

Red Ribbon Week

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. The Red Ribbon Celebration brings millions of people together to raise awareness regarding the need for alcohol, tobacco and other drug and violence prevention, early intervention, and treatment services. Today, the eight-day celebration has become the annual catalyst to show intolerance for drugs in our schools, work places, and communities.

Each year, during the last week in October, more than 80 million young people and adults show their commitment to a healthy, drug-free life by wearing or displaying the Red Ribbon. This year's annual Red Ribbon Week will be celebrated October 23 - 31, 2016. For more information on Red Ribbon Week and some ideas to help participate visit <http://redribbon.org/>

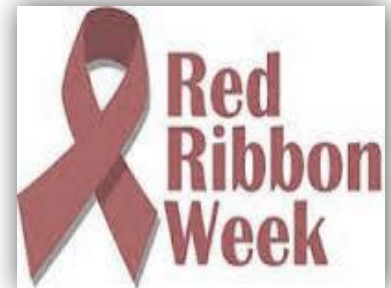
In addition to encouraging Red Ribbon Week observances, the Department of Defense awards the Secretary of Defense Community Drug Awareness Award to the best drug demand reduction program which promotes outreach and prevention programs within their communities. This year's award recipient is awarded to Naval Support Activity Mid-South Drug Education For Youth (DEFY) Program.

National Substance Abuse Prevention Month - October 2016

In 2011, a presidential proclamation designated October as National Substance Abuse Prevention Month. The tradition continues in 2016 with a month-long observance of the role substance abuse prevention plays in promoting safe and healthy communities.

Unfortunately, members of the Navy are not immune to substance abuse problems that affect the rest of our society. It is DoD policy to prevent and eliminate problematic substance abuse. Such substance use is incompatible with readiness, maintenance of high standards of performance, and military discipline. During October 2016, commands are encouraged to support national substance abuse prevention month through active participation.

Leaders at all levels must emphasize to their Sailors the importance of staying drug-free and how it supports accomplishing command mission tasking. All Sailors should protect their lives and career with the appropriate use and disposal of prescription drugs. For additional resources visit:
www.public.navy.mil/bupersnpc/support/21st_century_sailor/nadap/resources/Pages/default.aspx



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NATIONAL TAKE BACK DAY' SET FOR OCT. 22

The Navy Alcohol and Drug Abuse Prevention (NADAP) office needs your help in preventing the misuse and abuse of prescription drugs. Take a stand against this serious health threat by promoting and participating in this year's Drug Enforcement Agency's National Take-Back Day events on October 22. Many local installations and community organizations will provide Navy personnel and their families a safe venue to turn in expired, unused and unwanted prescription drugs to a local drop-off site anonymously and free of charge.

Through Take-Back Days, Navy personnel can take a proactive role in preventing the misuse and abuse of prescription drugs. Local Drug and Alcohol Program Advisors (DAPAs), Alcohol and Drug Control Officers (ADCOs), law enforcement, military security, and hospital/clinic/pharmacy staff can support this DEA initiative by hosting a take-back program on base or in their local community. To identify the appropriate DEA point of contact to help you host a take-back day in your area, visit http://www.deadiversion.usdoj.gov/drug_disposal/takeback/poc.htm.

Information about participating Medical Treatment Facilities (MTFs) can be obtained by contacting the hospitals directly, but Sailors and their family members can also drop off unused or expired medications at participating sites in their local communities. Collection sites in local communities can be found by visiting the Drug Enforcement Agency's Office of Diversion Control and searching for local collector locations.

Check out the Navy's Prescription for Discharge campaign website for additional materials and resources to support your local safe prescription drug use efforts.

The Military Health System has recently announced that they are establishing a drug take-back program to help service members and their dependents dispose of their unwanted, expired and unused prescription and over-the-counter medications safely. Learn more about this effort here.

Thanksgiving Day Safety – Avoid Disaster!

Thanksgiving Day is the leading day for home-cooking fires. According to U.S. Fire Administration more than 4,000 fires occur on Thanksgiving Day.

The guilty party with these fires is often times: Deep-fried turkeys. Each year, they cause approximately five deaths, 60 injuries, the destruction of 900 homes and more than \$15 million in property damage. Here are a few tips to help avoid disaster:

- Avoid drinking alcohol while frying your turkey.
- Always use a turkey fryer outside, away from buildings or other flammable materials.
- Make sure the fryer is on flat ground to avoid tipping.
- Never leave the fryer alone.
- Keep children and pets away from the fryer, even after you're done cooking, since the oil can remain hot for hours.
- Don't overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles.
- Only cook a completely thawed turkey and be careful with marinades. Oil and water don't mix; water could make the oil spill over, creating a fire or explosion.
- If a fire does start, never use water to extinguish it. If the fire is manageable, use an all-purpose fire extinguisher. If the fire grows, immediately call 9-1-1.



