Bringing in the 4th of July!
Source: National Highway Traffic Safety Administration

As we celebrate our country’s birthday, thousands of families will take to their cars, driving to neighborhood cookouts, family picnics, and other summer festivities. Sadly, some of those families’ Independence Day will end in tragedy, as too many irresponsible people will decide to drink and drive. Unfortunately, their bad choices will have lasting effects on families.

During the Fourth of July holiday period law enforcement will travel the region, looking to put a stop to drunk driving. Always expect to see increased sobriety checkpoints, roving and saturation patrols, and other enforcement efforts. These enforcement campaigns are vital to public safety, and save lives. Statistics show us that drunk driving is a deadly epidemic in our nation. In fact, in 2015, 10,265 people were killed in drunk-driving crashes—almost a third of all traffic fatalities nationwide. As you head out to enjoy the long weekend, keep the following in mind:

- It is illegal to drive with a BAC of .08 or higher in 49 states and the District of Columbia with the state of Utah recently changing to .05. Yet, over the 2015 Fourth of July holiday period 146 people were killed in crashes involving at least one driver or motorcycle operator with a blood alcohol concentration (BAC) of .08 or higher, and 92 people died in crashes involving at least one driver or motorcycle operator with a BAC of .15 or higher – almost twice the legal limit.

- During the 2015 Fourth of July holiday period, 46 percent of the young drivers (18 to 34 years old) killed in motor vehicle traffic crashes were alcohol-impaired (BAC of .08 or higher).

- The number of drunk-driving fatalities during the 2015 July Fourth holiday period is no exception to this trend. From 2011 to 2015, there were 751 people killed in drunk-driving crashes over the Fourth of July holiday periods.

- From 2014 to 2015, the number of overall drunk-driving-crash fatalities increased by 3 percent in the United States—from 9,943 people killed in 2014 to 10,265 in 2015.

For more statistics and other information about driving safe and sober during the 4th of July holiday visit: www.trafficsafetymarketing.gov.
Drug Take Back Programs Reduce Risk, Protect Careers

“Prescription abuse counts for one death every 19 minutes in America, and that’s just unacceptable,” said CAPT. Matt Case, Naval Medical Center Portsmouth’s (NMCP) executive officer. CAPT. Case is part of a team that is working “to help eliminate those risks [by taking] drugs that are unnecessary out of the system.”

This DVIDS spotlight highlights NMCP’s dedication to reducing prescription drug abuse through their new Drug Take Back Program. The Drug Take Back Program provides an accessible way “to diminish the amount of readily available surplus prescription drugs that have potential to be misused or abused by service members and their family and friends,” CAPT. Case said. A key feature of the program is the installation of drop boxes for disposal of unwanted medications.

Accessibility to these drop boxes is imperative for Sailors. Those who take medications that are not prescribed to them put their careers at risk, violating Navy’s Zero Tolerance policy. Through drop box availability and mail-back envelopes, Sailors can “[make] sure they are not sharing their medications with other active-duty service members,” CAPT. Case said.

The drop boxes are similar to U.S. Postal Service mail boxes and accept most medications. Information regarding what can and cannot go into the drop box is posted on top of each box (see example image above) and pharmacy staff can also answer questions.

Navy’s Prescription for Discharge campaign helps Sailors use their prescription drugs properly to protect their careers and their health. The campaign promotes four steps for safe use: Take Correctly, Report Promptly, Dispose Properly and Never Share.

Learn more about other Military Health System Drug Take Back Programs here. For further details on how to dispose of unused medications when drop boxes do not accept them, visit this FDA site.
Three Things For ADCOs and DAPAs to Know

Navy Alcohol and Drug Abuse Prevention depends on ADCOs and DAPAs in the fleet, and we are always here to support your local efforts. Questions may come up from time to time and we have a full list of phone numbers and e-mail addresses for various program experts on our website. For your situational awareness, here are five frequently asked questions about prescription drug misuse and their answers:

1. Question: What is the latest product available to help educate Sailors on avoiding prescription drug misuse?
   Answer: Check out the just-released public service announcement “Four Steps” on NADAP’s Prescription for Discharge YouTube page at https://www.youtube.com/watch?v=dndsksR7WgmQ. This short video gives a great overview on the proper use and disposal of prescription medications.

