Drug & Alcohol Risk Action Plan

GOOD >>	BETTER >>	BEST >>	RESOURCES
➢ **Promote knowledge of UA program**; random means *random*, not *annual* ➢ **Promote fitness & nutrition** (e.g., Command PT & routine physical activity) ➢ **Complete these E-OSC modules as a Command:** Stress & resilience, mindfulness, valued living, flexible thinking, healthy behaviors, & problem solving	➢ **Promote** social events not focused on alcohol ➢ **Promote protective factors**: Cohesion, connectedness, inclusion, engagement, commitment, & fairness ➢ **Emphasize that DAPA serves as a prevention role** (i.e., self-referral & education, not just treatment)	➢ **Promote** healthy living ➢ **Promote protective factors** - Cohesion, connectedness, inclusion, engagement, commitment, & fairness ➢ **Leverage Small Group Messaging** vice Group Messages	• Alcohol & Drug Misuse Prevention & Control • Drug & Alcohol Deterrence (DAD) • Detection & Deterrence Webinars • Drug Education for Youth (DEFY) • Navy MORE: My Ongoing Recovery Experience • Military OneSource Substance Abuse & Addiction • Operation Supplement Safety • Own Your Limits • Too Much To Lose • Expanded Operational Stress Control (E-OSC) • Full Speed Ahead 3.0 • Warrior Toughness • Resilience Toolkit • Command Resilience Teams • Cultural Champion Network • Human Factors Councils