April is Alcohol Awareness Month – a great opportunity for you and your shipmates to check in with your drinking habits and familiarize yourselves with the resources available to promote responsible choices when it comes to alcohol. Drinking responsibly doesn’t mean stopping one beer short of not being able to stand up. It means taking conscious steps to stay within your limit, stay safe and keep what you’ve earned.

**IN THIS ISSUE:**

1. Keep What You’ve Earned Campaign: Pier Pressure Mobile APP
2. Caution: Check Your VAPE Oils
3. Prevent Prescription Drug Misuse
4. DEFY: April is “National Child Abuse Prevention Month”.
5. Reporting Underage Drinking
6. National Prescription Drug Take Back Day
7. Navy Alcohol Abuse Trends
Pier Pressure Mobile APP Puts Responsible Drinking Tools in Your Pocket
Submitted by the Keep What You’ve Earned Campaign Staff

The Keep What You’ve Earned Campaign’s mobile application—puts responsible drinking tips and tools in your pocket. Trying to maintain your fitness goals ahead of the spring physical readiness test? Check out the app’s Calorie Counter to estimate what’s in your cocktail or beer and how many push-ups it may take to burn off those calories. In a new city and don’t have a designated driver? Click “Safe Ride Home” for easy access to Uber, Lyft and local cabs. Need a reminder to plan ahead or want a few practical tips on the go? Enable the app’s periodic push notifications to give you a quick nudge.

In addition to these and other resources designed to encourage healthy decisions on the go, Pier Pressure’s Self-Referral feature includes a quick and anonymous self-check to help you gauge your drinking habits and engage the right resources if you may be misusing alcohol.

Use this April to practice building healthy habits when it comes to drinking alcohol and encourage your shipmates to join in. In addition to downloading Pier Pressure for easy access to tools to help you make responsible decisions, here are some tips to try this month and year-round:

1) If you have a rough day at work or need an outlet for stress, instead of heading to the bar grab a couple of friends and go for a run. Exercise releases endorphins to help you unwind and feel more positive emotions, while connecting with friends reminds you that you’re not alone. A real happy hour!

2) Try setting aside an alcohol-free week or weekend this month. This is a great way to remind yourself that you don’t need drinks to have fun and to give your body a break. You may notice that you get better sleep at night, feel more refreshed the next day and are able to think more clearly. See how long you can go alcohol-free (again, it helps to have a friend or shipmate in on the commitment, too!).

3) Whenever you drink, be sure to plan ahead. Use a designated driver (DD) and ensure that they get the keys before you head out. Treat your DD to “zero proof cocktails” (non-alcoholic drinks) or bar bites as a token of appreciation.

4) Alternate sips of alcohol with water to help you pace yourself and stay hydrated. Fuel your body with nutrient-dense, unprocessed, whole foods, including a lean protein such as salmon or chicken breast; healthy carbohydrates like whole grains, fruits and vegetables; and healthy fats (avocados, almonds, etc.).

Want to learn more? Head to the Pier Pressure webpage for a press kit describing app features and design, posters to hang in high-traffic spaces, video trailers to share and more. Pier Pressure is free and available on the Apple App Store and Google Play. For additional ways to Keep What You’ve Earned, visit the campaign’s website and like Navy Alcohol and Drug Abuse Prevention on Facebook.
They May Be Dangerous and Even Illegal
Quit Tobacco – UCAnQuit2 Campaign Staff

For some people, vaping is an alternative to cigarettes and there are many types of vaping liquids, oils and devices. But do you know what you’re vaping? Find out before you put your career and your health at risk!

WHY IS SOME VAPE OIL ILLEGAL AND DANGEROUS FOR MILITARY SERVICE MEMBERS?

- Some vape oils – advertised and unadvertised – may contain cannabidiol (also known as CBD).
- CBD is a main ingredient in marijuana – a substance that is ILLEGAL for Military Service members to use.
- It’s dangerous because vaping liquids and oils are not regulated by the Food and Drug Administration (FDA). This means that not all the ingredients may be listed on the package, and you risk vaping in harmful or illegal chemicals that could hurt your health and career.
- Keep your mission readiness in mind, and consider your use of these products carefully.