2. Question: Where can I go to learn more about prescription drug disposal options?
   Answer: Check out the Military Health System’s website for information on the Drug Take Back Program to help service members and families safely dispose of their unwanted, unused or expired medications. The website includes information on which drugs are accepted and procedures to follow to ensure safety. There are drop boxes located at Camp Pendleton Naval Hospital, Naval Health Clinic Charleston, Naval Medical Center Portsmouth and other locations. To find out if drop box disposal is available in your area, contact your local military treatment facility. You can also encourage your Sailors to safely discard their medications by following the simple steps listed on the Prescription for Discharge campaign’s new printable “At-Home Disposal Kit” inserts, available here.

3. Question: As a DAPA, what prescription drug misuse prevention training materials are available for my command?
   Answer: We have lots of resources on the campaign’s Materials webpage, including a four-part training series that can be presented individually or collectively as a complete training program. This training is ideal for small groups to enable rich discussion. You can also contact the NADAP offices directly for help. For more information, visit www.nadap.navy.mil. For ongoing messaging and resources to support your local efforts, like us on Facebook at www.facebook.com/usn.nadap
Drug Testing Lab Moved To New Location!

Effective 22 May 2017, the Forensic Toxicology Drug Testing Laboratory located on 1 Jarrett White Road, Tripler Army Medical Center temporarily relocated to 160 Takata Road, Fort Shafter Flats, HI 96858 and will stay in this location until further notice.

Hours of Operation: 0730-1600 M-F; Phone: (808) 433-5176

For questions, please email: usarmy.tripler.medcom-ftdtl.other.ftdtlweb-portal@mail.mil

Units should send the specimens to the following addresses:

United States Postal Service (USPS) mailing address:
Forensic Toxicology Drug Testing Laboratory
1 Jarrett Road White Road
ATTN: MHCK-FT
Tripler Army Medical Center, HI 96859-5000

Federal Express (FedEx), Forensic Toxicology Drug Testing Laboratory
United Parcel Service (UPS), DHL 160 Takata Road
or Hand Carried Samples Fort Shafter Flats, HI 96858

Having issues logging on to iFTDTL?

1. If you have not logged into the web portal within the last 30 days, your account will automatically be disabled.
2. Your account has expired.
3. Your CAC has not been registered to your account.
4. You improperly logged out of the system the last time and now you get a “BLUE ORACLE” screen.

Any one or a combination of these reasons will impede your ability to log in to your account. Please contact the HELPDESK AT (901) 874-2458 to get your issue resolved.

Sobering Up—Myths and Facts

**Myth:** You can have a drink and drive as long as you are not slurring your words or acting erratically.

**Fact:** The coordination needed for driving is compromised long before the signs of intoxication are visible and one’s reaction time is slowed. Plus, the sedative effects of alcohol increase the risk of nodding off or losing attention behind the wheel.

**Myth:** Drink coffee. Caffeine will sober you up.

**Fact:** Caffeine may help with drowsiness, but not with the effects of alcohol on decision-making or coordination. The body needs time to metabolize (break down) alcohol and then to return to normal. Also, when caffeine wears off, there are the additive effects of the increased sedative effects of alcohol and post-caffeine sleepiness. There are no quick cures—only time will help.

Information provided from http://www.RethinkingDrinking.niaaa.nih.gov
DEFY Summer Leadership Component Set To Launch

Drug Education For Youth (DEFY) has launched the leadership component of their year-long, two phased program at thirty command-sponsored sites.

DEFY provides leadership and life skills by initiating team building, goal setting, decision-making and conflict resolution. The program is designed to strengthen and improve youth resistance to negative influences, such as anti-bullying, leadership skills and increase their awareness of the harmful effects of drugs, alcohol, and other substances.

Commands can help ensure the success of their local programs by helping recruit volunteers and command staff to serve as positive adult role models and providing the resources necessary to operate the local program. DEFY relies heavily on volunteers to serve as adult role models and is beneficial to volunteers and attendees alike. Participating in DEFY provides valuable real-life experiences that includes mentoring, tutoring, supervision, leadership, logistics, public speaking, instructing, and finances. Despite the hard work and long hours, many Sailors and Marines that have actively participated in a local DEFY program return to their commands a better military member. Non-residential programs require 8-10 hours of work each day and residential programs require adults to be with the youth 24 hours per day.

