ABOUT THE CCN NAVIGATOR

GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) important and timely information, updates, and resources to carry out their roles in supporting Sailors to help the Navy drive towards a Culture of Excellence (COE). This edition of the CCN Navigator primarily focuses on substance misuse, Alcohol Awareness Month and Sexual Assault Awareness and Prevention Month.

Feel free to share the CCN Navigator content with others who may benefit. If you have questions or would like to submit feedback, please contact CulturalChampions@navy.mil. To subscribe, click here.

MAKE AN IMPACT FOR ALCOHOL AWARENESS MONTH

COURTESY OF NAVY DRUG DETECTION AND DETERRENCE OFFICE (OPNAV170D)

April is National Alcohol Awareness Month. Leaders are encouraged to promote information to their Sailors on choosing an alcohol-free weekend this month and to promote information from the Department of Defense’s (DoD) Own Your Limits campaign.

An alcohol-free weekend can give Sailors a chance to observe the effects of alcohol-free days on physical and mental wellbeing. Some immediate benefits can include not getting a DUI, not worrying about where you are going to sleep or how you are going to get home, not getting involved with law enforcement, waking energetically and without hangovers, and financial savings. There are also many potential long-term benefits of reducing alcohol consumption, such as improved liver health, weight loss, positive effects on relationships, and better critical thinking.

Some ideas to suggest during an alcohol-free weekend include substituting cocktails with “mocktails” or non-alcoholic beverages and filling the time with new and creative activities that don’t include alcohol, like these:

- Connecting with friends and family through video chats
- Setting a new fitness goal or trying a new workout routine
- Decompressing stress with mindfulness exercises like meditation and yoga
- Learning a new skill or craft
- Trying out a new nutritional recipe
- Spring cleaning and getting organized

If facing the weekend alcohol-free is a struggle, this could be a sign of problematic alcohol use. The Own Your Limits campaign promotes education to empower Service Members to learn to drink responsibly if they choose to drink alcohol. Resources are also available for professionals who educate, support, and work with Service Members. Download Own Your Limits materials to share here.

For some people who drink heavily and regularly, abruptly abstaining from alcohol may cause adverse effects, including nausea, tremors, and other withdrawal symptoms. If this applies to you or a shipmate, seek immediate help from a qualified medical practitioner or Drug and Alcohol Program Advisor (DAPA).

Help is available for those struggling with alcohol. Encourage Sailors to help themselves, their shipmates, or loved ones in cutting back or cutting out alcohol altogether by reaching out to a local DAPA and using resources from Own Your Limits.
ON YOUR RADAR

APRIL IS SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH (SAAPM)

SAAPM is recognized by both military and civilian communities during April. The DoD observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all Service Members. We all have a role in preventing sexual assault and localizing SAAPM activities is a great way to extend this message. However, Sexual Assault Awareness and Prevention (SAPR) should not be limited to a single month. SAPR outreach efforts and events should take place throughout the year, and in coordination with other prevention efforts. For more ideas on how to observe Sexual Assault Awareness and Prevention in April, and throughout the year, review the 2021 SAPR outreach toolkit and SAAPM marketing materials.

TRANSITIONAL COMPENSATION FOR ABUSED DEPENDENTS (TCAD)

Dependent abuse is one of the toughest issues CCN members may encounter in the leadership of their units. CCN members should be aware of the TCAD program and how it can assist. TCAD provides continued financial support, medical and other benefits for the spouse and children of Sailors who were separated for dependent abuse offenses by courts-martial or administrative separation. TCAD encourages victims to come forward and report abuse, provides assistance in separating from an abuser, informs victims of available resources, and ensures the Navy does not leave a spouse and family financially destitute when an abusing Sailor is discharged from the military for a dependent-abuse offense.

