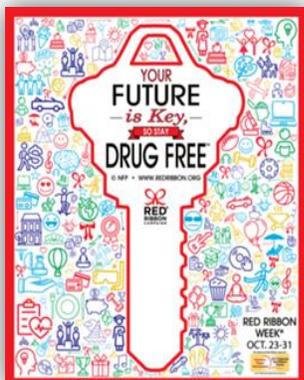


## Red Ribbon Week

In 1988, the National Family Partnership sponsored the first National Red Ribbon Celebration as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. The campaign has reached millions of U.S. children and families. The National Family Partnership and its network of individuals and organizations continue to deliver a message of hope through the National Red Ribbon Campaign.

The 2017 Theme for Red Ribbon Week to be held October 23 - 31, 2017 is "Your Future is Key, so stay Drug Free." For more information on Red Ribbon Week and ideas to educate youth and help participate, visit <http://redribbon.org/>. Red Ribbon Week is the oldest and largest drug prevention campaign in the country.



Additionally, the local DEFY program at Strategic Communications Wing ONE, Tinker AFB, OK was selected and recognized as the 27th Annual Secretary of Defense Community Drug Awareness Award (CDAA) recipient. The CDAA is presented annually to the best drug demand reduction program that promotes community drug awareness efforts in the Department of Defense.

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- Travel Risk Planning System (TRiPS)
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## Don't Forget About the Travel Risk Planning System (TRiPS)!

During holiday travel, think of where you want to be and where your family will want you to be when it is over. Practice Risk Management. Do your part - fill out a risk assessment and have your supervisor review it. Once you are aware of driving risks, you can more easily manage them.

- Wear your seatbelt; avoid drinking and driving.
- Slow down and increase your following distance.
- Avoid distractions and get plenty of rest.



To access TRiPS go to: <https://trips.safety.army.mil/navy/TRiPSAssessment>.

## NATIONAL TAKE BACK DAY SET FOR OCT. 28

BY: JODI JORDAN

Did you know that your medicine cabinet could be as dangerous as a loaded gun? According to the Office of National Drug Control Policy, more than 70% of prescription pain drug abuse involved drugs obtained from a friend or relative, and nearly one third of suicide attempts among veterans involve prescription medication. Unwanted, unused, and expired prescription drugs are a major problem, and the Drug Enforcement Administration conducts "Take-Back Day" twice a year to help people dispose of drugs properly and safely.



The next National Take-Back Day is scheduled for Oct. 28. The event encourages people to turn in expired, unused and unwanted prescription drugs to a local drop-off site securely, anonymously and free of charge. While many Military Treatment Facilities offer drop boxes for disposal, participating in National Take-Back Day is another great option for service members, their families and other members of the community. Collection sites in local communities can be found by visiting the Drug Enforcement Agency's Office of Diversion Control at [https://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](https://www.deadiversion.usdoj.gov/drug_disposal/takeback/) and searching for local collector locations.

You can also be part of educating your community by watching and sharing videos from the Prescription for Discharge campaign, available at <https://www.youtube.com/NavyNADAP>. These short and informative videos don't just explain the dangerous nature of prescription drug misuse, they also offer the details on what is and isn't allowed in the Navy.

For more information, see the Prescription for Discharge website at <https://go.usa.gov/xRs8P>.

## Participate in the Great American Smoke Out 2017!

The Great American Smokeout is hosted by the American Cancer Society. The socially engineered annual event takes place on the third Thursday of November. This year's event will be on November 16, 2017. The event challenges Americans to stop tobacco use for 24 hours, hoping their decision not to smoke will last forever. It also helps people learn about the many tools available to help them quit and remain smoke-free for the rest of their lives.



Help a Shipmate kick the habit. Encourage someone you know to use the date to make a plan to quit smoking. Participation for 1 day is taking an important step toward a healthier life and reducing their cancer risk.

Visit <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html> to learn more about this event and some resources to quit smoking. SECNAVINST 5300.13E is the governing instruction for the control and reduction of tobacco use within the Department of Navy (DoN).