WHY CAN CBD VAPE OIL BE A CAREER-ENDER?

- The use of CBD is against military policy and is punishable under the Uniform Code of Military Justice (UCMJ).
- If that’s not bad enough, you could be putting your battle buddies at risk. Any substance that impacts the health and well-being of Military Service members—such as the side effects listed below—impacts your ability to do your job well.

DID YOU KNOW CBD VAPE OIL CAN CAUSE SEIZURES, MEMORY LOSS AND OTHER DANGEROUS HEALTH EFFECTS?

Some documented side effects of CBD vape oil are:
- Seizures/unconsciousness
- Headaches/dizziness/lightheadedness
- Memory loss/slurred speech
- Saggy eyes/dilated pupils
- Anxiety/racing heart rate
- Erratic behavior/moodiness/irritability
- Extreme fatigue/Drowsiness
- Dry mouth

IMPORTANT TAKE AWAY

The use of Vape oils can potentially become a problem across the Navy. Although some vape oils may contain CBD oil, CBD, THC, and/or synthetic cannabinoids, many vape oils do not disclose that they may contain illegal and/or potentially hazardous substances to include synthetic cannabinoids. Even consumers who may not be seeking products containing CBD oil, CBD, THC or other synthetic cannabinoids may unintentionally purchase and use them.

To learn more about CBD, visit: https://www.opss.org/faqs/cannabidiol-are-products-cbd-legal,
New Materials to Prevent Prescription Drug Misuse
Submitted by the Prescription for Discharge Campaign Staff

Since the Prescription for Discharge campaign launched in 2014, more Sailors are having discussions about safe and proper use of prescription drugs and the dangers of misuse.

To help continue the trend, the campaign has released new materials aiming to increase understanding of proper use and misuse of prescription drugs, and safe disposal options among Sailors and their families.

The following new products can encourage discussion of prescription drug misuse between leaders and Sailors, provide the right questions for Sailors to ask their health care providers to avoid misuse, and give details on how to properly dispose of medications that are no longer used, needed or have expired.

- **Leadership Discussion Guide:** In the Navy, leaders can serve as strong advocates for safe and proper prescription drug use through education and engagement. This new guide has been developed with Sailors’ feedback in mind and features accurate and accessible talking points for leaders to engage with Sailors about the Navy’s policy regarding appropriate prescription drug use. It provides messaging that addresses different facets of misuse, including taking a medication differently than it was prescribed and sharing with shipmates, friends or family. There are also time-specific messages for health observances related to psychological and behavioral health.

- **Safe Use Fact Sheet:** Sailors need concise information that gives them the knowledge they need to avoid misuse and protect their Navy career. This fact sheet briefly highlights the Navy’s drug use policy, provides tips for proper use and gives Sailors some questions that they should ask their provider to understand how to avoid prescription drug misuse. Post the fact sheet in high-traffic areas in your work center, around your installation, in passageways and on bulletin boards.

- **Drop Box Public Service Announcement Video:** Year-round safe disposal of prescription and over-the-counter medication is available through drop boxes at several Military Treatment Facilities (MTFs) throughout the U.S. and U.S. territories. The Drop Box PSA features information on drop box disposal, including what types of medications are accepted in drop boxes, as well as tips on how to properly dispose of medications at home if a drop box is not available at your local MTF.

Start conversations with Sailors to educate them on misuse and promote healthy behavior. For a full list of available materials and links to download products, visit [https://go.usa.gov/xnsbG](https://go.usa.gov/xnsbG). You can also share tips to promote responsible prescription drug use on social media by following NADAP on Facebook.
April is National Child Abuse Prevention Month. While 87% of adults across America believe child abuse and neglect is a preventable problem, most don’t know how they can help. You can support this year’s theme “Help Great Childhoods Happen” volunteering to mentor or advocate for a child.