TCAD benefits include monthly payments, commissary, and exchange access, and in some cases – medical and dental benefits. The duration of benefits varies between 12 and 36 months depending on the situation. Local Fleet and Family Support Centers (FFSCs) can provide details on the program and assist military dependents in applying for these benefits. Local commands are not involved in the TCAD application, funding, or approval processes. OPNAVINST 1750.3A provides additional details on TCAD.

UPCOMING DRUG DETECTION AND DETERRENCE (DDD) WEBINARS

There are several DDD webinars upcoming for Navy drug and alcohol program personnel. For more information, contact Mr. Kevin Hines, email: kevin.b.hines@navy.mil, (901) 874-4250, DSN (312) 882-4250

April 15: RESFOR Dialogue/Portal and WebDTP Issues
April 22: IFTDTL Reports and Portal Navigation
April 29: Addressing Screening Refusal
May 6: CNETC Dialogue/Portal and WebDTP Issues
May 13: Command Self-Assessment

INTERNATIONAL CAREER ADVANCEMENT PROGRAM (ICAP) APPLICATIONS

2021 ICAP applications are now being accepted through May 14. For more information, click here or email LCDR Andrew Johnson at andrew.i.johnson3@navy.mil. Applications must be properly routed and submitted to OPNAV N17 for consideration.

DIVERSITY, EQUITY, AND INCLUSION (DEI) WEBINARS

DEI webinars are monthly opportunities to explore various topics around inclusion and diversity. For more information, please email N17 DEI at ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil.

Upcoming webinars include:
April 28: Creating the Space for Necessary Conversations
May: Date to be determined, Guiding Navy Parents

UPCOMING DEI AWARDS DEADLINES

Deadlines for a variety of DEI-related awards are coming soon. Please share with your teams and encourage participation. For more information on awards, email Mrs. Wendy Boler at wendy.boler@navy.mil.

April 30: National Women of Color (NWOC) STEM Peer Awards
May 5: League of United Latin American Citizens (LULAC) Excellence in Military Service
May 7: Federally Employed Women (FEW)
May 15: National Women of Color (NWOC) STEM Awards
May 21: American Indian Science and Engineering Society (AISES)
May 26: Blacks in Government Military Meritorious Service Award
May 28: Hispanic Engineer National Achievement Awards Corporation

MAY IS ASIAN AMERICAN/PACIFIC ISLANDER (AAPI) HERITAGE MONTH

AAPI Heritage Month recognizes the contributions and achievements of AAPIs to the United States. Resources related to AAPI Heritage Month are available on the Defense Equal Opportunity Management Institute website.
SAFE DISPOSAL OF OLD AND UNUSED PRESCRIPTION MEDICATIONS

COURTESY OF NAVY DRUG DETECTION AND DETERRENCE OFFICE (OPNAV N170D)

When promoting substance misuse prevention, one important area to spotlight is the safe disposal of unused and old medication. Opioid misuse and related deaths have increased significantly in recent years, and deaths involving opioids accounted for 70.6 percent of all 2019 overdose deaths. If a Sailor is prescribed an opioid after a surgery or injury, leaders should emphasize that once treatment is complete, Sailors should safely dispose of any unused medication to prevent someone else from using them and to protect the environment. Use of prescription medications beyond the prescribed medication dates is considered unlawful use.

Help educate your team on safe disposal practices. At home, Sailors can empty the contents of a medication container into a small plastic bag mixed with water and an undesirable substance (such as kitty litter or used coffee grounds). Remind Sailors to use a dark marker to cross out personal information on the bottle and throw the bag and bottle in the trash.

A drop box is another safe—and anonymous—option for disposal. The Military Health System has a year-round drug take-back program, offering secure drop boxes at participating Military Treatment Facilities (MTFs) across the U.S. and overseas.

Share the following four steps with your teams to ensure safe use of prescription medications:
1) Take correctly. Follow doctor’s orders and prescription instructions as directed.
2) Report promptly. Ensure both Navy Medical and your command are aware of current prescriptions.
3) Dispose properly as described above.
4) Never share. Never share prescriptions with a friend, shipmate, or family member.