The DEFY program office can be contacted at (901) 874-3300 or by email mill_n17_defy@navy.mil. Check out the DEFY website for more information: http://www.npc.navy.mil/support/21st_century_sailor/nadap/defy.
Every September, we observe **National Recovery Month (Recovery Month)** to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental and substance use disorders.

Organizing an event for **Recovery Month** is an ideal way to celebrate the achievements of the recovery community. It is also a great way to support the 2017 theme, “Join the Voices for Recovery: Strengthen Families and Communities.” Events bring people together to share real-life experiences that demonstrate the power of recovery from mental and substance use disorders.

The Recovery Month website (https://recoverymonth.gov/) provides printable materials, web, television, audio, and social media resources to help commands plan events, educate individuals about mental and substance use disorders and to encourage individuals (Sailors) to seek treatment and recovery services.

Please contact the **Recovery Month** team at RecoveryMonth@samhsa.hhs.gov for more information.

**Did You Know?**

* Binge drinking is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.
* Heavy drinking is defined as drinking five or more drinks on the same occasion on each of 5 or more days in the past 30 days; all heavy alcohol users are also binge alcohol users. For more information regarding binge and heavy drinking, visit: https://niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics.
How Much Is Too Much?

You may have a drinking problem if you…..

- Feel guilty or ashamed about your drinking
- Lie to others about alcohol use and/or hide your drinking habits
- Have friends or family members who are worried about your drinking
- Need to drink in order to relax or de-stress or feel better
- “Black out” or forget what you did while you were drinking
- Regularly drink more than you intend
- Repeatedly neglect your responsibilities at home, work, or school because of drinking
- Use alcohol in situations where it’s physically dangerous, such as drinking and driving
- Operating machinery while intoxicated, or mixing alcohol with prescription medication against doctor’s orders
- Experience repeated legal problems on account of your drinking, (DUI, drunk and disorderly conduct)
- Continue to drink even though your alcohol use is causing problems in your relationships

If you said yes to one or more of the above, you may be abusing alcohol. If you think you have a drinking problem, here are a few avenues available to you for help. Please contact one of these self-referring agents: A Department of Defense medical personnel, Chaplain, Drug and Alcohol Programs Advisor (DAPA), Fleet and Family Support Center counselors, Navy Alcohol and Drug Counselors, or CO, XO, OIC or CMDCM/COB (Chief of the Boat). Get help for you or your shipmate, Self-Refer and “Keep What You’ve Earned”. For more information on the referral process visit the NADAP website at www.nadap.navy.mil.
EASY AND FREE! PRINT PRODUCTS AVAILABLE FROM NLL TO HELP YOUR SAILORS

It’s almost too good to be true – the NADAP TEAM provides **free, ready-to-order** products to help you spread the word about responsible drinking and proper prescription drug use. These high-quality print resources are provided through the Navy Logistics Library completely free of charge, and are all you need to leave a memorable prompt about responsible substance use in your workspace. All you have to do is order today at the Naval Logistics Library.

**Free Resources Available on Naval Logistics Library from NADAP**

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<tr>
<th>Product</th>
<th>Description</th>
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<td>Posters</td>
<td>A collection of eight posters are available including new posters featuring the “Know Your Limit,” “Plan Ahead for a Safe Ride Home,” and “Don’t Try to Keep Up with Others” messages, as well as a play on the theme “paint the town”. <strong>Coming Soon!</strong></td>
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<td>Campaign Flyer</td>
<td>Features the campaign message and steps for proper use of Prescription drugs. For display in common areas on and off base, including medical waiting rooms, pharmacies, barracks, exchanges, galleys, gyms and local community businesses.</td>
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| Fact Sheets           | Fact sheets are available for five different key audiences:  
  1. Alcohol abuse prevention personnel (ADCOs/DAPAs)  
  2. All levels of Navy leadership  
  3. Local communities and businesses  
  4. Partnering organizations and agencies  
  5. Sailors |
| Table Tent            | Features the campaign message in a stand-up, table tent format. For display in common areas on and off base, including medical waiting rooms, pharmacies, barracks, Exchanges, galleys, gyms and local community businesses. |