Let's enjoy the Holiday season with family and friends, mishap-free!

December is National Impaired Driving Prevention Month

Organizations such as the National Highway Traffic Safety Administration (NHTSA), the U.S. Department of Transportation and the White House's Office of National Drug Control Policy (ONDCP), present a united front with emphasizing the importance of preventing impaired driving during the month of December.

Statistical data such as that reported in the 2015 Presidential Proclamation states that more than 10,000 people are killed annually by drunk drivers and that the blood alcohol concentration levels of drivers exceeded the legal limit in about one third of traffic deaths. This proclamation also identifies the similarities of driving under the influence of drugs with drunk driving and the need to prevent them both.



Armed with this knowledge of the detrimental effects of impaired driving, all hands must take a valiant stance to raise awareness of this systematic problem and identify methods of prevention. Please visit the NADAP website at www.nadap.navy.mil for helpful preventative resources.

Tis the Season!

In the weeks to come, we will begin to celebrate a variety of holidays that demonstrate the freedoms, diversity, and values that we, as part of the United States Navy, work to protect. As we gather with our families and friends this holiday season to honor traditions, reflect on the challenges and successes of 2016, and look with hope to 2017, please keep in mind the many families with an empty seat at their table.

It is especially important to remember those military families and their deployed loved ones during the holidays. The holidays are a time for joyous celebration; however, can be a difficult time for some people. Therefore, it can be beneficial to use this time to unwind and enjoy family, yet remain vigilant. Importantly, continue caring for one another. If you notice changes in behavior, please ask those tough questions, care for them, and if needed, make them aware that help is not that far away.

Fatigue is often a risk factor contributing to serious motor vehicle accidents. Ensure you are getting adequate sleep as well as nutrition and exercise. Although vehicle operations typically are our highest risk factors during the holidays, there are other risks as well: avoid falls by using ladders properly when hanging decorations; keep live Christmas trees well watered; never leave burning candles unattended, and avoid electrical accidents by not overloading wiring and following manufacturer's directions.



Planning your next road trip? Don't forget about TRiPS!

Sailors face and overcome many hazards as they go about their important daily missions. One place proves fatal much too often: the roadway. We've lost too many Sailors as a result of preventable crashes.

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 date over 333,000 TRiPS assessments have been completed by Navy personnel without a single motor vehicle fatality of anyone traveling on an approved risk assessment. Positive proof TRiPS works and those supervisors play a vital element in the travel plans of their subordinates. To access TRiPS go to: <https://trips.safety.army.mil/navy/TRiPSAssessment>.

Handling Stress during the Holiday Season

By Dr. Peg Dundon

Holidays can be the best of times. But they're also stressful times, full of demands and deadlines. Stress during any time of year can become a problem and affect your health when it goes on for too long. Use these seven tips to de-stress during the holidays and year-round:

Get physical - Take a brisk walk or be physically active in another way. Regular activity is best. Even a 10-minute chunk of active time can help!

Be Part of the Solution - Learn problem-solving skills.

Learn to Relax - Discover relaxation and mindfulness skills. They can help you manage stress and even protect you from it.

Express Yourself - Keeping your thoughts bottled up can increase stress. So speak up in respectful ways. Sharing thoughts and feelings in a polite yet firm manner can help reduce stress.

Manage Your Time - List what needs to get done, make plans for addressing issues, and stick to the plan as best you can.

Use Positive Power - Stress often is associated with negative, self-critical thinking. Focus your attention on positive thoughts about yourself and others.

Enjoy Yourself - Despite extra pressures from busy schedules, it's important to take time for yourself. Plan something you enjoy.

For more information visit:

<http://www.va.gov/health/newsfeatures/2014/december/seven-ways-to-manage-stress-during-the-holidays.asp#sthash.mSfSuZnW.dpuf>

Did You Know?

Drug and Alcohol Reports (DARS) are not complete until the Commanding Officer or designated representative has electronically signed them in ADMITS.

“Keep What You’ve Earned”

Consider your options. The fare of a taxi cab is cheaper than legal fees for a DUI defense attorney. Roughly one-third of all car accidents involved an intoxicated driver. If you've had a few drinks, find alternative transportation home, such as calling a cab or getting a ride from a sober friend.

