

Pier Pressure Mobile App Puts Responsible Drinking Tools in Your Pocket

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April is Alcohol Awareness Month, a national observance promoting ways to maintain healthy drinking habits. Alcohol misuse can greatly impact all aspects of our lives—from health and well-being, to social connections, physical and emotional safety, and mission readiness. With sunny days and cookouts right around the corner, it's a good time to remind your shipmates to plan ahead and drink responsibly. The Keep What You've Earned campaign's **Pier Pressure** mobile application has launched exciting new tools to encourage healthy decisions on the go.

Did you know that a light beer contains .5 ounces of total alcohol, whereas a margarita has three ounces (which equates to *five* drinks)? Before hitting the barbecue, see how your go-to drinks stack up against each other by using Pier Pressure's new Alcohol Content tool. Counting calories ahead of the spring physical readiness test?

The app also features a Calorie Counter to help you keep track as the party goes on. And, as an added incentive to make healthy choices, the counter will calculate exactly how many pushups you'll have to do the next day to burn off those additional calories. As the night winds down, head to the Safe Ride Home tool for easy access to Uber or Lyft and local taxi searches.



This April, take a moment to make sure you and your shipmates are making healthy decisions by implementing the following suggestions:

- 1) When encountering stress, grab a couple of friends and **go for a run** to release endorphins instead of hitting the bar.
- 2) Plan ahead for a safe ride home. Ensure that the designated driver (DD) gets the keys before drinking begins. Treat your DD to non-alcoholic drinks or snacks as a token of appreciation and to help ensure that he or she abstains from alcohol.
- 3) Download and share the **Pier Pressure** mobile app for interactive gaming and easy access to responsible drinking tools.

Check out the Navy's **Keep What You've Earned** campaign website for additional materials and resources.

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY SET FOR APRIL 29TH

FACT: *Keeping unwanted, unused and expired prescription drugs increases risk for misuse. According to the Office of National Drug Control Policy, more than 70 percent of prescription pain drug abuse involved drugs obtained from a friend or relative.*

Navy personnel and their families can reduce these risks by safely disposing of their drugs during National Prescription Take-Back Day on Saturday, April 29th. This effort organized by the Drug Enforcement Administration (DEA) aims to provide a safe, convenient, anonymous and responsible means of getting rid of unused, unwanted or expired prescription drugs, while educating the public about the potential for abuse of medications.

While drug disposal may be available at some [Military Treatment Facilities \(MTFs\) year-round](#), ADCOs and DAPAs can also promote and encourage participation in National Prescription Drug Take Back Day by organizing grassroots events and using the tools available from Navy Alcohol and Drug Abuse Prevention's Prescription for Discharge campaign. The campaign promotes [four steps](#) to 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 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 [training video](#) demonstrates the warning signs of prescription drug misuse in the Navy, based on a true story. The public service announcement "[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.

[Prescription for Discharge info:](#)

<http://www.public.navy.mil/bupers>

npc/support/21st_Century_Sailor/nadap/campaign_events/prescription/Pages/default.aspx

PRESCRIPTION FOR DISCHARGE

Zero Tolerance. Infinite Risk.





**ENHANCE YOUR ALCOHOL AWARENESS WITH
THE DEFENSE HEALTH AGENCY'S "DON'T BE *THAT GUY/THAT GIRL*" CAMPAIGN!**

**DOWNLOAD AND IMPLEMENT THE *THAT GUY/THAT GIRL* CAMPAIGN
ANNUAL INSTALLATION PLAN TEMPLATE AND ORDER MATERIALS TODAY!**

Originally launched in 2006, the "Don't Be *That Guy/That Girl*" campaign is a Defense Health Agency-funded, [research-based binge drinking prevention marketing campaign](#) that uses evidence-based practices, a peer-to-peer communications strategy, and humorous context to highlight the short-term, social and reputational consequences of excessive drinking.

The campaign's prevention-focused marketing materials are available at no cost to DoD installation POCs and can be ordered at the *That Guy* POC Resources website: <http://resources.thatguy.com/>. The site also provides step-by-step instructions on effectively implementing the campaign!

