


**What shall we do
with a drunken sailor
(soldier or airman)?
Achieving cultural change
without the lash.**

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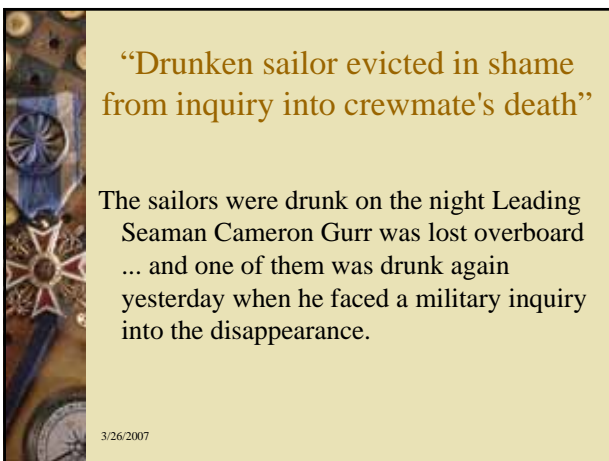
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What will they do with drunken Sailor?

By Ben Kimber in Cape Town
Monday, February 26, 2006

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**“Drunken sailor evicted in shame
from inquiry into crewmate's death”**

The sailors were drunk on the night Leading Seaman Cameron Gurr was lost overboard ... and one of them was drunk again yesterday when he faced a military inquiry into the disappearance.

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The Aussie Culture

Binge drinking a fun thing for 1 in 3

Adam Crosswell
Health editor

BINGE drinking is rising so quickly in Australia that it now affects at least one-third of young adults — and nearly one-quarter have passed out from excessive drink on at least five separate occasions.

Experts have described the findings as “alarming” and say Australia is in danger of following countries such as Britain, where every weekend drinker suffers long disorder and violence to scores of once-quiet towns.

The figures were released last week following a survey commissioned by the not-for-profit Alcohol Education Rehabilitation Foundation, which was set up in 2005 and received \$15 million from the Federal Government for prevention, treatment and research into alcohol abuse.

Binge drinkers — defined in the survey as those who go out seeking to get drunk — are at much greater risk of violent injury or accident and much more likely to engage in casual sex.

The findings also showed many young people have a poor grasp of how much alcohol is too much. Of those who said they drank more than 10 drinks on a single occasion, one-third said they did not classify themselves as binge drinkers. In fact, National Health and Medical Research Council guidelines define excessive consumption as over six standard drinks for a man, and over four for a woman.

Foundation director Cheryl Hart says the binge-drinking trend here is “increasing, particularly for young women” and becoming “part of our cultural norm”.

“We have evidence coming out of England that there are 30-year-olds with severe health issues, with damage to their liver and so on,” Ms Hart said. “No-one is saying ‘don’t drink’ — we all recognise that occasionally people have a big night. But what’s shocking is that young people are now going out to get smashed — they don’t go out to see a band, or pick up girls, but to get smashed. That’s what’s alarming, and that’s what’s a silent and deadly epidemic.”

AERF chairman professor Ian Webster says binge drinking causes a huge toll in terms of violent injuries and accidents, and is a much worse problem than illicit drugs such as cannabis or amphetamines.

“In terms of loss of life, admissions to hospital, and economic cost, alcohol death those drugs,” Webster said.

Alcohol directly causes between 2500 and 4000 deaths annually, compared to about 1200 for all other drug use from tobacco, which directly causes about 20,000 deaths.

Independent alcohol expert professor Paul Haber, director of the drug and alcohol service at Sydney’s Royal Prince Alfred Hospital, says it is “particularly alarming” that some young people see nothing wrong with drinking 10 drinks or more in one night.

“We have reasons to believe that the risk of alcohol dependence is going to start to rise (due to increased binge drinking),” Haber said.

THE DOCTOR Linda Collins

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Shell-Shocked!

Newcastle Knights chief executive Ken Conway has admitted some of his players have **an alcohol problem** and will rush through a new drinking policy to end the booze culture that led to last Sunday's dorm-room romp. *Sun Herald* 27/02/2005

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"We Wuz Drunk"

The most revealing aspect of the public parade of contrition of the 12 Newcastle Knights players who'd rampaged through a Charles Sturt University student dormitory at 5 am last Sunday was that they'd **completely ignored their club's attempts to educate them about acceptable behaviour** to protect the now very tarnished reputation of rugby league.

