



MESSAGES TO SHARE

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

1. Reaching out to a fellow Sailor, friend or family member who is struggling with psychological health can save a life. Knowing how to identify risk factors and warning signs for suicide is important. September is Suicide Prevention Month. Find resources to learn more and help strengthen local Suicide Prevention efforts from www.suicide.navy.mil.
2. Firearms are not the only thing to consider when talking about lethal means safety. Some prescription medications can be dangerous in times of heightened distress. Proper disposal of unused or expired medications can prevent tragedies. Put meds in a bag with used coffee grounds or kitty litter and throw them in the trash. You can also put them in a drop box at a local pharmacy or MTF.
3. The American Heart Association warns that smoking and vaping can cause harm to the cardiovascular system. While legal in some states, cannabis is not without risk. Plus, marijuana is prohibited for Sailors. Avoid marijuana to protect your heart health and Navy career.
4. Reaching out for help is a sign of strength, and there are resources for service members. Military OneSource is available by phone at 1-800-342-9647 and provides free and confidential non-medical counseling. The Military Crisis Line also provides free, confidential support 24/7 by phone at 1-800-273-8255 (press 1) or text at 838255.

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CBD: PSYCHOLOGICAL HEALTH CURE-ALL?

The following article was submitted by OPNAV N170F, Navy Suicide Prevention.

When things get tough, we look for ways to make them better. Often, people try "go it alone," or figure out coping strategies by themselves. Whether dealing with anxiety, emotions, physical pain or just everyday stress, coping strategies help us navigate trying times. With the recent rise in commercial availability of cannabidiol (CBD) products, some Sailors may be considering use of these products, which are advertised to address myriad health and emotional concerns. There are risks to self-medicating with CBD or any other substance as a coping strategy, and there are better alternatives available to Sailors.

The risks of self-medicating with CBD

Commercially-available CBD products pose a significant risk to your career. Sailors are prohibited from possessing or using any CBD product for which they do not have a valid prescription. Even though many products are advertised as free of tetrahydrocannabinol, or THC, these products aren't evaluated by the Food and Drug Administration (FDA). Even small amounts of THC could result in a positive drug test, and the Navy's policy on drug abuse is zero tolerance.

CBD may cause side effects. According to the [Mayo Clinic](#), CBD may cause dry mouth, diarrhea, reduced appetite, drowsiness and fatigue. If you're taking other medications, even if they are over-the-counter, CBD may interact unfavorably with them, as well.

It's hard to know what's in commercially-available CBD products due to the lack of FDA regulation, and the products can vary widely. You don't know for sure if the product you buy has the active ingredients in the amounts listed on the label, and the product may contain other, unknown elements.

CBD isn't proven to help with most psychological issues. While some research has shown CBD to be effective at treating some conditions, like anxiety and insomnia, more research is needed. According to the [Harvard University blog](#), there are not high-quality human studies to show evidence of the effective use or dosage of CBD for treatment.

The alternatives

Seek help from your medical provider. If you need medication, your medical provider can safely prescribe the right treatments. It's much safer for your health and your career.

Grow and nurture your support network. Asking for help is a sign of strength, and building strong social ties leads to a happier and more fulfilled life. Instead of worrying about something, talk it out with a trusted friend or family member.

Prioritize your mental and physical fitness by getting enough **exercise**, **sleep** and good **nutrition**. All three are important factors in resilience and psychological health.

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SEPTEMBER 2020

GETTING ON THE ROAD TO RECOVERY

The Substance Abuse and Mental Health Services Administration (**SAMHSA**) sponsors National Recovery Month, a national observance held every September. The month serves to educate Americans about the role of substance use treatment and mental health services in helping people live healthy and rewarding lives, and it celebrates the millions of Americans in recovery from mental and substance use disorders. The observance aims to reduce the stigma and misconceptions associated with mental and substance use disorders that may potentially discourage help seeking.

Recovery Month emphasizes the importance of effective **prevention, treatment** and **recovery** services for substance use and mental health concerns. Prevention services educate and support communities to prevent substance use or the development of mental disorders, while treatment services support those with mental or substance use disorders through various evidence-based means such as counseling, therapy or medication. Recovery is possible for those with mental health and substance use disorders if they have access to effective supports that allow them to reach their fullest potential. Health services, secure housing, community resources and a social network are a few of the supports that can facilitate sustainable recovery.

Help is always available, and seeking help is the first step towards recovery. A local DAPA is a great resource for help with substance use concerns. Navy chaplains provide confidential support for Sailors. You can also seek help from the nearest medical provider or reach out to **Military OneSource** at 1-800-342-9647 for free and confidential non-medical counseling. The **Military Crisis Line** also provides free, confidential support 24/7 via live chat on their website, by phone at 1-800-273-8255 (press 1) or text at 838255.



CURRENT & UPCOMING EVENTS

SEPTEMBER DDD WEBINARS

Due to the current COVID-19 pandemic, the Navy Drug Detection and Deterrence webinars have been postponed until further notice.

Stay up-to-date on any changes by checking the webpage at

www.ddd.navy.mil

ADAMS FOR LEADERS, DAPA & UPC COURSES

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at my.navy.mil or Catalog of Navy Training Courses (CANTRAC) at app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC MENTAL HEALTH & SUICIDE PREVENTION MONTH

September

Find the toolbox at go.usa.gov/xV3f4.

SUICIDE PREVENTION MONTH

September

Suicide Prevention is an All Hands issue. Find resources to strengthen your local efforts ahead of Suicide Prevention Month. Visit www.suicide.navy.mil

RED RIBBON WEEK BANNERS

Red Ribbon Week is observed October 23-31. This year's theme is "Be Happy. Be Brave. Be Drug Free." to amplify the campaign's mission of encouraging families and communities to live healthy, drug-free lives. Your command can host safe, socially distant activities to encourage Navy families and children to be drug-free.

Want to increase visibility of RRW activities at your command? A 3'x5' Red Ribbon Week banner can help! Contact the DEFY program office by emailing MILL_N17_DEFY@navy.mil with the name and phone number of a point of contact, the number of banners needed and a mailing address to send them.

Learn more about Red Ribbon Week. Visit the campaign's page at RedRibbon.org. More information about the DEFY program is available at www.DEFY.navy.mil or on Facebook at facebook.com/HQDEFY.