The Drug Enforcement Administration sponsors two National Prescription Drug Take Back Days each year. The next event is April 24. These events provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for misuse of medications. Learn more about Take Back Day and how to participate here.

THE RELATIONSHIP BETWEEN NUTRITION AND SUBSTANCE MISUSE

BY LCDR MELISSA AMESCUA, MS, RD/LD, MSC, USN; OPNAV N17 21ST CENTURY SAILOR OFFICE

Sailors hear about the effects of substance misuse on their careers frequently, but the relationship between substance misuse and nutrition may be less known. When promoting substance misuse prevention, arm your teams with the facts about the relationship between nutrition and substance misuse.

Substance misuse can lead to vitamin, mineral, and nutrient deficiencies that can threaten both physical and mental health, damage vital organs and the nervous system, and decrease immunity. It can also suppress the appetite, which can lead to eating poorly or malnutrition. Conversely, misusing some substances can lead to overeating and weight gain. Individuals who misuse substances often lead lifestyles associated with poor eating patterns, lack of exercise, and a change in sleeping patterns, which can lead to long term health problems.

Good nutrition is important for everyone, but if someone misuses substances, it is even more vital. Increasing foods such as vegetables, fruits, complex carbohydrates, healthy fats, and proteins can help with the overall substance misuse recovery process, too.
Encouraging all Sailors to promote positive behaviors and healthy norms is a key component of the Navy’s COE, and HT2 Olga Perozocarrero does just that. Based out of the Career Transition Office in Millington, Tennessee, HT2 Perozocarrero takes advantage of every opportunity she has to help and empower others. From mentoring peers, to connecting with veterans, to showcasing Sailor stories to breaking down complex issues around topics like sexual assault and substance misuse, HT2 Perozocarrero’s experience and willingness to lift others up continues to make an impact on every effort she touches.

**How does your role support COE?**
My role at work is to provide career guidance to active-duty Sailors transitioning to the Reserves and manage the Selected Reservists (SELRES) affiliation process. I also am part of the Funeral Honors Team and am a SAPR Victim’s Advocate.

**What does COE mean to you personally?**
COE means to be brave and have the courage to speak up when you see something wrong. To maintain hope and act to make a change for the better. To be different from others. To cancel the toxic culture and normalize doing the right thing. To get to know your Sailors and be approachable. Protect each other how we would protect our brothers and sisters.

**What is the most rewarding part of your job?**
I enjoy speaking with Sailors and helping them start their new journey in the Reserves. With the Honor Guard team, I enjoy rendering honors to veterans, retirees, and active-duty members who served this country. By being a SAPR Victim’s Advocate, I enjoy supporting, helping, and encouraging others.

**What might people in the Navy not know about what you do to support others?**
After overcoming COVID, I now have antibodies that allow me to donate blood and plasma to help other COVID patients. I help people in financial need in Nicaragua, Dominican Republic, and New York. I received my Volunteering Medal, and I received my bachelor’s degree in Criminal Justice while in the service. I have written over 20 video scripts and acted them out; I filmed them at my current and last two commands to train Sailors on domestic violence, DUI, drugs, suicide prevention, and sexual assault. Finally, I have invested in myself by attending six personal development workshops. I believe that by bettering myself, I am also bettering our organization because organizations do not transform unless the people in them transform. I want to strive both at home and at work.

**What is one resource for Sailors that you’d like to highlight?**
I would like to highlight all the FFSC resources. I believe that Sailors and families all benefit from these resources at some point in our career – I know I have!

**Is there anything else you’d like to share with fellow Cultural Champion Network members?**
I think the Family Advocacy Program and DAPA trainings need to be mandatory for all Sailors.

If you would like to connect with HT2 Perozocarrero, learn more about resources or nominate a Sailor (active, reserve, or civilian) for the Navigator spotlight please email culturalchampions@navy.mil.