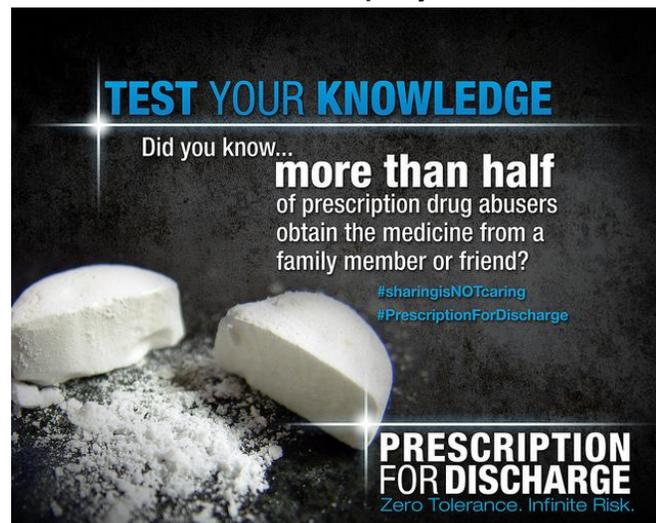
## Sharing Isn't Caring When It Means Prescription Drugs – Keep Yourself and Your Family Safe This Holiday Season

By: Jodi Jordan

Spending time with friends and family is the best part of the holidays for many of us. Unfortunately, friends and family may unknowingly put their loved ones at risk – either by sharing prescription medications, or failing to secure them.

According to a 2009 - 2010 survey on drug use and health done by the White House's Office of National Drug Policy, more than 55% of Americans who used prescription pain relievers non-medically were given the medication by a friend or family member. Another 11% bought them from a friend or relative, and 5% took them from someone they know without permission.

The risks of using medications – pain relievers or others – without prescriptions are well known and deadly. Sharing prescription medications with others will put you and the other person at serious risk. Medications are prescribed based on a wide range of factors and could cause serious reactions from allergies or interaction with other medications if not taken under a doctor's care. Beyond the health risks, sharing prescription medication is a serious risk to your career. The Navy has a Zero Tolerance policy for drug abuse. You (or your Sailor, if you're a friend or family member) risk discharge and prosecution if drug misuse or abuse is found. Dispose of your medications – not your career.



This holiday season, take responsibility for any medications you are prescribed. Never share with others, and ensure your medications are secured. While at home or on leave, make sure to never take medication belonging to someone else – even if they think they are trying to help you by offering. Dispose of expired medications promptly and safely. Many military treatment facilities offer drop boxes for safe and anonymous disposal for drugs. Alternatively, you can dispose of your medications at home by filling a plastic bag with used coffee grounds and the medication. Drop the entire bag in the trash. If disposing of medication bottles, make sure to remove or cross out any personal information before placing in the trash.

For more information on prescription drug disposal options, see the Prescription for Discharge website at <https://go.usa.gov/xRs8P>.

## How to access iFTDTL

To gain access to the iFTDTL web portal, download the Authorization Letter located under the "Create a New Navy Account" link located at: <https://ftdtl-dapp1.amedd.army.mil>.

Send your completed request to: [MILL\\_DTADMIN@NAVY.MIL](mailto:MILL_DTADMIN@NAVY.MIL). Once your request has been processed you will receive an email from NADAP personnel.

Upon receiving the email to access your account you must register your CAC. If you do not register within 3 days your account will be disabled.

*If this happens please contact NADAP at the helpdesk (901) 874-2458.*

## The Keep What You've Earned Campaign's "Give the Gift of a DD" Pledge

By: Shayla Lawrence

In 2015, almost one-third of all traffic-related deaths involved alcohol. (SOURCE: <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812350>). Fall and winter include many fun-filled holidays and other seasonal celebrations that increase the likelihood of driving and traffic accidents. These next few months see many families out and about, trick-or-treating, shopping for holiday gifts, and going to dinners and parties.

This holiday season, the Navy Alcohol and Drug Abuse Prevention (NADAP) Office's Keep What You've Earned campaign encourages Sailors to "Give the Gift of a Designated Driver (DD)." The premise is simple. Sailors select one night from Thanksgiving week (19 November) through New Year's Eve (31 December) to serve as a DD. A gift card can be given to a fellow Sailor, friend, or family member to be used in exchange for a safe ride home one night during the holiday season. A DD always plans ahead, is sure to have the keys *before* the drinking begins, and does not drink at all. Encourage other friends and shipmates to be a DD, too, so that it's not always the same person!



