

January is National Mentoring Month

Did you know that 1 in 3 young people will grow up without a mentor?

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter.

Young adults who were at-risk for falling off track but had a mentor are:

- 55% more likely to enroll in college
- 78% more likely to volunteer regularly
- 90% are interested in becoming a mentor
- 130% more likely to hold leadership positions.

The Drug Education for Youth (DEFY) Program uses positive adult role models to provide mentoring during the school year phase of the year long program. These mentors help youth navigate through curriculum topics and life challenges, help to succeed physically, and help to gain the confidence and self-esteem that will improve a youth's chances to avoid negative behavior like drugs, alcohol abuse, and gangs. Mentoring also provides a benefit to the mentor by instilling a sense of pride and accomplishment from helping a young person succeed.

For more information on mentoring, go to www.mentoring.org.

National Drug and Alcohol Facts Week (NDAFW): January 22 - January 28th

The NDAFW has been held the last week of January every year since 2010. The week-long observance was launched to counteract the myths about drugs and alcohol that teens often hear from the Internet, TV, movies, music, or friends and creates a safe place for teens to ask questions about drug and alcohol use, without judgment or lectures.

Since its inception, the number of community-based events has grown dramatically, throughout all 50 states and several international sites. During the week, scientists and science writers answer questions from teens around the country during a live web chat called National Drugs and Alcohol Chat Day.

For details on how to get involved with National Drugs and Facts Week, visit <https://teens.drugabuse.gov/national-drug-alcohol-facts-week/learn-about-national-drug-alcohol-facts-week>.



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Feeling stressed? A cocktail may be the wrong answer

Written by the "Keep What You've Earned" campaign staff

Navy life is stressful. You (and your family) are committed to a way of life that isn't for everyone. It's a way of life that is rewarding and challenging, yet extremely demanding. So, the question isn't whether or not you're going to be stressed - it's how are you going to cope when you're under the strain?

According to the National Institute of Health (NIH), people who report being stressed tend to drink more, and among veterans who have been in active combat, the link is even stronger. If a cold one at day's end is your go-to stress reliever, you may want to rethink your options. The latest research points to alcohol use as a contributor to ongoing stress and anxiety.

Consistently drinking alcohol can actually alter the brain's chemistry, re-setting what is "normal." An NIH study found that alcohol causes the release of higher amounts of hormones, including cortisol, that affect the way the body perceives stress and how it responds to it. According to the study, a long-term heavy drinker may experience higher levels of anxiety when faced with a stressful situation than someone who never drank at all.

The impacts don't stop there, though. Cortisol plays a role in memory and learning, and has been linked to the development of depression and other psychiatric disorders. And if that wasn't enough to make you pause before happy hour, cortisol is suspected to play a role in weight gain, especially around your middle.

What are some other ways you can de-stress without the potential negative consequences? Instead of alcohol, focus your body and mind on positive measures. Physical activity can help your body re-regulate hormones to help you think clearly, boost your mood and unwind. If you enjoy the company of others, go for a run with a few shipmates or get in a good workout. If you're more solitary in nature, listening to music, reading, and meditating can also produce a sense of calm and well-being.

The bottom line is that alcohol won't decrease your stress level long-term. It can, however, jeopardize everything you've worked hard for, particularly if use turns into abuse, or leads to irresponsible decisions. If you choose to drink, NADAP's Keep What You've Earned campaign offers resources to help you and your shipmates drink responsibly, including the free **Pier Pressure** mobile app, available on iTunes and the Google Play store. Pier Pressure features information on the Navy's self-referral process and an anonymous self-check to help you gauge your drinking and seek help if needed.

For more tips on responsible drinking, as well as materials to download and share, see the Keep What You've Earned campaign's resources at <https://go.usa.gov/xnXvs>.

“Prescription for Discharge”

This New Year, Resolve to use your RX Drugs Safely

Written by the “Prescription for Discharge” campaign staff

In the New Year as you resolve to make improvements in your life, you may already be thinking about cleaning your closets, junk drawers, or shed. But what about your medicine cabinet? Cleaning your medicine cabinet gives you a chance to get rid of unused, unwanted or expired medications, decreasing the likelihood of unintentional misuse. “Dispose Properly” is one of the Prescription for Discharge campaign’s four steps to help you use your prescriptions safely and correctly, preserving your health and career.

