefits and a general protective effect; two to three servings daily (at least 20 to 25 grams of protein) for protection from heart disease, CANCERS and OSTEOPOROSIS.

**Choosing Healthy Foods
is
Choosing a Healthy Life!**

Get the Keys



How You Can Intervene

The Department of Transportation's National Highway Traffic Safety Administration (NHTSA) and The Advertising Council's Innocent Victims public service campaign emphasizes the need to intervene and Get the Keys away from someone about to drive drunk. But sometimes this is easier said than done. Below are some helpful tips and advice from focus group research on how people can Get the Keys away from a drunk driver:

- If it is a close friend, try and use a soft, calm approach at first. Suggest to them that they've had too much to drink and it would be better if someone else drove or if they took a cab.
- Be calm. Joke about it. Make light of it.
- Try to make it sound like you are doing them a favor.
- If it is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over the keys. Usually they will listen.
- If it's a good friend, spouse, or significant other, tell them that if they insist on driving, you are not going with them. Suggest that you will call someone else for a ride, take a cab, or walk.
- Locate their keys while they are preoccupied and take them away. Most likely, they will think they've lost them and will be forced to find another mode of transportation.
- If possible, avoid embarrassing the person or being confrontational, particularly when dealing with men. This makes them appear vulnerable to alcohol and its effects.

Latest Factoids from the NHTSA:

- Since 1982, annual alcohol-related traffic deaths have been reduced by 37%.
- About three in every ten Americans will be involved in an alcohol-related crash at some time in their lives.



- In 1999, there were nearly two alcohol-related traffic deaths per hour, 44 per day and 306 per week. That is the equivalent of two jetliners crashing week after week.
- During the period 1982 through 1999, approximately 349,472 persons lost their lives in alcohol-related traffic crashes.
- A driver with a blood alcohol content of 0.15 is more than 300 times more likely to be involved in a fatal crash.

Get the
"Right Spirit"

Be a Positive Role Model



Whether you're a parent or a big brother or sister, children learn by observing – remember, you are a child's most important role model.

Set an example with the *Right Spirit*

Build an appreciation for life's variety:

Play a game, build or bake something, walk the dog. You don't have to spend money to have fun!

Plan special times or outings



Provide valuable behaviors for your child to imitate . . . like following a good diet and exercising regularly.

Praise children for their efforts.

Be a good listener.

Show that you respect their concerns and problems.



Teach young people
It's okay *Not* to drink

Alcohol



Alcohol is not a magic potion.

It doesn't make you look good, appear cool, or feel courageous.

It simply robs you of your mind.

You can't leap buildings in a single bound. You probably can't even hurdle the sofa.

Alcohol isn't really all it's cracked up to be.

But ... there is help.

You can contact your **DAPA** because they work for you – every day.

Do not hesitate to talk to the **DAPA** when you need advice for yourself or a shipmate about alcohol problems. You will be glad you did!

Drug and Alcohol Program Advisor (DAPA) works for you!

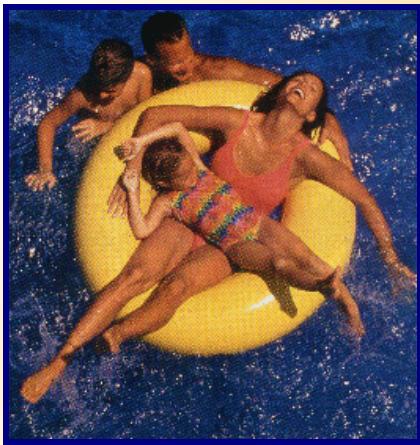
You can find this publication on the web: <http://navdweb.spawar.navy.mil>

Right Spirit

Summer Fun in the Sun



The heat is on this summer – the effects of drinking alcohol can sneak up on you when you're outdoors.... drink responsibly.



Take time to relax ...

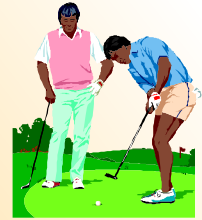
Also, take time to prepare refreshing treats that help beat the Summer Heat!

- * Fill up a water bottle with water or juice and place it in the freezer overnight.
- * Chop up fresh fruit and put in small plastic containers in the fridge.
- * Keep ready-to-go foods in fridge: yogurt, applesauce, nonfat pudding, Jell-O or cheese
- * Make your own trail mix – raisins, apples, dates, nuts, carob chips – be creative!