What if you could change fate? “Choices” Video shows you how

There are defining moments in every person’s life. Moments where the wrong decision can’t be taken back, and the right decision can make all the difference. The new Keep What You’ve Earned (KWYE) “Choices” Public Service Announcement (PSA) takes an emotional look at one night in a Sailor’s life that changes his destiny forever.

This video will be available on the [KWYE YouTube Channel](#) by late-September, joining other short and powerful PSAs. These videos are perfect for use during All Hands events and safety briefings, but their application extends beyond training. Use them as conversation-starters, fostering organic and ongoing dialogue among your shipmates about ways that you can help each other choose to drink responsibly and keep what you’ve earned.

It’s the Most Wonderful Time of the Year (Almost)

Summer’s winding down, and the holidays are just around the corner. NOW is the time to start planning how you can help your shipmates stay safe and make responsible choices this holiday season. NADAP’s “Give the Gift of a Designated Driver” holiday safety campaign is the perfect way to give Sailors an opportunity to think about responsible drinking – before it’s too late. More information on the annual online “Give the Gift of a DD” safety pledge will be available soon, but you can check out the printable gift cards now at [“Give a Gift of a DD” printable gift cards.](#)



National Standards of Drunken Driving Laws

According to sources like the National Highway Traffic Safety Administration, a BAC of .08% equates to about four beers. However, you can be arrested for DUI with a BAC under this limit if you are showing signs of intoxication, such as failing field sobriety testing.

The penalties for a DUI are serious no matter where you live even if this is your first offense. You could be looking at expensive fines, community service, loss of driver’s license, probation, alcohol abuse treatment and even jail time.

For more statistics on the effects of driving under the influence visit: <http://www.drunkdrivingstats.org/menversuswomendrunkdrivingstatistics.html>. View Blood Alcohol Concentration levels and some typical effects due to alcohol consumption on the chart below.

Blood Alcohol Concentration (BAC)	Typical Effects	Predictable Effects on Driving
.02	<ul style="list-style-type: none"> • Some loss of judgment • Relaxation • Slight body warmth • Altered mood 	<ul style="list-style-type: none"> • Decline in visual functions (rapid tracking of moving target) • Decline in ability to perform two tasks at the same time (divided attention)
.05	<ul style="list-style-type: none"> • Exaggerated behavior • May have loss of small-muscle control (e.g., focusing your eyes) • Impaired judgment • Usually good feeling • Lowered alertness • Release of inhibition 	<ul style="list-style-type: none"> • Reduced coordination • Reduced ability to track moving objects • Difficulty steering • Reduced response to emergency driving situations
.08	<ul style="list-style-type: none"> • Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing) • Harder to detect danger • Impaired judgment, self-control, reasoning, and memory 	<ul style="list-style-type: none"> • Concentration • Short-term memory loss • Speed control • Reduced information processing capability (e.g., signal detection, visual search) • Impaired perception
.10	<ul style="list-style-type: none"> • Clear deterioration of reaction time and control • Slurred speech, poor coordination, and slowed thinking 	<ul style="list-style-type: none"> • Reduced ability to maintain lane position & brake appropriately
.15	<ul style="list-style-type: none"> • Far less muscle control than normal • Vomiting may occur (unless this level is reached slowly or a person has developed a high tolerance for alcohol) • Significant loss of balance 	<ul style="list-style-type: none"> • Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

Information in this table shows the BAC level at which the effect usually is first observed and has been gathered from a variety of sources including the National Highway Traffic Safety Administration, the National Institute on Alcohol Abuse and Alcoholism, the American Medical Association, and www.webMD.com

