



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's substance abuse prevention efforts:

1. The starchy carbs and desserts you've enjoyed over the past few months may have added a few extra pounds on the scale. Dietary supplements may be a tempting quick fix, but they are not always safe. January is Navy and Marine Corps Public Health Center's Healthy Weight Month. Find tips for losing those extra holiday pounds safely at go.usa.gov/xPJ5E.
2. Teens hear all sorts of things about substances from their peers—including incorrect information. National Drug and Alcohol Facts Week is January 22-27, and it's an opportunity to start a continuous conversation that presents accurate scientific facts about drugs and alcohol. Find out more at go.usa.gov/xPJUf.
3. January is National Birth Defects Prevention Month. Taking a daily 400 microgram dose of folic acid, maintaining a healthy weight, checking with your provider about medications, staying up-to-date on vaccines and avoiding tobacco, drugs and alcohol during pregnancy can all help prevent certain birth defects.
4. Can you pop positive from poppy seed bagels? Can a smoke-filled room cause a positive marijuana result? Does the lab only test some samples? Watch this new DDD video to dispel some common myths about drugs and the Navy's drug testing process at youtu.be/h85s0rQj7fs.

Hemp, CBD & What Changing Laws Mean

In December, Congress passed the 2018 Farm Bill, which included legislation to allow hemp cultivation and the transfer of hemp-derived products across state lines. Additionally, the Farm Bill allows Cannabidiol (CBD) to be removed from its current Schedule 1 status under the Controlled Substances Act in certain situations. Hemp is defined by this legislation as a cannabis plant that does not contain more than 0.3 percent of THC (the chemical compound in cannabis associated with "getting high"); however, the Farm Bill has no effect on federal law prohibiting cannabis products. Even CBD products that are produced in states with legal medical or recreational cannabis are still illegal under federal law. The Navy follows **federal law** regarding marijuana; thus, use of any cannabis-related product, regardless of local state law, is still prohibited for Sailors.



With the passage of this legislation, expect to start seeing hemp and CBD showing up in products ranging from hand cream and aromatherapy oils to lip balm and dog biscuits. Like most "miracle products," however, the research is not there to support CBD's cure-all claims. Over-the-counter products such as vaping oils and supplements have **not** been cleared by the FDA; therefore, manufacturers can essentially claim that these products effectively treat anything from anxiety to dandruff. Some products do not list all ingredients so it is impossible to tell how much CBD, THC, or other synthetic cannabinoids they may contain. In states where medical marijuana is legal, CBD products are allowed to have up to 5% THC (5 percent, not 0.5 percent, and certainly not the 0.3 percent mandated by the Farm Bill for hemp). Bottom line: you can fail a drug test by using a CBD product. It can be impossible to determine where your CBD or hemp product was manufactured and what level of THC it may contain. Even trace amounts of THC can accumulate in your body and be detected in a urinalysis screening.

Navy policy is very clear with regard to substance abuse: it will not be tolerated. Sailors who test positive will be processed for administrative separation and could receive a discharge characterized as "Other Than Honorable" (OTH), which can affect future veteran's benefits and employment opportunities. Additionally, the Navy reports unlawful drug users to the Federal Bureau of Investigation for inclusion in the National Instant Criminal Background Check System (NICS), which could impact the ability to purchase firearms or ammunition in the future. It is the responsibility of every Sailor to ensure that he or she is diligent in avoiding intentional or accidental exposure to federally-prohibited substances.



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Substances, Mood and Sleep

After a long, stressful week, you may think to yourself that you could use something like a drink or some meds to take the edge off and help you chill out.

It may be socially acceptable and even encouraged to join friends for margaritas or a few beers on a Friday night. Or you may think of helping yourself “catch up” on sleep by taking a muscle relaxer you saved after an injury two years ago. But by doing either of those, you could actually be setting yourself up for an even more difficult week to come.

It's a common belief that people use substances in response to stress or as a coping mechanism for anxiety and depression; however, one longitudinal [study](#) of 18,000 people found that alcohol use actually precedes depression. Those who drank alcohol were four times more likely to be depressed one year later than those who were non-drinkers. According to a 2014 Substance Abuse and Mental Health Services Administration (SAMHSA) study, on a day-to-day basis, individuals who drank alcohol were more likely to feel anxiety in the days following their alcohol consumption. Alcohol interferes with deep sleep and REM sleep and decreases melatonin production, which leads to daytime sleepiness, irritability, and jumpiness.

Alcohol isn't the only substance that can affect sleep and psychological health. Medications prescribed as sleep aids such as benzodiazepines may increase the amount of sleep, but actually decrease the quality of it by converting deep sleep to lighter sleep. Cannabis (marijuana) also disrupts REM sleep, even with low doses of THC. All of this interference with sleep is a strong risk factor for negative impacts of mood.

Abstaining from alcohol completely may not sound appealing, but if you feel frequently tired and notice that you feel more depressed or anxious than usual, try cutting down to no more than one drink per day on no more than three days per week. Additionally, drinking alcohol before dinner allows it to adequately metabolize before bed.

In this new year, avoid the potentially unhealthy substances and instead try healthier stress-relievers like meeting friends for good food, going to a movie, getting some exercise or sneaking in naps where you can to recharge on weekends.



Current and Upcoming Events

January DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

16 – IFTDTL SAAR Update & Process

30 – Managing Discrepancies

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Healthy Weight Month

January

Find the toolkit at go.usa.gov/xPJ5E.

National Drug and Alcohol Facts Week

January 22-27

National Birth Defects Prevention Month

January

Learn about the impact of drugs and other substances on birth defects at go.usa.gov/xPJNx.

DEFY Mentors Make a Difference

On December 4-6, Drug Education For Youth (DEFY) conducted its 26th Annual Train-the-Trainer (TTT) event at NAS Pensacola, FL. 36 individuals from 19 projected 2019-2020 active DEFY programs attended, networked and learned valuable program information and best practices for running an effective program.

DEFY uses positive adult role models to mentor youth during the year-long program and help them navigate life challenges, succeed physically and gain confidence that will improve their chances of avoiding negative behaviors like drug and alcohol misuse and gang involvement. Mentors benefit from the experience by gaining a sense of pride and accomplishment that comes from helping a young person succeed.

Mentoring allows young people to interact with someone who cares, assures them they are not alone in dealing with life's challenges and lets them know that they matter. Young adults who have had a mentor are more likely to enroll in college, volunteer regularly, be in leadership positions and become mentors themselves. January is National Mentoring Month. Learn more about the DEFY program at www.defy.navy.mil, and learn other ways to become a mentor at nationalservice.gov/mentor/.