Choose Not to Drink
and
Still Have Fun!

Enjoy some healthy activities:

Swimming
Hiking
Canoeing
Volleyball
Golf



Have a great summer!



Planning activities with friends or getting involved with social groups can benefit your body, mind and soul.

For your Body, Mind and Right Spirit

Stress Management: 7 Self-Care Techniques

Many people don't realize it, but stress is a very natural and important part of life. Without stress, there would be no life at all!

We need stress (eustress), but not too much stress for too long (distress). Our body is designed to react to both types of stress. Eustress keeps us alert, motivates us to face challenges, and drives us to solve problems.



Distress, on the other hand, results when our bodies over-react to events. It is how we perceive and interpret the events of life that dictates how our bodies react. If we think something is scary or worrisome, our bodies react accordingly.

What we all need is to learn to approach matters in more realistic and reasonable ways. Strong reactions are reserved for serious situations. Manageable reactions are better for the everyday issues that we all have to face.

Realize that stress comes from our response to pressure.

If the pressure gets to be too much - - ask for help before it gets the best of you.



What we need to do is modify our over-reactions to situations. The following suggestions are designed to reduce distress – Try them, they work!

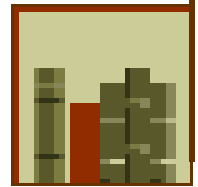
- ◆ **Learn to Relax.** Throughout the day, take “mini-breaks.” Sit down and get comfortable, slowly take a deep breath in, hold it, and then exhale *very slowly*.
- ◆ **Get Organized.** Develop a realistic schedule of daily activities that include time for work, sleep, relationships and recreation. Use a daily “things to do” list. Use your time and energy as effectively as possible.
- ◆ **Exercise.** Physical activity has always provided relief from stress. A regular exercise program helps reduce the effects of stress before it becomes distress.
- ◆ **Reduce Time Urgency.** Allow plenty of time to get things done. Plan your schedule ahead of time.
- ◆ **Disarm Yourself.** Every situation in life does not require you to be competitive. Adjust your approach to an event according to its demands. You don't have to raise your voice in a simple discussion.
- ◆ **Quiet Time.** Balance your family, social and work demands with special private times. Hobbies are good remedies to daily pressures. Take a quiet walk or listen to calming music. Don't forget deep breaths.
- ◆ **Practice Acceptance.** Many people get distressed over things they won't let themselves accept. Often these are things that can't be changed, like someone else's feelings or beliefs. If something unjust bothers you, that's different. If you act in a responsible way, the chances are you will manage stress effectively.





Resources

More information is available



Your Primary Source

Drug & Alcohol Program Management
Activities (DAPMA)

San Diego DSN 522-4964
Commercial (619) 532-4964
Fax (619) 532-4984

Norfolk – DSN 564-8190/93
Commercial (757) 444-8190/93
Fax (757) 444-4676

Courses available:

DAPA Course
ADAMS for Managers
ADAMS for Supervisors
ADAMS for Facilitators
Alcohol AWARE
Urinalysis Program Coordinator (UPC)
PREVENT 2000

Helpful web sites:

Navy Drug & Alcohol

<http://navdweb.spawar.navy.mil>

Prevention Online – (PREVLIN)

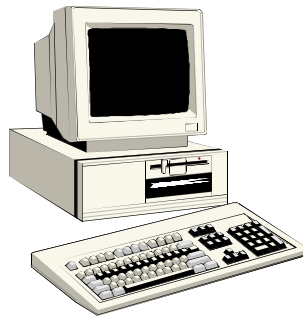
<http://www.health.org>

Addiction Connection

<http://www.addictioninfo.com>

Mothers Against Drunk Driving

<http://madd.org>



Alcoholism Help

<http://www.alcoholismhelp.com>

Blood Alcohol Content

<http://www.ou.edu/oupd/bac.htm>

Nat'l Institute on Alcohol Abuse

<http://www.niaaa.nih.gov/>

Food & Drug Administration

<http://www.fda.gov>

Get the Right Spirit

NOW AVAILABLE!!!



