

NATIONAL IMPAIRED DRIVING PREVENTION MONTH



December is National Impaired Driving Prevention Month (also known as Drinking and Drugged Driving Prevention/3D Month). It is a time to raise awareness about the consequences of illegal drugs or misuse of prescription drugs while driving. Drugged Driving and/or driving under the influence of alcohol endanger not only the driver but passengers and other drivers as well.

Motor vehicle crashes caused by drugs and/or alcohol-impaired drivers has resulted in a phenomenal number of fatalities daily. Every effort must be made to prevent our Sailors from being a part of this problem and to protect what they've earned!

According to the National Highway Traffic Safety Administration (NHTSA):

- Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse.
- Alcohol-impaired motor vehicle crashes cost more than an estimated \$37 billion annually.
- In 2012, more than 10,000 people died in alcohol-impaired driving crashes - one every 51 minutes.
- The National Highway Traffic Safety Administration's (NHTSA's) 2013-2014 National Roadside Survey found that more than 22 percent of drivers tested positive for illegal, prescription or over-the-counter drugs.



IN THIS ISSUE:

1. National Impaired Driving Prevention Month
2. Mixing Alcohol with Medicines
 - Heft for the Holidays: How to Hold Off Those Extra Pounds
3. Give the Gift of a Designated Driver Pledge
4. NDSP Note
 - New "User" IFTDTL
 - Holiday Drinking: Keep it Safe and Keep What You've Earned
5. Exercise Controllability to Help Keep What You've Earned
6. DEFY

ADAMS COURSE CANCELLATION

Due to the disestablishment of the Center for Personal and Professional Development (CPPD), ADAMS for Supervisors and ADAMS for Facilitators courses have been cancelled. This change will be reflected in the next update of OPNAVINST 5350.4 Series.

MIXING ALCOHOL WITH MEDICINES

From the glasses of wine with Thanksgiving dinner to the champagne toasts on New Year's Eve, alcohol is often a familiar sight at holiday celebrations. But if you're taking one or more medications a day — whether they're over-the-counter or prescription — is it safe to raise a glass or two, or should you avoid drinking altogether? In some cases, mixing alcohol with medications can be dangerous. Some drugs contain ingredients that can react with alcohol, making them less effective or have a negative effect on your symptoms or disease itself.

The danger of combining alcohol and some medications is real and sometimes fatal. Antidepressants, painkillers and sleeping aids are just a few examples of over-the-counter and prescribed medicines that should be of concern when drinking alcohol. Be sure to consult your pharmacist or doctor if you have additional questions about the medications you are taking.

Nierenberg, C. (2013). Livescience. Retrieved from [\(http://Livescience\)](http://Livescience). (2013). Retrieved from <http://www.livescience.com/41481-how-common-medications-interact-alcohol.html>

HEFT FOR THE HOLIDAYS: HOLD OFF THOSE EXTRA POUNDS

Indulge in rich foods over the holiday season and you may wind up paying the price in extra pounds. While research shows that most people don't gain as much weight as they fear they will over the holidays, many can't seem to lose their holiday pounds afterward.

The extra weight can build up over the years and contribute to obesity later in life. Why not make this the year you reverse the trend and stop gaining weight over the holidays?

Weight gain over the holidays is a large part of the typical weight gain that adults have over the years. Almost all the weight people had gained over the course of a year could be explained by the pounds they added over the holiday period. That's why it's particularly important to make sure you maintain your weight during the holiday season.

https://newsinhealth.nih.gov/2007/November/docs/01features_01.htm

TIPS FOR KEEPING WEIGHT OFF DURING THE HOLIDAYS:

- **Physical activity.** People who are more active are more likely to maintain their weight during the holidays.
- **Limit alcohol consumption.** Alcohol can be a major source of hidden calories.
- **Limit soda and other sweetened beverages.** These drinks add extra calories, too.
- **Schedule holiday food celebrations at normal meal times.** Celebrations outside of normal meal times encourage people to pile on extra calories.
- **Choose foods with fewer calories.** Foods with fewer calories for their size make you feel fuller sooner.
- **Use smaller plates.** The bigger your plate and the more food that's on it, the more you're likely to eat in the end.
- **Eat a healthy snack beforehand.** You'll be less likely to eat a lot of fattening food at the party.
- **Weigh yourself daily.** Plan how you'll get back on track if your weight begins to creep up.

**KEEP WHAT YOU'VE EARNED BANNERS ARE AVAILABLE FOR
ORDER THROUGH THE NAVY LOGISTICS LIBRARY.
DETAILS ON WWW.NADAP.NAVY.MIL**

KEEP WHAT YOU'VE EARNED CAMPAIGN'S "GIVE THE GIFT OF A "DESIGNATED DRIVER" PLEDGE

In 2013, nearly one-third of all traffic-related deaths involved alcohol¹. As families travel to see one another, parents go out Christmas shopping, and friends host ugly Christmas sweater parties, the increase in driving also increases the risk of driving accidents.