You can make a difference in both a child’s life and yours by volunteering with the Drug Education for Youth (DEFY) Program. DEFY is a year-long program that provides many life skills and physical activities for children ages 9-12. Additionally, you can advocate for preventing child abuse by wearing blue on Friday, April 6, 2018 and planting blue pinwheel gardens throughout April in honor of children in your community.

For more information about the DEFY Program call 901-874-3300, log onto http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/DEFY, or visit DEFY’s Facebook page https://www.facebook.com/NODFEFITY. Information about National Child Abuse Prevention Month is available at www.preventchildabuse.org or Twitter #GreatChildhoods.

Did You Know?

The Navy Drug Screening Program (NDSP) is mandated by OPNAVINST 5350 series for urinalysis testing ONLY. It is not certified to be used for any other type of use or testing. Recently, it’s been observed that NDSP is used to conduct selection testing as part of a command Alcohol Detection Device (ADD) program. Navy does not have a Standard Organization and Regulations of the Navy (SORN) for ADD use with NDSP. Therefore, NDSP is not to be used for ADD testing. Furthermore, Navy ADD instruction, OPNAVINST 5350.8 and associated Operating Guide does not govern the use of NDSP as a means of random selecting personnel.

One Best Practice observed at several activities in conducting ADD testing is to test members selected through random urinalysis. Once the collection is complete, they report to the ADD coordinator to be tested. Another is randomly selecting members reporting to work. DAPAs and UPCs are to ensure NDSP is not being utilized as part of the ADD program. For more information about NDSP, visit www.nadap.navy.mil or call (901) 874-4250.
Reporting Underage Drinking
Submitted by the Navy Alcohol and Drug Abuse Prevention Program Staff

Too often, we have noticed that underage drinking is incorrectly reported as an alcohol incident instead of violation of Uniform Code of Military Justice Article 92 Failure to Obey Order or Regulation. OPNAVINST 5350.4d states “the minimum age to consume alcohol is 21 for all personnel. In foreign countries where the installation is located, the minimum age to consume alcohol shall conform to the legal age set by the host country. In the absence of any local law, the minimum age to consume alcohol shall be 21 for all personnel.” Therefore, unless there is additional misconduct (e.g. not limited to: driving under the influence, and/or other misconduct punishable under the UCMJ or civilian authorities), underage drinking should not be reported as an alcohol incident. The misreporting of an alcohol incident can potentially negatively affect a member’s career and requires mandatory referral to a Substance Abuse Rehabilitation Program (SARP) for screening.

Navy members who drink alcohol while underage can self-refer for treatment without fear of disciplinary actions. This policy was put in place to encourage Sailors to seek help prior to an alcohol-related event that might result in disciplinary actions. The Navy wants Sailors to get help before their drinking gets them in trouble; however, a member’s self-referral does not excuse them from alcohol-related violations that have already been committed, (e.g. a DUI). Members can only self-refer to a qualified self-referral agent as listed below: (1) DAPA; (2) Commanding officer, XO, OIC, or CMDCM/Chief of the Boat (COB); (3) Navy drug and alcohol counselor (or intern); (4) DoD medical personnel (including LIP); (5) Chaplain; and (6) Fleet and Family Support Center counselor.

NADAP personnel are always willing to assist you if you have any questions in determining whether an event was an alcohol incident or purely a violation of UCMJ Article 92.
National Prescription Drug Take Back Day set for April 28th
Submitted by the Prescription for Discharge Campaign Staff

Most Sailors use prescription drugs as prescribed by their physician. However, keeping prescription medications that are no longer needed or have expired can increase risk of both intentional and unintentional misuse in the future. When was the last time you took stock of your medicine bag?

During National Prescription Take Back Day on Saturday, April 28th, you can dispose of your meds in safe and secure drop boxes located aboard participating Military Treatment Facilities (MTFs) or DEA collection sites near your local community. Take Back Day is organized by the Drug Enforcement Administration (DEA) and aims to provide safe, convenient, anonymous and responsible means of getting rid of unused, unwanted or expired prescription drugs.