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Alcohol and the Military A Chinese Perspective

'In the vicissitudes of dynasties, wars followed all the way. Alcohol was the only entertainment of the military in the time of cold weapons....The stimulating agent can make cowards brave and stir up the exhausted and heighten the morale of the army'

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A Universal Problem



NIAAA NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM and partner
of the National Institute of Health

Publications

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Alcohol Use and Preventing Alcohol-Related Problems Among Young Adults in the Military

Genevieve Ames, Ph.D., and Carol Cunradi, M.P.H., Ph.D.

Genevieve Ames, Ph.D., is a senior research scientist, and Carol Cunradi, M.P.H., Ph.D., is a research scientist, both at the Prevention Research Center, Pacific Institute for Research and Evaluation, Berkeley, California.

Heavy alcohol use is a significant problem in the military. Personnel often use alcohol in an attempt to cope with stress, boredom, loneliness, and the lack of other recreational activities. The easy availability of alcohol, unregulated drinking opportunities, and inconsistent policies contribute to a work culture that facilitates heavy and binge drinking in this population. Prevention strategies such as alcohol use policies combined with campaigns focusing on alcohol de-stigmatization, personal responsibility, and health promotion currently are being implemented to help reduce heavy alcohol use, but further research is needed to evaluate the effects of these efforts. Understanding the characteristics of military culture that encourage or allow heavy and binge drinking practices also will help in designing effective prevention approaches.

Camaraderie



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Military Culture

- ◆ Defence Act – member not employee
- ◆ Creates tight teams within teams
 - ‘Mateship’ & Peer Group
 - Locum ‘family’
- ◆ Messes, Wardrooms and Clubs
 - Home of the history & traditions of the service
 - Social & Professional Hub
 - Subsidised alcohol
 - Mandatory Attendance
 - ‘Shouting’

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Deployment



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Deployments

- ◆ Often totally dry
- ◆ Pre and post-deployment parties
 - Part of team bonding
 - Transition from one family to another
 - Actively encourages binge drinking

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Away from Home

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Disaster Response

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Playing for Keeps

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Military Stressors

- ◆ Exposure to personal danger
- ◆ Exposure to the suffering of others
- ◆ Perceived loss of control
 - Command system
 - Politics
 - Behaviour of others
 - Environment

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ADF Mental Health Strategy

- ◆ ADF Health Status Report 2000
- ◆ Directorate of Mental Health 2001
 - Multidisciplinary
 - Strategic alliances eg DoHA & DVA
- ◆ ADF Mental Health Strategy 2002
 - ATODS
 - National Director
 - Turning Point Review 2005

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Thinking Drinking

- ◆ Research
- ◆ Legislation – civilian & military
- ◆ Cultural change
 - Leadership
 - Education & marketing
 - Trust
 - Treatment

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Cultural Change

- ◆ ADF is very tribal
- ◆ Resistant to change
- ◆ Civilian experts often lack credibility
- ◆ Must have uniformed 'champions'
- ◆ ATODS lacks resources
- ◆ ATODS is working



ADF Values

- ◆ Professionalism
- ◆ Loyalty
- ◆ Integrity
- ◆ Courage
- ◆ Innovation
- ◆ Teamwork



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Leadership

- ◆ Focus on people – not platforms
- ◆ Understand the issues
- ◆ Fair but firm
- ◆ Consistent up and down
- ◆ Lead by example
- ◆ Committed to OH&S



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Education & Marketing



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Education & Marketing

- ◆ Factual & relevant information
- ◆ Accessible and understandable
- ◆ Consistent with external messages


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Trust

- ◆ Open and honest discussion at every level
- ◆ Access to evidence based information
- ◆ Multidisciplinary approach
- ◆ Professional providers
- ◆ Firm but fair management
- ◆ Tailored ADF programs - KYMS
 - Keep Your Mate Safe


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Treatment

- ◆ Public health model
- ◆ Congruent with national 'best practice'
- ◆ Routine screening
- ◆ Early detection
- ◆ Brief intervention
- ◆ Outpatient program
- ◆ Inpatient program


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Conclusion

- ◆ The ADF recognises that it has a problem
- ◆ Senior leadership is committed to change
- ◆ Cultural change is the key for success
- ◆ Education and Peer pressure will drive cultural change
- ◆ ATODS is an holistic program & it works
- ◆ All trends are positive

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What Shall We Do With a Drunken Sailor?

What shall we do with the drunken sailor?
 What shall we do with the drunken sailor?
 What shall we do with the drunken sailor?
 Earlie in the morning

Wey-hey and up she rises
 Wey-hey and up she rises
 Wey-hey and up she rises
 Earlie in the morning

Put him in a longboat till he's sober
 Put him in a longboat till he's sober
 Put him in a longboat till he's sober
 Earlie in the morning

Wey-hey and up she rises
 Wey-hey Hooray and up she rises
 Wey-hey Hooray and up she rises
 Earlie in the morning

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