

# ASAP Bulletin

Schweinfurt USAG

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## TOPICS IN THIS ISSUE:

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## **Education requirements for Soldiers and Civilians**

It is a mandatory requirement that 4 hours of prevention education be provided to all Soldiers and 2 hours to all Civilian Employees on a yearly basis. Unit Prevention Leaders are required to assure that the training is completed in their units. Contact Alan Hoffman, Prevention Coordinator, for training materials or to arrange for an instructor to train your unit.



A USAG Schweinfurt soldier wears "Fatal Vision" goggles to simulate the experience of impaired driving at an Alcohol Awareness event.

## **April is Alcohol Awareness Month**

Schweinfurt's Army Substance Abuse Program will offer free alcohol screenings on Thurs. April 5 in the Main PX lobby to encourage soldiers and families to enjoy a safe spring break. Participants will learn more about healthy drinking choices and receive a free gift for completing a confidential alcohol use questionnaire.

Licensed counselors will be available to answer questions and explain what an alcohol problem looks like and what it means to be alcohol dependent.

"People can stumble into an alcohol problem without really being aware of it. Nobody wakes up one day and says, 'Today I think I'll have a problem.' It's more subtle than that," said Dr. Art Tolentino, ASAP Clinical Program Manager.

National Alcohol Screening Day is an annual outreach, education, and screening campaign backed by a number of governmental and nonprofit

organizations. The program encourages agencies to raise awareness about alcohol misuse and refer individuals with alcohol problems for further treatment. ASAP staff in Ansbach and Bamberg are hosting similar events as part of a combined effort to raise awareness of healthy drinking choices.

“Young soldiers come over from the states and realize the drinking age is much lower here. It’s easy to get excited about the great traditions of beer and wine in Germany, but forget that some very bad things can happen if they aren’t careful,” said Alan Hoffman, ASAP Prevention Coordinator. “We hope this event will give people a chance to stop and think about managing their risk level when they drink.”

Alcohol addiction is often cited as a leading cause of health problems, including liver disease, cancer, and cardiovascular disease.

“People who choose to drink heavily can build their tolerance over time until they are past the point when they start to run into trouble. All it takes is one DUI, one alcohol incident, to change your whole life,” Tolentino said.

Following the screening event, ASAP challenges all US personnel to engage in three alcohol-free days during the annual National Alcohol-Free Weekend, which takes place this year April 7-9.

“Anyone who has a hard time getting through three days without drinking might take it as a warning sign,” said Hoffman. He encouraged anyone with concerns for themselves or a family member to contact ASAP, Military Family Life Consultants, or Alcoholics Anonymous (AA) to learn more about alcoholism and its early symptoms.

For additional information about AA, visit <http://www.aa.org/>.

For more information about the Army Substance Abuse Program, visit our web page at <http://www.schweinfurt.army.mil/directorates/dhr/asap> or call DSN 353-1710.

## Civilian Employee Assistance Program

EAP supports civilian employees, and the community in improving quality of life and productivity by providing professional, short-term counseling and educational services to all civilian personnel and their family members.

Sometimes it’s good to talk and get another person’s perspective about difficult life situations. We offer confidential problem-solving discussion and resource referral for

- ◆ Financial or legal difficulties
- ◆ Transitions
- ◆ Stress reduction
- ◆ Relationship conflicts
- ◆ Work problems
- ◆ Substance abuse
- ◆ Child or elder needs
- ◆ Communication skills
- ◆ Family responsibilities



**Alan Hoffman, M.A. LMFT LCDC**  
**Civilian EAP Program Coordinator**  
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## What is Alcoholism?

Alcoholism, also known as “alcohol dependence,” is a disease that includes four symptoms:

- **Craving:** A strong need, or compulsion, to drink.
- **Loss of control:** The inability to limit one’s drinking on any given occasion.
- **Physical dependence:** Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.
- **Tolerance:** The need to drink greater amounts of alcohol in order to “get high.”

People who are not alcoholic sometimes do not understand why an alcoholic can’t just “use a little willpower” to stop drinking. However, alcoholism has little to do with willpower. Alcoholics are in the grip of a powerful “craving,” or uncontrollable need, for alcohol that overrides their ability to stop drinking.