Did you know that you can dispose of your unused, unwanted or expired medication safely and conveniently at home? Rather than flushing the medication down the toilet, where it can pollute the water supply, you can create simple at-home disposal kits using everyday items that you may already have on-hand. Empty the medication into a small and sealable plastic baggie mixed with water and an undesirable substance (e.g., coffee grounds or kitty litter). Cross out personal information from the bottle, place it in the bag, seal the bag and throw it in the trash. Visit <https://go.usa.gov/xn5Y4> for printable at-home disposal kit inserts that you can use or share with shipmates to encourage them to Dispose Properly as part of their New Year’s resolution. Additionally, your local military treatment facility (MTF) may have secured prescription drug drop boxes that accept several types of medications for disposal. Visit health.mil/drugtakeback to learn more.

In addition to **disposing properly**, always **take medications correctly** by following the doctor’s orders and prescription instructions as directed. **Report promptly** and be sure to make Navy Medical and your command aware of any prescriptions received from non-military providers within 10 days. And **never share** prescription medications with friends, shipmates, or family members – even in good faith.

Use the New Year as a time to refocus on your Navy career and goals. While using your medications as prescribed can help you keep your career, goals and health on track, misuse can hinder them. Remember the four steps and be sure to ask your medical provider the important questions when you receive care, like how much, how often, and how long you need to take the medications that you are prescribed. Ask what to do if you feel better before you finish your prescription. Get clarity on how long the prescription is valid and if refills are available. For more tips, check out the Prescription for Discharge campaign’s new Safe Use Fact Sheet, available [here](#).

There are resources available if you or someone you know may have a problem with prescription misuse. Your command Drug and Alcohol Program Advisor (DAPA) can assist, or you can call 1-866-U-ASK-NPC (1-800-827-5672).

FOUR TIPS FOR SUCCESSFULLY MANAGING CHRONIC PAIN

The following article was contributed by the Real Warriors Campaign, a partner of NADAP’s Keep What You’ve Earned and Prescription for Discharge campaigns. For more information and free resources for your command, visit www.realwarriors.net.

For many service members and veterans, managing chronic pain is part of everyday life. Chronic pain can be from a combat injury, a tough job or even hard training. No matter the cause, it can impact your mind and body. For this reason, it is important to treat.

Chronic pain is pain that lasts three to six months, or longer—even years. It is often seen as affecting your physical health. However, [coping with the psychological and emotional effects can be challenging, too](#). The following four tips can help you manage your pain and its effects on your overall quality of life.



CREATE A TREATMENT PLAN

Your first step to managing pain is creating a comprehensive treatment plan with your primary care provider. Talk about how pain is affecting you at work and home. Even if you can't completely get rid of your pain, a good plan helps you change your attitude and emotions surrounding it. A comprehensive plan may include:

Physical therapy. Weight gain, loss of strength and reduced stamina can occur with chronic pain. Physical therapy can help.

Psychological therapy. Chronic pain is often linked to psychological health concerns like anxiety. Cognitive behavioral therapy is one approach that can help to lessen pain.

Medication. Your provider may prescribe medications and monitor how you take them. Take these only as prescribed.

Social support. Your family, friends and fellow service members can help you stay on track and keep your morale up. Talk to your provider about making social support part of your plan.

Complementary and Alternative Medicine. Acupuncture, stress management, meditation and yoga, may help.

LEARN COPING SKILLS

There are skills you can learn that can help you cope while you treat your pain. [Coping skills help you feel better about the pain you still have.](#) They include:

Managing stress. Take a break and participate in activities you enjoy.

Practicing healthy behaviors. Eat well, exercise, limit alcohol and get plenty of sleep.

Setting goals. Focus on what you want to achieve and track your progress. Goals can be working at your computer for several hours without pain, or doing an activity you gave up.

WORK CLOSELY WITH YOUR HEALTH CARE PROVIDER

Checking in often with your health care provider is the best way to manage your pain. Track your progress and write down concerns so you can discuss them at your appointments.

It is also important to closely follow your doctor's directions, especially with medication. Chronic pain is often treated with opioids which can be habit forming.

REACH OUT FOR SUPPORT

Whether you reach out to your health care providers, family and friends, fellow warriors or leadership, remember that you always have a place to turn.

Live support for service members, veterans and their families:

DCoE Outreach Center: a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury.

Military Crisis Line: a confidential, 24/7 call center, online chat and text messaging service staffed by U.S. Department of Veterans Affairs responders to provide support for service members in any type of crisis including stress, anxiety, post-traumatic stress disorder, relationship challenges and life transitions. Call 1-800-273-TALK (8255) and Press 1, or text 838255.

