

"Summer Sense Campaign" set to kick off

Army Substance Abuse Program Release

"Summer Sense Campaign" held Memorial Day through Labor Day

Summer is upon us and once again the Army Substance Abuse Program will support the Summer Sense Campaign, from Memorial Day through Labor Day.

For many people summer time means more time outside with friends and family. Be it at the beach, the pool, a BBQ or any other outdoor activity, summer means more social time for many. Unfortunately, summer brings with it an increased rate of alcohol abuse and drunk driving.

Increased education combined with an increased law enforcement presence on the roads and at sobriety checkpoints, will result in more people realizing that if they're going to drink they need to stay at home or identify a sober designated driver. The Designated Driver is a person who is NOT drinking.

This summer program will emphasize healthy and safe ways to engage in summer activities.

To raise the awareness level of the community, the Army Substance Abuse Program will be highlighting a variety of topics, and will increase public awareness through a variety of media sources. Check the Banner, Current Events, and bulletin boards throughout the installation for important facts and information that will help you and your family enjoy a safe summer.

The following prevention classes will be offered throughout the campaign. You must make a reservation to ensure a space in the class.

JUNE 2009

TOPIC: Think Twice. Marijuana and Cancer.

For years, marijuana has been regarded as a harmless drug – especially by young people. Conflicting scientific data and social attitudes have hidden many of the side effects from the public. However, over the last few years, recent advances in research technology have provided new evidence concerning marijuana's health risks. In particular, the link between marijuana smoking and cancer has become quite clear. Find out more by attending this class.

Tues. June 9	1 p.m.	ASAP, Bldg 632
Thurs. June 11	11 a.m.	ASAP, Bldg 632
Thurs. June 18	1 p.m.	ASAP, Bldg 632
Tues. June 23	11 a.m.	ASAP, Bldg 632

JULY 2009

TOPIC: Stress and Anxiety in the Workplace.

This class will help you learn what to stress, or, in other words, how to manage your stress. Whether your stress comes from personal problems or professional pressures, you'll learn how to approach stressful situations on and off the job and how to manage your own reactions to stress.

Tues. July 14	1 p.m.	ASAP, Bldg 632
Tues. July 21	11 a.m.	ASAP, Bldg 632
Thurs. July 23	1 p.m.	ASAP, Bldg 632
Tues. July 28	11 a.m.	ASAP, Bldg 632

For more information, to register for a class, or to schedule individual organization training, contact the Prevention office at 245-4576/3790.

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