Follow the simple steps below and order your installation's cost-free *That Guy/That Girl* materials at: <http://resources.thatguy.com/>

1. Download the NEW 12-Month Installation Marketing Plan and 12-Month Social Media Content Calendar at: <http://resources.thatguy.com/get-started>
2. Visit <http://resources.thatguy.com/> and click on the "Get Materials" section to order cost-free campaign prevention marketing materials
3. Use the themed *That Guy* campaign posters/materials and social media content in relevant locations at your installation and on appropriate installation social media channels
4. Distribute *That Guy* 2017 pocket calendars, playing cards, key chains, and other popular giveaway items during special events and at off-installation bars/clubs frequented by junior enlisted service members (many bar/club owners have welcomed these items to help deter bad behavior)
5. Gain leadership approval and place a *That Guy* banner at your installation main gate (or other high visibility installation location) to drive maximum awareness. If your installation needs a *That Guy* banner please contact info@thatguy.com (available in limited supply)



ALCOHOL MISUSE: Early Signs and Symptoms

Alcohol is commonly used by service members and civilians alike. It is sometimes used as a social activity with your buddies or a way to cope with stress. Either way, alcohol use can sometimes become harmful without realizing it. Always reach out to a health care provider to discuss your individual situation.

Alcohol misuse can be serious and may negatively affect many areas of your life. Also, it may affect your command's mission readiness, put fellow service members at risk and have major consequences to your military career. Fortunately, there are many resources that can help you overcome unhealthy alcohol use.

How Much is Too Much?

It might be difficult to understand **what is considered harmful drinking**, or even what counts as a "**drink**." Although every person is different, use the following information from the National Institute on Alcohol Abuse and Alcoholism as a guide:

Men

- **Low-Risk:** No more than four drinks on any day, 14 drinks per week
- **At-Risk:** More than four drinks on any day, 14 per week
- **Binge:** Five drinks or more over a two-hour period

Women

- **Low-Risk:** No more than three drinks on any day, seven drinks per week
- **At-Risk:** More than three drinks on any day, seven per week
- **Binge:** Four drinks or more over a two-hour period

Consequences of Harmful Drinking

Misusing alcohol can have serious psychological and physical consequences. It can also hurt your relationships, lead to financial trouble, impair decision-making, and cause you to put yourself or others in danger.

Chronic at-risk drinking is linked to a number of psychological health concerns such as:

- **Depression**
- **Anxiety**
- **Insomnia**

Alcohol misuse is also associated with a number of **health concerns**, like:

- Harm to liver and pancreas
- Chance of heart disease and brain damage
- Increased risk of cancer

Sustained use can put you at risk for dependence, also called alcohol use disorder.

According to the National Institute on Alcohol Abuse and Alcoholism, some **warning signs** of alcohol use disorder include:

- Drinking more or longer than intended
- Trying to cut down or stop, but unable
- Having a strong urge or need to drink
- Interfering with daily life
- Having withdrawal symptoms (e.g., trouble sleeping, shakiness and nausea)

Consider a Change

Alcohol use may not feel like a bad habit, even if it is negatively affecting you. Take time to think about your alcohol use to help determine if you should make a change. Using a **pro and con** worksheet can help. If the pros outweigh the cons, you may be ready to seek care.

Talk with your health care provider if you have questions or concerns about your drinking. Your provider can offer more information on responsible drinking and ways to quit. It's okay if you are unsure about your drinking habits or not sure a change is needed.

Remember, reaching out is a sign of strength. If you or a loved one needs additional support, contact the DCoE Outreach Center 24/7 to confidentially speak with a trained health resource consultant, call 866-966-1020 or use the **Real Warriors Live Chat**. You can also visit our "**Seek Help, Find Care**" page to see a list of key psychological health resources.

Additional Resources

- **Alcoholics Anonymous and the Armed Services**
- **Substance Abuse Treatment Facility Locator (SAMSHA)**
- **VA Services: Substance Abuse Programs**

Editor's Note: The following is a guest article provided courtesy of the Real Warriors Campaign, a Keep What You've Earned campaign partner. To view this article in its original form, visit <http://www.realwarriors.net/active/treatment/alcoholabuse.php>. More information and tools are available at www.realwarriors.net.