This holiday season, the Navy Alcohol and Drug Abuse Prevention (NADAP) Office's Keep What You've Earned campaign is running the second annual "Give the Gift of a Designated Driver (DD)" pledge: <https://survey.max.gov/index.php/262327/lang-en>. Last year, more than 1,000 Sailors participated, making our communities a safer place to come home for the holidays.

The premise is simple. Sailors select one night from Thanksgiving through New Years to serve as a DD. They can then give a gift card to their friends or family, who can redeem that gift of a safe ride.

You can find the **printable gift cards** on the Keep What You've Earned webpage [[LINK](#)]. You can also use the messaging below on **social media** channels to promote the pledge and responsible drinking this holiday season.

It is essential for frontline leaders to encourage responsible drinking behavior and provide Sailors with tools to help them make good decisions. Sailors might not access Navy social media sites or visit the Keep What You've Earned webpage, making word-of-mouth and in-person promotion of the "Give the Gift of a Designated Driver" pledge crucial. Leaders should print and share 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.).

Social Media Messages Promoting the "Give the Gift of a DD" Pledge (sharable with graphic)

1. Share this graphic and give a fellow Sailor the gift of a designated driver for one night! Take the pledge at <https://survey.max.gov/index.php/262327/lang-en> #savealife #makeithomefortheholidays
2. This Thanksgiving give the gift of being a designated driver to friends and family and #keepwhatyouveearned Take the pledge at <https://survey.max.gov/index.php/262327/lang-en> #showyourthanks
3. Give the gift of being a designated driver for one night during the holidays. Print or share this graphic #CelebrateResponsibly Take the pledge at <https://survey.max.gov/index.php/262327/lang-en>

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

Introducing new "DSM V" Language

Alcohol use disorder, or AUD, is the clinical term for problem drinking that causes mild to severe harm or distress. Excessive drinking can interfere with work, school, and relationships. It also raises the risk of many ailments, including heart disease, high blood pressure, liver disease, depression, and some cancers.



¹Dept of Transportation (US), National Highway Traffic Safety Administration (NHTSA). Traffic Safety Facts 2013 Data: Alcohol-Impaired Driving. Washington (DC): NHTSA; 2014 [cited 2015 May 18]. Available at URL: <http://www-nrd.nhtsa.dot.gov/Pubs/812102.pdf>.

home safely! #makeithomefortheholidays Take the pledge at <https://survey.max.gov/index.php/262327/lang-en>

However, in spite of the low level of illicit drug use, abuse of prescription drugs is higher among service members than among civilians and is on the increase. In 2008, 11 percent of service members reported misusing prescription drugs, up from 2 percent in 2002 and 4 percent in 2005. Most of the prescription drugs misused by service members are opioid pain medications.

The greater availability of these medications and increases in prescriptions for them may contribute to their growing misuse by service members. Pain reliever prescriptions written by military physicians quadrupled between 2001 and 2009—to almost 3.8 million.

NDSP NEWS

Are you using the right NDSP software version for your command? All users should be using NDSP version 5.2.6.1 or greater. Here are three methods to find out which version is used at your command.

1. Go to the log in screen of the program and note the version at the bottom left corner. It should read 5.2.6.1 or 5.4 respectively.
2. From inside the program, click “Help”, then “About DTP-CCS” and note the version listed in the upper right corner of the screen.
3. Review the most recent copy of DD Form 2624 and note the version number under the collection date. Version 5.4 is not listed on the form.

Version 5.4 uses DODID/SSN and is currently available for standalone computers upon request. It is undergoing accreditation/certification process for use within the network environment. Request a copy of NDSP 5.2.6.1 or 5.4 via NDSP Help Line at (901) 874-4204 or email: mill_ndsp@navy.mil.

NEW “USER” iFTDTL Account Authorization Letter

You can obtain the new user Internet Forensic Toxicology Drug Testing Laboratory (iFTDTL) authorization letter from the iFTDTL portal home page at <https://iftdtl.amedd.army.mil/>. Carefully read the instructions in its entirety before completing the form and submit via fax to (901) 874-2458 or email to mill_DTADMIN@navy.mil. For additional information or assistance, call (901) 874-4868.