You can find the printable gift cards on the Keep What You've Earned webpage at <https://go.usa.gov/xRsQH>. You can also use the messaging below on social media channels to promote "Give the Gift of a DD" and responsible drinking this holiday season.

### Social Media Messages (share with gift card graphic)

1. **Share** this graphic and give a fellow Sailor the gift of a designated driver for one night! Print the gift cards at <https://go.usa.gov/xRsQH> #savealife #makeithomefortheholidays
2. This Thanksgiving give the gift of being a designated driver to friends and family and #keepwhatyouveearned Print the gift cards at <https://go.usa.gov/xRsQH> #showyourthanks
3. Give the gift of being a designated driver for one night during the holidays. Print or share this graphic #CelebrateResponsibly Print the gift cards at <https://go.usa.gov/xRsQH>

4. Looking for the perfect gift to give your friend or significant other? Give them the gift of being their designated driver and make sure they get home safely!  
 #makeithomefortheholidays <https://go.usa.gov/xRsQH>

It is essential for frontline leaders to encourage responsible drinking behavior and provide Sailors with tools to help them make good decisions. Navy social media sites and the Keep What You've Earned webpage are two ways to reach Sailors. Word-of-mouth and in-person promotion of the call to "Give the Gift of a Designated Driver" are other great ways to keep Sailors actively engaged in helping others keep what they've earned. Leaders can print and share **campaign materials, including gift cards, at safety standdowns, Friday briefings, or just pin the materials to bulletin boards** around base facilities (e.g., gyms, galleys, medical centers, MWR facilities, etc.).

*Additionally, leaders should encourage Sailors to download the Pier Pressure mobile application, which offers practical tools such as a blood alcohol content estimator, a calorie count estimator, a self-check and more. Pier Pressure is available on the Apple App Store and Google Play. For more information, see the new **Pier Pressure Press Kit**.*

## New Materials to Help Sailors Keep What They've Earned!!!

By: Caroline Miles

Nearly 75% of Sailors have heard of NADAP's **Keep What You've Earned** campaign and recognize it as a trusted and relatable voice when it comes to promoting responsible drinking. Every campaign message and product is shaped with feedback directly from the fleet to ensure that they're tracking with Sailors' needs and experiences. Based on recent focus group feedback, the team introduced new features to the campaign's mobile application, Pier Pressure, including access to ordering an **Uber or Lyft, an alcoholic beverage calorie counter, a blood alcohol content (BAC) calculator** and other tools to help Sailors drink responsibly. Feedback also encouraged more discussion of resources, **financial impacts and real life stories** of Sailors making the right decisions. To that end, the campaign recently produced new materials addressing these topics, operationalizing Sailors' feedback into materials that make an impact.

As summer winds down, football season begins and the holidays are quickly approaching, now is a good time to refresh your alcohol misuse prevention outreach efforts. The latest KWYE materials are now available for bulk ordering from the Naval Logistics Library, along with popular existing campaign posters, fact sheets and implementation guides. **Not only will these materials be shipped directly to your command, but they're FREE!**

Read up on some of our newest and most popular items below:

- **Choices Graphic Novel:** "Choices" is based on a true story and takes place around one of the most anticipated milestones of a Sailor's career: his advancement to chief petty officer. Through this realistic graphic novel readers will see the potential outcomes of the Sailor's decision whether or not drive home following a night of drinking and celebrating. Will he put his career and he and his family's lives at risk, or find a safe ride home to keep what he's



earned? Bonus: "Choices" is also available as a live-action video public service announcement on the NADAP YouTube page, along with other KWYE videos.

- **Costs of a DUI Poster:** Getting behind the wheel after drinking alcohol can cost you - but did you know those costs can rack up to more than a million dollars over your lifetime? This poster breaks down the short-term and long-term financial losses resulting from a career-ending DUI. It also features resources to reach out to for help with alcohol misuse. Bonus: this poster is also available as a series of social media graphics on the NADAP Flickr page for use on personal or command-owned social media channels.
- **Campaign Fact Sheets:** Shipmates, leaders, ADCOs, DAPAs and members of the local community all play a crucial role in promoting a culture of responsible drinking. Fact sheets tailored to each of these audiences offer customized ways to get involved with the campaign and support Sailors throughout the careers they've worked so hard for.

