



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 prevention efforts:

1. The holiday season is prime time for enjoying all the comfort foods you may not have during the rest of the year. When thinking about how to lose those extra pounds, dietary supplements may be a tempting quick fix, but they are not always safe. This month 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. January is National Birth Defects Prevention Month. During pregnancy, moms can make sure they are taking a daily 400 microgram dose of folic acid, maintaining a healthy weight, checking with their provider about medications, staying up-to-date on vaccines and avoiding tobacco, drugs and alcohol during pregnancy to help prevent certain birth defects.
3. If someone put cannabidiol (CBD) products in your Christmas stocking, don't forget that Navy policy prohibits the consumption of CBD along with other hemp-derived products. And of course, marijuana has always been and is still prohibited, no matter what state you're in. Protect your career.
4. Ever wondered about what Navy drug testing looks like? Learn the step-by-step process of testing samples for drugs through a visit to the Navy Drug Screening Lab at Naval Station Great Lakes from Navy Drug Detection and Deterrence at youtu.be/EcJTac6Hxk8.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.

Family Violence During the Holidays

A 2013 Department of Veterans Affairs study revealed that approximately 22 percent of active duty service members were perpetrators of intimate partner violence (IPV). Military service carries multiple stressors such as deployments, family separation, reintegration and trauma, which may heighten the risk of partner conflict and violence. Added expenses and family visits during the holidays can exacerbate stress and increase potential tensions in the home.

Alcohol consumption — which often increases during the holidays — and drug abuse have also been associated with an increased risk for both perpetrators and victims. A 2015 **report** from the National Center on Domestic Violence, Trauma and Mental Health finds that victims are more likely to use substances following abuse, and substance misuse also increases the risk of victimization. Women reporting partners' heavy drinking were five times more likely to experience IPV. It is important for service members and their spouses to understand how to identify abuse and where to find help.

Identifying Abuse

Abuse can be perpetrated by men or women, in heterosexual or same-sex relationships, and it can take many forms. Abusive behaviors may initially seem benign but increase in severity over time. The following are examples.

- **Emotional abuse** includes, but is not limited to, insulting, humiliating or calling a partner names.
- **Isolation** may include controlling where a partner can go, who they can see, what they can wear or how they can spend their money. It could also include using jealousy and possessiveness to justify abusive behaviors.
- **Intimidation, coercion or threats** may include threatening to leave, or to harm a partner, children, pets or even oneself. It could also include forcing a partner to drop abuse charges or to engage in illegal activity.
- **Sexual abuse** includes pressuring or forcing a partner to have sex against their will.

The described behaviors are incompatible with a loving, respectful relationship.

Effects of Abuse

Nearly 90 percent of military spouses responding to a small 2017 survey did not report abuse, often citing a fear of hurting their spouse's career or feeling the abuse was "no big deal." But staying in an abusive relationship can lead to depression, PTSD and even medical conditions such as high blood pressure. And children who witness IPV are at increased risk of behavioral problems, guilt and even becoming abusers themselves.

Finding Help

Domestic violence is a crime under the Uniform Code of Military Justice. Individuals who are experiencing IPV can call the **National Domestic Violence Hotline** at 1-800-799-7233, and military families can access resources via the **Military Crisis Line** at 1-800-273-8255 or by visiting RealWarriors.net. Most domestic violence shelters are open 365 days a year. Seeking help is the best way to protect yourself and your children.



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Primary Prevention in Action

Prevention has long been a cornerstone of the health system in the US. Prevention efforts can fall into three categories: primary, secondary and tertiary. We often encounter secondary and tertiary prevention efforts when we go to the doctor for an annual exam or screening or to get a prescription to treat an illness or disease with which we have already been diagnosed. Primary prevention, on the other hand, works to intervene before an adverse health outcome even occurs.

Primary prevention works to improve a population's overall health by addressing programs, policies and practices that impact health at a population level. Examples of primary prevention services include vaccinations for infants and children or post-exposure prophylaxis for adults exposed to communicable disease, health education and promotion for behavior change and nutritional supplementation for families. These efforts can address behavioral risk factors such as tobacco use, drug or alcohol misuse, physical inactivity, poor diet or even mental health or sexual health behaviors to prevent disease or illness.

Prevention requires multilevel efforts from larger systems to local levels to individuals. People cannot expect their individual efforts to produce improvements to health when those efforts are not supported by systems, and systems cannot expect improved population health if individuals are not invested and proactive in their behaviors. Fundamentally, when systems make healthy behaviors achievable, sustainable and natural, it is easier for individuals to engage in them.

The Culture of Excellence (COE) is primary prevention in action for Navy. The COE encourages and empowers Sailors to engage in Signature Behaviors by promoting, highlighting and rewarding them. When these positive behaviors promoting the Navy's Core Values and Ethos are intrinsic to the norms, culture, attitudes and beliefs of the environment, Leaders along with Sailors, families and civilians can expect a decrease in destructive behaviors such as substance misuse, interpersonal violence and abuse, suicidal behaviors and harassment.

As Navy evolves from focusing on response to centering prevention in its efforts, leaders must be committed to emphasizing and exemplifying Signature Behaviors and promoting healthy relationships and choices that empower Sailors and fosters a Culture of Excellence.

Current and Upcoming Events

January DDD Webinars

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

22 – New Urinalysis Kits (Packaging and Transportation of Samples)

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 MyNavy Portal (MNP) at my.navy.mil.

NMCPHC Healthy Weight Month

January

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

National Birth Defects Prevention Month

January

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

Transition to DoD ID for Specimens

The Electronic Data Interchange Person Identifier (EDI-PI) or DoD ID will now be the primary means of identifying samples in the Military Drug Abuse Testing Program (MDATP), to satisfy the requirements of DoDI 1000.30 which aims to reduce the use of social security numbers (SSNs) within the DoD.

On February 1, 2019, specimens identified by SSN arriving at the drug testing labs were assigned the discrepancy "IT—SSN Received as DoD ID" and tested. Beginning January 1, 2020, specimens received without the EDI-PI that have not been granted exemptions will no longer be tested and will be assigned "IN—SSN Received as DoD ID." The 12-month grace period should have ensured adoption of the EDI-PI; however, in the limited situations where tested individuals are not assigned an EDI-PI, the SSN will be authorized. The Unit Identifiers (UICs) that will be waived have been identified.

Commands affected may call the Navy Drug Screening Program (NDSP) Help Desk at 901-874-4204 or DSN 312-882-4204 or email MILL_NDSP@navy.mil if there are any questions.