HOLIDAY DRINKING: KEEP IT SAFE

The holidays will soon be approaching and every holiday season, people have to deal with the increased pressures and stress that the holidays place upon most of us. Whether you’re traveling to be with family or doing your last-minute gift buying, most people feel under pressure during the holidays. As you might suspect, the holiday season is often one of the most dangerous times of the year for alcohol-related accidents and death. There are several reasons for this:

More people drink during the holidays due to numerous parties and other festivities. Many holiday drinkers don’t drink often, so they have a lower alcohol tolerance. These people often underestimate their level of impairment and get behind the wheel and possibly get arrested for driving under the influence.

The holidays are busy and stressful. People are hurrying more than normal and winter road conditions make driving more dangerous. Add alcohol to this scenario and you have a recipe for disaster.

Article written by Drew W. Edwards, Ed.D., MS

Tips to Avoid Alcohol-Related Problems

- **Just say no.** Resist the pressure to drink or serve alcohol at every social event.
- **Offer nonalcoholic beverages.** If you want to serve alcohol to your guests, offer nonalcoholic beverages as well.
- **Make your guest feel as comfortable choosing a nonalcoholic beverage as they would choose alcohol.**
- **Designate a driver before the party begins.** If you or your friends are going to a party and plan to use alcohol, decide in advance who will be the designated driver. Decide that drinking and driving is not an option.

Exercise Controllability to Help You Keep What You've Earned This Holiday Season

Article written by Mrs. Nicole Long, N171.

While the holiday season is filled with love, joy and celebrations, it can also bring an increased level of stress and anxiety. With social calendars brimming with holiday parties, family get-togethers and festivities, alcohol may be in abundance. Whether you're planning on having a few social cocktails or are likely to drink alcohol in response to stress, you can exercise Controllability—one of the Principles of Resilience—to drink responsibly and Keep What You've Earned.

We've all heard the "I've had a stressful day" excuse for having a drink or two too many. While drinking alcohol may lead to positive feelings and relaxation momentarily, attempting to navigate stress through drinking can lead to long term physical and psychological health effects. If you are feeling stressed this holiday season, try turning to healthy habits instead of reaching for a drink or making a "pit stop" after work. Activities such as exercise release endorphins—the body's natural mood-boosters—for a real "happy hour." Yoga, meditation or even taking a brief minute each day to relax and be in the moment can help you de-stress naturally as well.

Got the "holiday blues?" Whether you feel alone amongst all of the holiday activities, are unable to be with your loved ones or are anxious about preparing for the holiday season, personalizing your stress navigation plan is 1 Small ACT that can empower you to thrive during the holidays. This simple tool helps you think about your current practices for navigating stress and identify healthy solutions to avoid engaging in destructive behavior, like abusing alcohol. Your plan is personal and doesn't have to be shared with anyone—keep it in an easily accessible place so that you can find it when you need it most. Download yours at http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Documents/Stress%20Navigation%20Plan.pdf.

Instead of bottling up your feelings—or turning to the bottle to relieve stress—talk to a friend, family member, shipmate, DAPA, chaplain, doctor or other professional resource available to you. If drinking to de-stress has become a common practice for you, remember that a self-referral is the best option for seeking help. When Sailors get help via a self-referral or through the help of their command, neither result in disciplinary action. Remember, seeking help is a sign of strength.

When you're out celebrating this holiday season, plan ahead for a safe ride home by ensuring that a shipmate, friend or family member will be your designated driver [[link to KWYE DD pledge](#)]. Drinking responsibly is just 1 Small ACT you can do to stay healthy, lead by example and be there for Every Sailor, Every Day. As the holiday season gets underway, be on the lookout for our upcoming "21 Days of Total Sailor Fitmas" by subscribing to our NavyNavStress blog at navstress.wordpress.com. For more information and year-round resilience resources, follow us on Twitter (@NavStress) and like us on Facebook at <https://www.facebook.com/navstress/>.

DEFY

DRUG EDUCATION FOR YOUTH

**2015 Department of Defense Community Drug Awareness Award (CDAA) Recipient
Commanding Officer, Naval Computer and Telecommunications Area Atlantic,
Norfolk, VA**



Red Ribbon Week Ceremony, 15 October 2015
Dr. Jonathan Woodson, ITC (IDW) Gloria Fisher, Mrs. Sharon Shaw, Mr Allen Moore,
FORCM (IDC/SW/AW) Toby A. Ruiz, Mr Daniel Freehan



DEFY FUNDING CHANGES

Over the past year, the DEFY Headquarters Staff made supply and material purchases using the OPNAV N10 Government Commercial Purchase Card (GCPC) for DEFY programs in Norfolk, Pensacola and El Centro. Effective 1 October 2015, all DEFY sites (except overseas) will be required to use the same process. This process will allow us to conserve our resources and use the savings to expand the program. For any additional information about our funding changes, contact us at 901-874-3300.