National Suicide Prevention Lifeline: a free, confidential 24/7 call center for anyone in crisis, whether or not they are thinking about taking their life. Call 1-800-273-TALK (8255) to speak to a trained crisis.

Educational resources for service members, veterans and their families:

- [Coping with Chronic Pain](#), American Psychological Association
- [Defense & Veterans Center for Integrative Pain Management](#)
- [National Center for Complementary and Integrative Health](#)
- [Preventing Prescription Drug Misuse](#), Real Warriors Campaign

Remember, reaching out is a sign of strength. If you or a loved one needs additional support, contact the Psychological Health Resource Center 24/7 to confidentially speak with trained health resource consultants, 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.

Know the Facts!

Over the past 5 years, an average of 300 people died in drunk driving crashes during the Christmas through New Year holiday period. Don't be a Stat. Be Safe! Take the safer ride home.

For more information visit:
<https://www.nhtsa.gov/drunk-driving/holiday-season-drive-sober-or-get-pulled-over>.

NADAP Training at COMPACFLT Resilient Workforce (RW) Summits and USFF Workshops

Summits and workshops offer a variety of presentations and expert speakers that focus on topics such as; sexual assault, suicide, and drug and alcohol abuse. Additionally, NADAP provides updates on the latest drug and alcohol policies, programs and procedures. DAPAs and UPCs are strongly encouraged to attend.

DATE	EVENT	LOCATION
16 Jan 2018	USFF Workshop	ISA Airbase
17 - 18 Jan 2018	USFF Workshop	NSA Bahrain
12 - 13 Feb 2018	USFF Workshop	PAX River, MD
14 - 15 Feb 2018	USFF Workshop	Fort Meade
26 - 27 Feb 2018	RW Summit	NAF El Centro
1 - 2 Mar 2018	RW Summit	NAWS China Lake
5 - 6 Mar 2018	RW Summit	NAS Fallon
13 - 14 Mar 2018	USFF Workshop	NCBC Gulfport
15 Mar 2018	USFF Workshop	Stennis Space Center

Attending a Super Bowl Party?

Whenever your social plans involve alcohol and/or prescription drugs, make plans so that you or friends don't have to drive while impaired.

Use the following examples to help, "Keep What You've Earned":

1. Before drinking, designate a non-drinking driver when with a group.
2. Don't let your friends drive impaired.
3. If you have been drinking or using prescription drugs, get a ride home or call a taxi.
4. If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages, and make sure all guests leave with a sober driver.



KEEP WHAT YOU'VE EARNED AND OTHER SUBSTANCE ABUSE TRAINING MATERIALS ARE AVAILABLE FOR ORDER THROUGH THE NAVY LOGISTICS LIBRARY. DETAILS ON WWW.NADAP.NAVY.MIL

A Career in a Bottle!

Urinalysis Program Coordinators (UPC):
 Are you mindful of Chain of Custody?

Chain of Custody

For the vast majority of Sailors, urinalysis is an uneventful occurrence that happens at least once a year. Every urinalysis sample has the potential to end a Sailor's career; therefore, it is vital that samples are collected properly and safeguarded appropriately throughout the testing process. This is assured by establishing a chain of custody which accurately identifies the sample's owner and accounts for the sample from collection to disposal by the Navy Drug Screening Lab.

Establishing the Chain of Custody

The chain of custody is reflected on the Specimen Custody Document (DD Form 2624) and begins when an empty specimen bottle is provided to the member and he/she verifies that the bottle is empty and free of contaminants. The specimen bottle should not be touched or handled by anyone else until after the specimen bottle is returned to the UPC by the member. The labeling information is verified by the member, initialed by both parties and affixed to the center of the bottle in the member's presence. The UPC verifies that the information on the sample labels matches the information on the front of the DD Form 2624 and notes any discrepancies.

Packing and Shipping

The UPC shall collect the specimen bottles, check **tops to make sure they are tight to prevent from leaking**. The samples should be consolidated into batches of up to 12 and remain intact for shipping to the Navy Drug Screening Laboratory. Each transfer of custody **shall** be documented on the back of the DD Form 2624. When specimen bottles are stored in a secure storage location, that location is treated like an individual that has held and released the sample to the next in the chain of custody. Incorrectly annotating secured storage is one of the most common chain of custody errors made by commands.

Cost of Substance Abuse!

