Drug interactions are a cause of concern for people who take multiple prescription drugs simultaneously. Even over-the-counter (OTC) medicines which are often considered safe may cause adverse effects if taken with certain prescription drugs or other OTC medications.

Alcohol can also interact with drugs, both legal and illicit. These interactions can vary. Some of the most common effects of mixing alcohol and drugs include loss of inhibitions or an increase of the medicine's effects, such as drowsiness or dizziness. Interaction may also increase the effects of alcohol and increase potential damage to organs such as the heart and liver. Commonly prescribed medications and OTC medications that can cause adverse effects when used with alcohol include pain relievers, fever reducers, and cough and cold medicines.

We are all aware of the potential risks associated with use of prescription opioids such as oxycodone, codeine, or Percocet. What may be lesser known is how adding alcohol can cause increased harm. The American Society of Anesthesiologists has found that one 20 milligram oxycodone tablet with a small amount of alcohol (one drink) can lead to serious respiratory issues. If prescribed an opioid, it is extremely important to abstain from alcohol.

Drinking alcohol with non-prescription pain relievers/fever reducers such as acetaminophen (Tylenol), and nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Motrin or Advil), and naproxen (Aleve) also carries health risks. These medications are linked to internal bleeding, ulcers, impaired kidney function and liver damage if taken incorrectly. When used with alcohol, these risks increase. Many OTC medications such as Dayquil/Nyquil, Robitussin, Sudafed, and Theraflu contain acetaminophen. It is easy to exceed the maximum recommended dosage of these medications, which can result in acute liver injury. The potential harm to liver health increases when combined with alcohol.

Illicit substance use is always risky, particularly to health and your Navy career. Combining alcohol with either legal or illicit substances can increase health risks exponentially. The Navy’s drug use policy prohibits wrongful use of prescription drugs - including using others’ medication or sharing medication. Avoiding illicit substances and refraining from alcohol use when using certain prescription or OTC medications is the best way to protect your health and safety and avoid negative impacts to your Navy career.
ON YOUR RADAR

DRUG FACTS
The prescription weight loss drug phentermine is the substance found with the highest prevalence through the DoD Drug Surveillance program. With the Physical Readiness Tests (PRT) and Body Composition Assessments (BCA) approaching in July, some Sailors may be looking for weight loss solutions, and not all of them will be making healthy choices. Phentermine, like other substances, has dangerous side effects. If it has not been prescribed by a physician and the individual is not being monitored, it should not be used. Individuals with heart conditions and those who consume energy drinks or high amounts of caffeine from other sources should not use it. Phentermine is not a cure all for weight loss. The best way to lose weight and maintain good health is to make lifestyle modifications and follow a balanced diet and exercise.

OPERATION SUPPLEMENT SAFETY (OPSS)
OPSS’s mission is to provide the best evidence-based information about dietary supplements to Military Service Members, their families, healthcare providers, and leaders to achieve human performance optimization. Visit OPSS for other tools and resources to make informed decisions about dietary supplements to reduce the potential risks to health and careers.

UPCOMING WEBINARS
The Drug Detection and Deterrence office will host the following webinars for drug and alcohol program personnel, particularly DAPAs and UPCs. If interested in attending, contact Kevin Hines kevin.b.hines@navy.mil.

Managing Discrepancies: Feb. 18
Web DTP/DTP Lite Update: Feb. 25
SUBFOR (LANT&PAC) Dialogue/Addressing Issues Involving the Portal and Web DTP: March 4
ADMITS Update/Documentation: March 11

CULTURE OF EXCELLENCE WORKSHOPS
The Culture of Excellence (COE) is a Navy-wide approach that empowers the Fleet to achieve warfighting excellence by fostering psychological, physical and emotional toughness; promoting organizational trust and transparency; and ensuring inclusion and connectedness among every Sailor, Family Member, and Civilian throughout their Navy journey. COE virtual workshops provide a unique opportunity for Fleet Sailors to interact with higher headquarters policymakers to share best practices and lessons learned.

Upcoming COMPACFLT COE Virtual Workshops
Feb. 16 and 18 at El Centro, Calif.
Feb. 23 and 25 at China Lake, Calif.
March 2 and 3 - Fallon, Nevada
March 9 - Breakout Session
March 10 - All Hands

CULTURE OF EXCELLENCE

Please visit the COE Workshop Page for more information.
COMPACFLT POC: Ms. Jennifer Sakai, 808-471-9033, jennifer.sakai@navy.mil

TASK FORCE ONE NAVY (TF1N) REPORT
TF1N leverages our Culture of Excellence (COE) governance structure to identify and dismantle barriers of inequality, create opportunities, and ultimately achieve our desired end-state of warfighting excellence. The final report includes nearly 60 recommendations to the Culture of Excellence Governance Board which resulted from analyzing Navy policies, culture, and conducting hundreds of virtual and face-to-face focus groups. TF1N was stood up on July 1, 2020, at the direction of the Chief of Naval Operations Admiral Mike Gilday.