Some MTFs offer drug disposal year-round. However, ADCOs and DAPAs can also promote participation in Take Back Day by organizing events and using tools available from Navy Alcohol and Drug Abuse Prevention’s Prescription for Discharge campaign. The campaign promotes four steps for responsible use: take correctly, report promptly, dispose properly and never share.

The Prescription for Discharge campaign offers a range of resources to promote Take Back Day and year-round safety. These resources can be used by Navy leaders, medical personnel and drug abuse prevention personnel to present at safety stand downs, briefings or community health fairs. They can also be distributed and displayed at Navy medical clinics, pharmacies, waiting rooms and barracks. Additionally, the campaign’s website features sample social media content for sharing on command or personally-owned accounts, which can be paired with campaign graphics available on the Prescription for Discharge Flickr account.

Another great way to get involved is by watching and sharing videos from the Prescription for Discharge campaign on NADAP’s YouTube Channel, accessible at https://www.youtube.com/NavyNADAP. The newest public service announcement (PSA) explains proper methods of drug disposal, highlighting drop boxes and which types of drugs are accepted in them. The training video demonstrates the warning signs of prescription drug misuse in the Navy, based on a true story. The PSA “Flooding the Brain” describes how prescription drug misuse and abuse overwhelms normal brain chemical levels, while “Toxic Agents” explains the dangers of chemical overload.

More information on the DEA’s National Prescription Drug Take Back Day is available on their website at https://www.dea.gov/index.shtml. Check with your local military treatment facility for information about prescription drug disposal opportunities in your area.
During the 101 Days of Summer, the period from Memorial Day to Labor Day, we historically see a hike in traffic incidents and fatalities related to alcohol. Repeat offenders who drink and drive create a very serious, very deadly problem. Drivers with BACs of .08 or higher involved in fatal crashes were 4.5 times more likely to have prior convictions for driving while impaired (DWI) than were drivers with no alcohol (9% and 2%, respectively).

When it comes to drunk driving, it affects more than just the driver. In 2017, 12 Sailors and 14 Marines lost their lives between Memorial Day and Labor Day: IMPACT: 26 trained and ready Sailors and Marines are no longer with us!

NADAP encourages you to get ahead of these incidents, beat the statistics and educate and promote your Sailors to have a safe and healthy summer season. For more information and materials, visit the NADAP website and the Naval Logistics Library. For more statistical data and other information about this article, visit the https://www.nhtsa.gov website.

NADAP Training at COMPACFLT Resilient Workforce (RW) Summits and USFF Workshops

Summits and workshops offer a variety of presentations and expert speakers that focus on topics such as; sexual assault, suicide, and drug and alcohol abuse. Additionally, NADAP provides updates on the latest drug and alcohol policies, programs and procedures. DAPAs and UPCs are strongly encouraged to attend.

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<thead>
<tr>
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<tbody>
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DRINK RESPONSIBLY
KEEP WHAT YOU’VE EARNED
Alcohol and Drug Management Information Tracking System (ADMITs)

This table reflects the decrease in DARs pending approval for FY13 – FY18 in ADMITS. **We need your help in decreasing the number of DARs pending approval, especially for FYs 17 and 18.**

DAR Pending Approval Reports are now available on a monthly basis on or around the 20th of every month. The report format can be customized by Echelon 2, 3 and 4 ADCOs or by specific UIC. To obtain a copy of the report, contact Mr. Mark Narduzzi at mark.d.narduzzi@navy.mil or 901-874-2454.

<table>
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Navy Alcohol Abuse Trends
(FY-14 - FY-18 reported via SITREPs)

Driving Under the Influences (DUIs)

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Alcohol Related Incidents (ARI)

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Source: ADMITS (01 Mar 2018)

Drug and Alcohol Statistics (FY-14 - FY-18 Reported by SITREPS)**

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