Abuse of tobacco, alcohol and illicit drugs is not only costly to our Sailors, but to the nation as a whole, exacting more than \$740 billion annually in costs related to crime, lost work productivity and health care.

Did You Know?

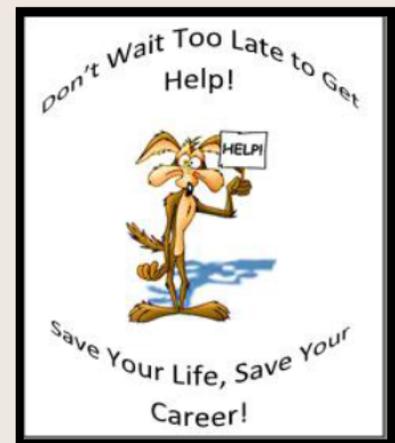
According to the National Highway Traffic Safety Administration (NHTSA), in 2016, there were more than 10,497 fatalities due to drunk driving. This is a 1.7 percent increase from 2015. Don't be a statistic in 2018! Stay alive and "Keep What You've Earned." For more information and statistics visit: <https://www.nhtsa.gov/press-releases/usdot-releases-2016-fatal-traffic-crash-data>.

Does Your Sailor Know Self or Command Referrals are a Good Path to Help?

Alcohol abuse reduces mission readiness and is inconsistent with Navy core values. If someone needs help for alcohol abuse it is important that they know where to seek assistance.

The self-referral process is designed to provide a member with the opportunity to receive screening and appropriate treatment for personal alcohol abuse, without fear of disciplinary action or separation. This includes Sailors under the age of 21 who are in need of counseling or assistance for alcohol abuse. To be considered a valid self-referral, a Sailor must meet the following qualifications:

- There can be no credible evidence that the member seeking the self-referral has been involved in any form of an unresolved alcohol incident. The intent of a self-referral is to provide appropriate treatment, not as an avenue to avoid the consequences of an alcohol incident. A command may not direct an individual to self-refer.
- The request for self-referral must be made only to designated or authorized individuals. To ensure a timely medical screening is conducted, referral agents shall take immediate action, or as soon as feasible due to mission constraints. The following is a list of designated referral agents:
 - Command DAPA
 - Commanding Officer, XO, OIC, or CMDCM/Chief of the Boat (COB);
 - Navy drug and alcohol counselor (or intern);
 - DoD Medical Personnel (including LIP);
 - Chaplain
 - Fleet and Family Support Center counselor.



If the request is made to any individual other than designated referral agents, it will not be considered a valid self-referral, but may be deemed a command-referral. A command-referral is initiated by the member's chain of command and may be based on any credible factor such as hearsay, personal observation, or noticeable change in job performance. Commanding Officers may refer members of their command for medical screening at a Substance Abuse Rehabilitation Program (SARP) in situations where no offense has been committed and regardless of whether or not the member has personally disclosed their problem.

Don't forget self and command referrals can save a life and a career!

Join the team! Help our future leaders excel in the Summer Leadership Program

The DEFY program is now recruiting for staff, youth, and junior staff members for participation in the Drug Education for Youth (DEFY) Summer Leadership component which starts in June. DEFY will launch the leadership component of their year-long program at thirty-five 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 bullying and smoking. Additionally, the program builds leadership skills and increases awareness of the harmful effects of drugs, alcohol and other harmful substances.



Commands can help ensure their program's success by helping recruit volunteers, supporting command staff to serve as positive adult role models and providing the resources necessary to operate their 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 experience that includes mentoring, tutoring, supervision, leadership, logistics, public speaking, instructing, and finances. Despite the hard work and long hours, many Sailors and Marines who have actively participated in a local DEFY program return to their commands a better military member. The 8-day non-residential program requires 8 - 10 hours of work each day and the 5-day residential programs require adults to be with the youth 24 hours per day.

For more information or to find a local DEFY program coordinator in your area call (901) 874-3300 or email mill_n17_defy@navy.mil. Check out the DEFY website http://www.npc.navy.mil/support/21st_century_sailor/nadap/defy. or visit our Facebook page at www.facebook.com/#!/HODEFY.



Why Can't I Log into my iFTDTL Account?

1. You did not register your CAC with your account within 3 days of your initial account creation email receipt.
2. If you have not logged into the web portal within the last 30 days, your account will automatically be disabled.
3. Your account has expired.
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 affect your ability to log in to your account.

For help, contact an iFTDTL administrator at the Helpdesk at 901-874-2458.*