For a complete list of available products and links for quick download, visit <https://go.usa.gov/xRejE>.

Post these products in high-traffic areas in your work center, around your installation, in passageways and on bulletin boards. You can also share tips to promote responsible drinking on social media by following NADAP on Facebook or posting messages from the campaign's social media calendars (available [here](#)).

## How to Access the Naval Logistics Library

- Before accessing NLL for "ordering materials" you must have an account.
- To establish an account, a SAAR-N form has to be electronically completed via: [https://nll.navsup.navy.mil/web/includes/public/NLL\\_SAAR-N\\_Instructions.pdf](https://nll.navsup.navy.mil/web/includes/public/NLL_SAAR-N_Instructions.pdf).
- Once completed and access granted you can now begin to order your FREE NADAP materials.

*For additional information on accessing NLL, contact the customer service desk @ 1-215-697-2626.*

## **Commander's Spotlight: Recognizing the Fleet! John C. Stennis Leads the Charge on Alcohol Prevention!**

*Reprinted from Navy News Service*

Sailors gathered in USS John C. Stennis' (CVN 74) hangar bay for a "Tackle the DUI" tailgating event. The event promoted healthier lifestyles and raised awareness of the effects of alcohol with informational booths and football themed activities. By arming their peers with information, John C. Stennis Sailors hoped to prevent their shipmates from driving under the influence (DUI).



The tailgate was organized by the ship's Coalition of Sailors Against Destructive Decisions (CSADD) working with the command Drug and Alcohol Program Advisors (DAPA), First Class Petty Officers Association (FCPOA), Second Class Petty Officers Association (SCPOA) and Junior Enlisted Association (JEA). The event began on a serious note. Several Sailors told personal stories about alcohol, and what the consequences of driving under the influence have been for them both professionally and personally.

"I think if I could help anybody with my experience, if I could reach out and positively influence somebody, then that would be awesome," said Chief Fire Controlman Mick Kirby, from Cottage Grove, Ore., one of the guest speakers. "Something I would love people to understand is that when you are dealing with addiction, it's impossible to beat it without help, and the Navy has great resources to help." CSADD set up trivia booths with facts, statistics and common misconceptions about alcohol use.

"We definitely had a few dropped jaws," said Electronics Technician 3rd Class Annalys Blanco, from Apopka, Fla., who set up the booths for CSADD. "People were surprised by some of the statistics." Blanco said Sailors seemed staggered to learn that each day 28 people in America die as a result of drunk driving crashes, and one in three people will be involved in a drunk driving crash in their lifetime. Blanco also said few of the Sailors she talked to were aware that carbonation increases the speed of alcohol absorption.

As the event continued, it began to more closely resemble a tailgate party with football games playing on a large inflatable screen, and snacks and cotton candy provided by the SCPOA. JEA provided goggles that simulate how drinking alcohol can distort your senses. Sailors tried to throw a football through a goal post while wearing the goggles.

"If you can't throw a football into a post with drunk goggles on, how are you going to drive a car," said Yeoman 3rd Class Regan Edwards, from Ocean City, Md., and JEA president. "Hopefully people take this seriously and the awareness goes up. I hope people realize that the consequences of drinking and driving are more than losing rank or losing money. It hurts more than yourself."

At the FCPOA booth, Sailors were invited to sign a banner pledging to never drink and drive. "I don't want to promote people not to drink; I want to promote responsible drinking," said Chief Aviation Ordnanceman Robert Hodor, the command DAPA. "I know people are going to drink, just be reasonable about it." Hodor also said if any Sailor is having a problem with alcohol they should talk to one of the DAPAs. They are there to help.

*The Navy Alcohol and Drug Abuse Prevention Program applaud the efforts of this command for helping Sailors "Keep What They've Earned"! For more on this article visit: [http://www.navy.mil/submit/display.asp?story\\_id=102561](http://www.navy.mil/submit/display.asp?story_id=102561).*