

## Alcohol and Drug Abuse -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<input type="checkbox"/> <b>Common indicators of distress</b>  <input type="checkbox"/> “At Risk” or “Heavy” Drinking  <div style="margin-left: 20px;"> <input type="checkbox"/> Men: More than four (4) drinks on any day or 14 drinks per week   <input type="checkbox"/> Women: More than three (3) drinks on any day or seven (7) drinks per week         </div> <input type="checkbox"/> Alcohol on their breath at the work place  <input type="checkbox"/> Appearing intoxicated during duty hours  <input type="checkbox"/> Appearing "hung over" on multiple occasions  <input type="checkbox"/> Indications of alcohol withdrawal such as tremors, sweating, anxiety, and irritability. <u>MAY BE A MEDICAL EMERGENCY</u>  <input type="checkbox"/> Reputation as a heavy drinker.  <input type="checkbox"/> Consumption of caffeinated beverages with alcohol.  <input type="checkbox"/> Presence of other stressors such as relationship, financial, work-related stressors.  <input type="checkbox"/> History of previous or ongoing treatment for	<input type="checkbox"/> <b>Consider General Wingman Actions</b>  <input type="checkbox"/> Create a unit and community environment that promotes and encourages responsible use of alcohol  <input type="checkbox"/> Create a unit and community environment that encourages self-identification as soon as substance abuse begins to cause minor problems  <input type="checkbox"/> Create an atmosphere within the unit and community in which it is clear that alcohol-related misconduct is not acceptable  <input type="checkbox"/> Encourage open communication regarding substance abuse and the negative impact it has.  <input type="checkbox"/> Be aware that persons with substance abuse problems are very good at hiding it. Isolated instances of problems related to substance abuse may be the “tip of the iceberg.”  <input type="checkbox"/> Be aware that substance abuse puts people at greater risk for depression, suicide, violence, financial problems, marital problems and negative career impact.  <input type="checkbox"/> Be aware that alcohol/substance abuse may represent an individual’s	<input type="checkbox"/> <b>Consider General Command Actions</b>  <input type="checkbox"/> Ensure personnel are aware of the negative impact of substance abuse and can identify possible indicators of at-risk personnel  <input type="checkbox"/> Ensure personnel are aware of policies related to substance abuse  <input type="checkbox"/> Ensure personnel are aware of resources for seeking help for substance related problems and how to refer individuals for assessment and/or treatment  <input type="checkbox"/> Communicate clearly that isolated instances of substance-related problems should be reported to command.  <input type="checkbox"/> Observe and document the performance and conduct of subordinates when alcohol misuse is suspected to be a factor in declining duty performance or inappropriate off-duty behavior  <input type="checkbox"/> Clearly communicate a desire to help personnel manage potential substance use problems before they have a negative impact on work, relationships and health

<p>substance abuse, depression, anxiety or other mental health or medical problems.</p> <p><input type="checkbox"/> History of self-injurious behavior (i.e., cutting) suicide attempts or aggression toward others.</p>	<p>unhealthy attempt to cope with other problems.</p> <p><input type="checkbox"/> Ensure personnel who appear to be experiencing alcohol withdrawal receive a prompt medical evaluation.</p> <p><input type="checkbox"/> Always take care of someone who is intoxicated by not allowing them to drive, be alone with people they don't know or continue consuming alcohol</p>	<p><input type="checkbox"/> Recognize that individuals diagnosed with alcohol abuse or dependence need specialized treatment</p> <p><input type="checkbox"/> Direct blood alcohol and drug testing, if appropriate</p> <p><input type="checkbox"/> Refer all suspected substance abusers to the ADAPT Program for an evaluation, per AFI 44-121</p> <p><input type="checkbox"/> Assess the member's suitability for continued military service following successful completion of treatment</p> <p><input type="checkbox"/> Serve as an active member of the treatment team (TT) when an Airman or employee is diagnosed with a substance use disorder</p>
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