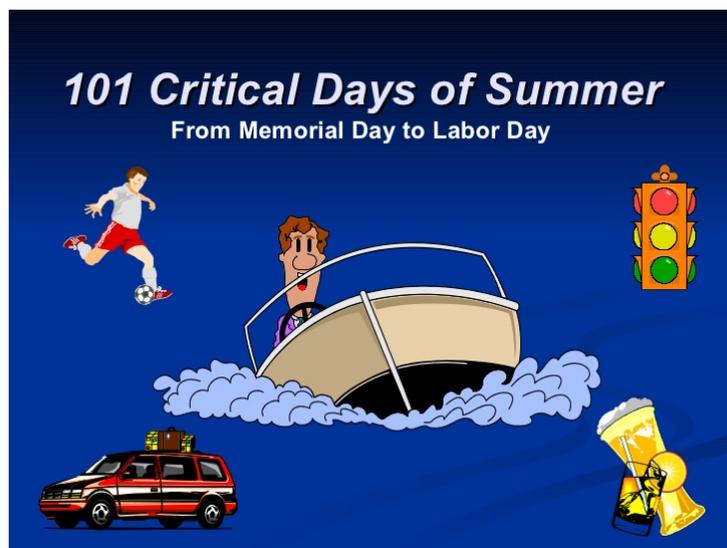
Get Ready! Warm Weather is Right around the Corner!

Memorial Day weekend is the first major holiday weekend of the year and widely considered the start of summer.

According to data from the National Highway Traffic Safety Administration (NHTSA), about 400 people die annually during a typical Memorial Day Weekend, and on average there are 13.1 percent more traffic deaths than on a non-holiday weekend. The Monday of the four-day weekend, Memorial Day itself, has 32% more fatalities than the preceding three days, according to a study on holiday fatalities.

Alcohol is a big factor, 44 % of all traffic fatalities that occur over Memorial Day are alcohol-related. AAA projected last year that 36.1 million drivers would drive at least 50 miles from home. Too many vehicles on the road, combined with alcohol-fueled parties and barbeque is a recipe for more accidents and ultimately more deaths.

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. NADAP encourages you to get ahead of these incidents, and beat the statistics by educating your Sailors and promoting a safe and healthy season. For more information and materials, visit the NADAP website and the Naval Logistics Library.



ADMITS (Alcohol and Drug Management Information Tracking System)

NADAP thanks you for your help in submitting Drug and Alcohol Reports for FYs 14-16. This table reflects the decrease in DARs submission completion in the past year.

Drug and Alcohol Reports (DARs) Pending Approval			
	15 Mar 16	15 Mar 17	Decrease
FY13	590	68	89%
FY14	1682	642	62%
FY15	2794	968	65%
FY16	1120	1085	3%
FY17	N/A	945	N/A
Total	6182	3708	40%

Also, 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 4ADCOs 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.

Alcohol DARs					
Type	FY13	FY14	FY15	FY16	FY17
DUIs	1375	493	817	760	181
Other Alcohol DARs					
Civilian Police Incident	370	141	202	176	40
Military Police Incident	358	290	418	202	50
Command Incident	1006	83	223	721	114
Command Referral	1677	760	1146	892	204
Medical Referral	153	87	185	173	39
Self-Referral	840	316	632	704	175
Total	4404	1677	2806	2868	622

Source: ADMITS (01 March 2017) the table above reflects a trend analysis of Alcohol-related DARS only

Did You Know?

To edit or remove an approved Drug and Alcohol Report (DAR) in ADMITS you can submit a request to the ADMITS help desk. All requests must be submitted on command letter head and signed by the Commanding Officer. Also needed is a copy of the original approved DAR, modification reason and data to be updated.