COMMAND RESILIENCE TEAM HUMAN FACTORS COUNCIL (CRTHFC) TRAINING
The Cultural Champion Network promotes the Culture of Excellence or COE, a Navy-wide approach that empowers the fleet to achieve warfighting excellence. The Command Resilience Team Human Factors Council or CRTHFC, is a primary prevention effort that considers human factors to prevent counterproductive and destructive behaviors from ever occurring. Click here to watch the CRTHFC familiarization video.
Due to the COVID-19 pandemic, changes have been made to the process of specimen collection and drug testing for service members. The changes are outlined in NAVADMIN 092/20 Urinalysis Policy Update. The temporary amendments to the urinalysis program included in the NAVADMIN allow for continuation of testing by providing guidance that ensures the safety of Sailors, Urinalysis Program Coordinators (UPCs), observers, and others present during testing.

Below are a couple frequently asked questions and their answers related to specimen collection and testing that are not specifically addressed in the NAVADMIN.

**Are Navy Drug Screening Laboratories (NDSL) open?**

Yes. Navy Urinalysis specimen collection and Navy Drug Screening Laboratories (NDSL) have continued to operate and test during the COVID-19 pandemic. The NAVADMIN states that commands will continue random urinalysis specimen collection from Sailors during the pandemic to the greatest extent possible, but commanders and Commanding Officers (COs) may pause collection and/or reduce collection percentages and numbers of days collected if deemed necessary to support maximum operational flexibility and/or COVID-19 mitigation efforts.

Commands shall not recall individuals who are sick, restricted in movement (ROM), quarantined or self-monitoring, but individuals who are teleworking or in a non-duty status may be called in to provide a drug testing specimen. The UPC should work with the CO to develop a plan for urinalysis testing of these individuals. The goal is to assess command readiness by monitoring and deterring use of controlled substances while minimizing Sailor exposure to COVID-19 and adhering to social distancing requirements.

**Is end of year (EOY) testing required?**

The decision of whether to conduct end of fiscal year unit sweep of all command personnel not tested in the course of the current fiscal year rests with the CO. The Navy Drug Detection and Deterrence Office recommends the CO develop a plan of action based on the guidance set forth in NAVADMIN 092/20, specifically paragraph 5, sections A through E. COs should document the plan in writing via memo, email or other written means, and communicate the plan to their Immediate Superior in Command (ISIC), and maintain the CO’s plan on file with NAVADMIN 092/20 for five years for any future inspections.

**What else is important to know?**

Unit sweeps may also be authorized and conducted using the guidance set forth in the NAVADMIN. Remember that drug testing shall be conducted with no more than ten people, including the UPC and observer, gathering for testing in one place at one time while maintaining social distancing of six feet at all times, and while continuing to follow all collection procedures outlined in reference (a) in NAVADMIN 092/20.
Spotlight: Captain Michael E. Hall

Captain Michael E. Hall – Chaplain Hall, as he prefers – began his enlisted career as one of the Navy's first religion program specialists in 1980. He served in this role for four years, then spent 10 years outside of the Navy as a student, pastor, and chaplain candidate. Chaplain Hall returned to the Navy in 1994 as an officer and a chaplain, devoting the last 26 years to supporting Sailors and their families.

We asked Chaplain Hall some questions to better understand the pivotal role chaplains play in the Culture of Excellence:

1. What do you find most rewarding about being a chaplain?
   Being with people at their "living level." In the Navy, you're living with people, working with them every day and seeing them for who they are. You're meeting real needs in real time, every single day.

2. How do you think chaplains help promote a Culture of Excellence?
   Chaplains are the natural ally of a Culture of Excellence. I think religious ministry in itself is a protective factor. We're trying to encourage people to do what is right and to be the best in who they are; to work out issues and problems in their life and steer them away from destructive behaviors. As an institution, the Navy has been reactive in the past and I applaud their actions to move to preventive measures.

3. What chaplain resources exist that Sailors may not know about?
   We have a Chaplain Care Line that people can call to speak with a chaplain. I think the most important thing that distinguishes us from everyone else is that chaplains are the only people in the military who maintain absolute confidentiality. We report nothing. We cannot share anything that is shared in confidence. We also have the Chaplain Religious Enrichment Development Operation (CREDO) Program, which is a retreat ministry that offers personal growth, marriage, and family enrichment retreats. [There are also] retreats for survivors of sexual assault and crimes, even tailored retreats. They are completely paid for and you don't have to take leave. CREDO also offers workshops and training for commands upon request (e.g., Myers-Briggs, Leading at the Speed of Trust). For more information or to register for a CREDO retreat, reach out to your local chaplain.

NAVY311 is a service that connects you to a chaplain.
Phone: 1-855-NAVY-311 (1-855-628-9311)
Email: NAVY311@NAVY.MIL
Text: navy311@navy.mil in the “to” line.
Web: www.navy311.navy.mil
Support is available to all active and reserve Sailors, Marines, Coast Guardsmen and their family members.

4. What's one piece of advice you would give to a leader?
   Use the chaplain. They're an advisor to the command, but they're also a personal chaplain for the commander (CO). There's a lot of things the chaplain can do for a command, particularly in measuring command climate and recognizing issues within the command. I was at a change of command ceremony. My CO got up and said, "It's actually a command quad because the chaplain is such a vital part of our command." When I got to my first ship, the CO saw he had a chaplain on his roster and asked if he could switch me out for a doctor. Then after having a chaplain on the ship, the CO said he would never again deploy without one. My advice is to use the chaplain to the fullest.

If you would like to connect with Chaplain Hall or learn more about resources, please email culturalchampions@navy.mil.