The ABCs of BAC

A Guide to Understanding Blood Alcohol Concentration and Alcohol Impairment

<p>Q: What is "BAC"?</p> <p>A: The amount of alcohol in a person's body is measured by the weight of the alcohol in a certain volume of blood (measured in grams per deciliter). This is called the blood alcohol concentration or "BAC." Alcohol is absorbed directly through the walls of the stomach and the small intestine, goes into the bloodstream, and travels throughout the body and to the brain. Alcohol is quickly absorbed and can be measured within 30 to 70 minutes after a person has had a drink.</p>	<p>Q: What affects my BAC?</p> <p>A: How fast a person's BAC rises varies based on a number of factors:</p> <ul style="list-style-type: none"> • The number of drinks. The more you drink, the higher your BAC. • How fast you drink. When alcohol is consumed quickly, you will reach a higher BAC than when it is consumed over a longer period of time. • Your gender. Women generally have less water and more body fat per pound of body weight than men. Alcohol does not go into fat cells as easily as other cells, so more alcohol remains in the blood of women. • Your weight. The more you weigh, the more water is present in your body. This water dilutes the alcohol and lowers the BAC. • Food in your stomach. Absorption will be slowed if you've had something to eat. 	<p>Q: When am I impaired?</p> <p>A: Because of the number of factors that affect BAC, it is very difficult to assess your own BAC or impairment. Even small amounts of alcohol affect one's brain and the ability to drive. People often swear they are "fine" after several drinks – but in fact, the failure to recognize alcohol impairment is often a symptom of impairment. While the lower stages of alcohol impairment are undetectable to others, the drinker knows vaguely when the "buzz" begins. A person will likely be too impaired to drive before looking –or maybe even feeling – "drunk."</p>
<p>Q: Does the type of alcohol I drink affect my BAC?</p> <p>A: No. A drink is a drink. A typical drink equals about half an ounce of alcohol (.54 ounces, to be exact). This is the approximate amount of alcohol found in:</p> <ul style="list-style-type: none"> • one shot of distilled spirits, or • one 5-ounce glass of wine, or • one 12-ounce beer. 	<p>Q: What about other medications or drugs?</p> <p>A: Medications or drugs will not change your BAC. However, if you drink alcohol while taking certain medications or drugs, you may feel – and be – more impaired, which can affect your ability to perform driving-related tasks.</p>	<p>Q: How will I know I'm impaired, and why should I care?</p> <p>A: Alcohol steadily decreases a person's ability to drive a motor vehicle safely. The more you drink, the greater the effect. As with BAC, the signs of impairment differ with the individual. Drivers with a BAC of .08 are approximately 4 times more likely to crash than drivers with a BAC of zero. At a BAC of .15, drivers are at least 12 times more likely to crash than drivers with a BAC of zero. The risk of crashing is even greater for young males. Further, many studies have shown that even small amounts of alcohol can impair a person's ability to drive. Every State has passed a law making it illegal to drive with a BAC of .08 or higher. A driver also can be arrested with a BAC below .08 when a law enforcement officer has probable cause, based on the driver's behavior. The following chart contains some of the more common symptoms people exhibit at various BAC levels, and the probable effects on driving ability.</p>

SAFE RX DRUG USE FOR YOU AND YOUR SHIPMATES

Prescription drug abuse is the fastest-growing drug epidemic in the United States, and the Navy is unfortunately not immune to its effects. In the past three years, Navy drug testing has shown misuse increases of 34 percent for amphetamine and 23 percent for oxycodone.

The Navy's Prescription for Discharge Campaign provides tips for all personnel on the safe and proper use of prescription drugs. The campaign's [website](#) offers materials for distribution and display at Navy medical clinics, pharmacies, waiting rooms, barracks, etc. The website also provides resources for Navy leadership, medical personnel, and drug abuse prevention personnel to present at safety stand downs, briefings, or community health fairs.

Sailors can easily comply with the Navy's zero tolerance policy with these four simple steps:

1. **Take Correctly.** Follow your doctor's orders, and use only for the condition the medication was prescribed to treat. "Wrongful use" includes using a legitimately-prescribed medication more than 180 days after the dispense date, so only use medications within this timeframe.
2. **Report Promptly.** Sailors must report medications prescribed outside of a Military Treatment Facility (MTF) within 10 days of dispensing to their respective medical department and be reevaluated by their Primary Care Manager (PCM) for continued use of the medication.
3. **Dispose Properly.** Before throwing your unused meds in the trash, place them in a small plastic bag with used coffee grounds (this destroys the medication and prevents further use by others). Cross out personal information on your prescription labels before disposing of the empty containers. Always look for opportunities to dispose of medications through local "Take-Back Day" programs.
4. **Never Share.** Never use another person's prescription medication.

You can also watch and share videos from the Prescription for Discharge campaign on [NADAP's YouTube Channel](#), available at <https://www.youtube.com/NavyNADAP>. The Prescription for Discharge [training video](#) demonstrates the warning signs about prescription drug misuse in the Navy based on a true story. Additionally, 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 caused by prescription drug misuse and abuse.

Don't Miss an Update – Follow on Social Media

Sharing is caring! Never miss an update from NADAP. Get the tools and information you need by following and sharing other content from the NADAP Social Media accounts, including the [NADAP Facebook Page](#) and our [NADAP Flickr account](#)! For more information about the Navy's drug abuse prevention efforts, visit www.nadap.navy.mil.