Navy Mandates Navy Drug Screening Program Use DODID (EDI-PI)

Effective **1 APR 2017**, all Navy commands are mandated to use NDSP 5.4, the new 2624 Form, and eliminate the use of SSN in the urinalysis drug testing process. All active and reserve service members must be tested using their DODID (EDI-PI) number. Any command(s) unable to meet this requirement must submit a letter for an exception to policy from OPNAV N170A (NADAP) via their Echelon II Alcohol and Drug Control Officer. Urinalysis Program Coordinator can access a downloadable version of NDSP 5.4 on the internet Forensic Toxicology Drug Testing Laboratory website by doing the following:

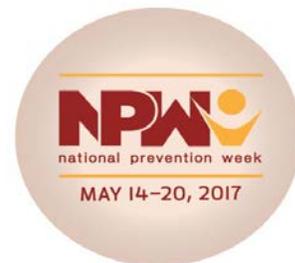
1. CAC login to the IFTDTL Portal.
2. Click on the "DTP/NDSP Portal" link located under the "Public Content" bar on the DoD Drug Testing Portal page.
3. Under "Navy DTP Download Section" you can find the NDSP information needed to meet your command requirements.

Send requests for a copy to mill_ndsp@navy.mil along with a copy of your UPC designation letter. For further assistance, contact the NDSP support desk at (901) 874-4204, DSN (312) 882-4204.

National Prevention Week

National Prevention Week is an annual health observance dedicated to increasing public awareness of substance use disorders. It will be observed from 14 May – 20 May 2017. This year's theme is: Making Each Day Count. Take advantage of this opportunity, as do organizations across the country to raise awareness in your command the importance of substance use prevention and treatment. Visit NADAP and other websites for information and materials to help get the word out. Remember, Self-referrals are a "GOOD" prevention tool. Get those shipmates that need it, back to full duty status with a positive, productive, and healthy lifestyle!

For more information on how to kick off your prevention week visit: WWW.SAMHSA.GOV/PREVENTION-WEEK



Look What's on the Horizon!

Local lawmakers in the state of Utah have passed a new change to the state's alcohol law. The new change will lower the blood-alcohol content (BAC) for being convicted of a DUI from 0.08 percent to 0.05 percent. The new law will make Utah's (BAC) levels the lowest in the country. To read more visit: <http://www.npr.org/sections/thetwo-way/2017/03/24/521356512/utah-cuts-dui-alcohol-limit-to-lowest-level-in-u-s-law-also-affects-gun-owners>

Join the Summer Pledge!

NADAP is gearing up for our summer safety promotions in support of the Keep What You've Earned Campaign (KWYE). We need your help promoting responsible drinking and have put together some easy ways you can be part of the effort.

First, we've launched our annual **"Play to Live" summer safety pledge**. Please take the pledge, encourage your Sailors and their communities to participate, and share with your partners to spread the word on this important commitment to responsible behaviors.

Visit the [NADAP webpage](#) for more information.





Are You and Your Kids Looking for Something Positive to do?

Look no further, the Drug Education for Youth (DEFY) Program may be just what you need for you and your child. DEFY is a year-long program that provides many physical and life skills activities for children ages 9 - 12. The program begins with either a five or eight day summer leadership component and continues with monthly mentoring events throughout the school year. Some of the activities include:

- **Physical activities.** DEFY provides sports and physical activities, including organized calisthenics and the President's Fitness Challenge.
- **Mentoring Opportunities.** Adult volunteers function as positive adult role models to provide mentoring throughout the program, especially during the school year. Mentoring is a great way to make a difference in both the mentor's life and the child's life.
- **Educational activities.** The science-based curriculum provides education in substance abuse prevention, social skills, general social skills, citizenship, fitness, and various life skills.
- **Educational trips.** DEFY programs conduct educational trips that emphasize hands-on and experiential learning. Destinations include many places like zoos, aquariums, and museums to combine fun with learning.
- **Life Skills.** Youth discuss and participate in life skills activities, i.e. Etiquette, Conflict Resolution, Peer Pressure, Study Skills, Goal Setting, etc.

For more information about the DEFY Program and programs in your area, 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 at <https://www.facebook.com/HQDEFY>

**April is National Child Abuse Prevention Month
Building Community, Building Hope!**

Strong, nurturing communities that are supportive of families can get involved and play a role in preventing child abuse and neglect and promoting child and family well-being.