NSN 0500LP0 103420



NSN 0500LP 0103480



NSN 0500LP 540700



NSN 0500LP 0103410

4 NEW POSTERS

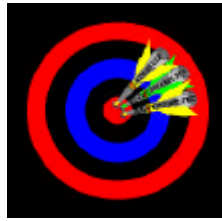
- There's No Way to Tell Who Might Develop an Alcohol Problem - NSN 0500LP0103480
- Drinking is Dangerous for Lots of People- NSN 0500LP540700
- Athletics and Drinking Don't Mix – NSN 0500LP0103410
- Alcohol Abuse Can Destroy Families – NSN 0500LP0103420

THESE POSTERS ARE NOW AVAILABLE THROUGH SUPPLY CHANNELS FROM:

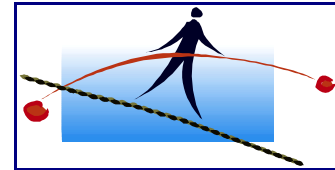
NAVY PUBLICATIONS CENTER, 5450 Carlisle Pike,
Mechanicsburg, PA 17055-0789.

Order by stock number at: www.nll.navsup.navy.mil

From OPNAVINST 5350.4C:



Get the
"Right Spirit"



What is an "Alcohol Incident?"

This is an offense, punishable under the Uniformed Code of Military Justice or civilian laws, committed by a member, to which, in the judgment of the member's Commanding Officer (CO), the offender's consumption of alcohol was a contributing factor.

Alcohol abuse/dependency screening is mandatory for members who are involved in an alcohol incident regardless of rank or status.

COs are responsible for obtaining DAPA and medical screenings for all members who incur alcohol incidents.

The following are examples of events after which members shall be screened:

- (1) DUI/DWI
- (2) Drunkenness or drunk and disorderly conduct
- (3) Alcohol-related non-judicial punishment
- (4) Alcohol-related civilian arrest
- (5) Alcohol-related spouse/family member abuse
- (6) Alcohol-related courtesy turnover by shore patrol, base or local police
- (7) Incompetence for duty due to alcohol intoxication or impairment

The above list is not all-inclusive and is for illustrative purposes only. COs or equivalent should consult with the command DAPA, legal officer, ADCO or COMNAVPERSCOM (PERS 602) for additional guidance or clarification as required.

This guy was lucky . . . *this time.*



Man Survives Car Crash, Record Alcohol Level

German police arrested a motorist in Karlsruhe, Germany recently with a blood-alcohol content of 4.46 percent, after he drove his car into a motorway crash barrier.

Police said the alcohol reading was the highest ever registered by the authorities in the southern German town of Karlsruhe. The legal limit is 0.5 percent.

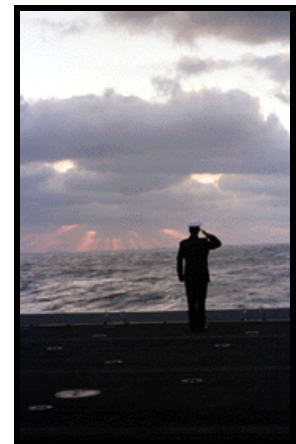
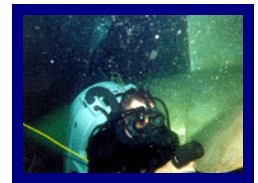
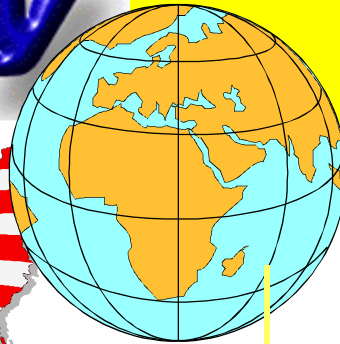
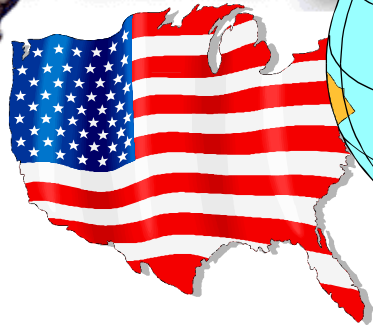
The 40-year-old motorist, who suffered only slight injuries, was said to be "completely inebriated" but managed to apologize to the police for his "stupidity." They still took away his license, though.



The United States www.navy.mil

Navy

ACROSS THE WORLD



Whatever
You
DO

REMEMBER

it's ok not to drink



***Jump into Life
with
the Right Spirit!***

