

# Drug & Alcohol Risk Action Plan

GOOD >>	BETTER >>	BEST >>	RESOURCES
<ul style="list-style-type: none"> <li>➤ <b>Promote knowledge of UA program;</b> random means <i>random</i>, not <i>annual</i></li> <li>➤ <b>Promote fitness &amp; nutrition</b> (e.g., Command PT &amp; routine physical activity)</li> <li>➤ <b>Complete these E-OSC modules as a Command:</b> Stress &amp; resilience, mindfulness, valued living, flexible thinking, healthy behaviors, &amp; problem solving</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Promote</b> social events not focused on alcohol</li> <li>➤ <b>Promote protective factors:</b> Cohesion, connectedness, inclusion, engagement, commitment, &amp; fairness</li> <li>➤ <b>Emphasize that DAPA serves as a prevention role</b> (i.e., self-referral &amp; education, not just treatment)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Promote</b> healthy living</li> <li>➤ <b>Promote protective factors</b> - Cohesion, connectedness, inclusion, engagement, commitment, &amp; fairness</li> <li>➤ <b>Leverage Small Group Messaging</b> vice Group Messages</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Alcohol &amp; Drug Misuse Prevention &amp; Control</a></li> <li>• <a href="#">Drug &amp; Alcohol Deterrence (DAD)</a></li> <li>• <a href="#">Detection &amp; Deterrence Webinars</a></li> <li>• <a href="#">Drug Education for Youth (DEFY)</a></li> <li>• <a href="#">Navy MORE: My Ongoing Recovery Experience</a></li> <li>• <a href="#">Military OneSource Substance Abuse &amp; Addiction</a></li> <li>• <a href="#">Operation Supplement Safety</a></li> <li>• <a href="#">Own Your Limits</a></li> <li>• <a href="#">Too Much To Lose</a></li> <li>• <a href="#">Expanded Operational Stress Control (E-OSC)</a></li> <li>• <a href="#">Full Speed Ahead 3.0</a></li> <li>• <a href="#">Warrior Toughness</a></li> <li>• <a href="#">Resilience Toolkit</a></li> <li>• <a href="#">Command Resilience Teams</a></li> <li>• <a href="#">Cultural Champion Network</a></li> <li>• <a href="#">Human Factors Councils</a></li> </ul>