Many people wonder why some individuals can use alcohol without problems but others cannot. One important reason has to do with genetics. Scientists have found that having an alcoholic family member makes it more likely that if you choose to drink you too may develop alcoholism. Genes, however, are not the whole story. Factors in the person’s environment can trigger alcoholism, such as where and how he or she lives, family, friends, culture, and peer pressure.



## UNIT BULLETIN BOARDS

Remember – you must have a bulletin board in your unit devoted to Army policies, SOPs and referral information on alcohol and drug issues for those seeking assistance. Items to include:

- ◆ Alcoholics Anonymous (AA) and other 12-Step Meeting Schedules
- ◆ Emergency first-aid/overdose poster
- ◆ Unit/CMD policy letter and SOP
- ◆ UPL appointment orders (block out SSN) for both primary and alternate UPL
- ◆ Strip map to ASAP with phone number
- ◆ 3 x 5 card advising of location of AR 600-85 within unit
- ◆ Posters, drug pamphlets, brochures, and information sheets.
- ◆ Unit designated driver/chain of command information.

Please make sure your unit information is updated (names (Cdr/1SG), phone numbers, e-mail addresses, etc.). Send information to Melissa Emmert, Program Assistant, at [melissa.l.emmert.civ@mail.mil](mailto:melissa.l.emmert.civ@mail.mil)

### UPCOMING TRAININGS

**UPL certification class** is 14-18 May 2012. Contact Lynette Purvis, Drug Testing Coordinator at 353-1710 or email [lynette.r.purvis.civ@mail.mil](mailto:lynette.r.purvis.civ@mail.mil)

The next **ADAPT class** will be 17-18 April 2012. Contact ASAP at 353-1710 for more information.

**EAP NOTES**

# Coping with Change in the Workplace

*No matter where you are in life, it's a certainty that change will be dropping by soon. Sometimes the impulse is to lock the door and pull down the blinds. That's understandable. Change is a real stressor, even when positive.*

## The Bombshell

Change can be exceptionally difficult to deal with, especially when it's unexpected. During these times, fear and anger often become our default responses.

A transitional period in which you feel uncomfortable is natural. Forgive yourself for it. In the meantime, there are several things you can be doing to smooth the process.

**Clarify goals:** Uncertainty can be a driver of fear and negativity. Determining the goals that are responsible for a particular change allows you to tailor your response and place your focus on results rather than emotion.

**Resist snap judgments:** Changes are sometimes thrust upon us with little notice or explanation, forcing us to act before we have complete information. It's frustrating to operate in the dark. It seems we're hardwired to have an opinion on everything. Spending your energy on gathering information rather than mulling over outcomes will help you stay productive and maintain peace of mind.

**Try to see the big picture:** Change always comes with some negative effects. Separate the short-term growing pains from longer-term considerations, and consider both the direct and indirect effects that change will have on you and your environment.

**Troubleshoot:** You are likely going to be operating with some unknown outcomes. Brainstorm probable scenarios and put together a plan for dealing with trouble spots. This will save you headaches down the road and give you a sense of purpose and control in the meantime.

Remaining positive and assured isn't easy in times of change, but it is these moments that define your professionalism. The next time workplace change turns your life upside down, take measure of the opportunities presented.

The ability to deal with change effectively is one of your strongest potential assets. Displaying a calm demeanor and a thoughtful, results-oriented approach to change indicates a flexibility and leadership that is highly coveted in the workplace.

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As seen in *Bavarian News*:

## Schweinfurt Briefs

### New AA meeting

Feb. 15 and every Wed: New in Schweinfurt, this open meeting at 7 p.m. on Wednesdays in the Bradley Inn Basement is available to anyone seeking information about solving their own drinking problem or helping someone else solve such a problem. Guests are welcome. There is no requirement to speak - only to listen with an open mind. Questions? Call DSN 353-1710, CIV 09721-96-1710.

### Other Meetings:

Beginner Group, Tues. 2000 at Christuskirche, Maibacher Straße 50, 97424 Schweinfurt

Directions: Niederwerrn Strasse toward downtown, pass Ledward, turn left at the light. Follow Franz-Schubert-Straße past the MP station. Church is at top of the hill on other side of Maibacher.

Topic Meeting, Fri. 2000 at Auferstehungskirche, Brombergstraße 73A, 97424 Schweinfurt

Directions: Take JFK Ring to E-Center, turn right onto Oskar Von Miller Straße, go around the traffic circle, exit onto Brombergstraße, go up a slight hill for two blocks. Church is on the right.