

## ABOUT THE CCN NAVIGATOR

### GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) with 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 primarily focuses on Substance Misuse. To subscribe, click [here](#). Interested in reading past issues of The CCN Navigator? Click [here](#) to download!

### WE WANT TO HEAR FROM YOU!

Do you have an idea for The CCN Navigator? We want to hear from you. Email [culturalchampions@navy.mil](mailto:culturalchampions@navy.mil) with your feedback and suggestions for content.

### CCN QUICK CHECK

Has your command:

01	Completed Basic Primary Prevention and Human Factors Process (HFP) <b>online training</b> for every member of the Command Resilience Team (CRT)?
02	Completed Intermediate Primary Prevention and HFP <b>online training</b> for every member of the Command Resilience Team Human Factors Councils (CRTHFC)?
03	Documented Basic and Intermediate Primary Prevention and HFP training completions entered into FLTMPs via CIN (BASIC - PPHFP-B001; INTERMEDIATE - PPHFP-I002)?
04	Begun doing a <b>Resilience Toolkit</b> on every newly arriving service member?
05	Included the Command Sponsor Coordinator and Command INDOC Coordinators as members of the CRT?
06	Provided an introduction to the CRT at Command INDOC?
07	Begun conducting CRTHFCs? View the <b>CCN Quick Reference Guide</b> for more information.
08	Designated an Expanded Operational Stress Control (E-OSC) team leader (TL) (E-7 or GS-11 and above) and assistant team leaders (ATL) (E-6 and above)?
09	Sent the E-OSC TL and ATL to <b>E-OSC training</b> ?
10	Begun using the <b>E-OSC Command INDOC and Facilitator's Guide</b> in Command INDOC?

See [NAVADMIN 222/19](#), [NAVADMIN 318/20](#), [NAVADMIN 332/20](#) for more information!



## ON YOUR RADAR

## OCTOBER OBSERVANCES

The observation of National Disability Employment Awareness Month is established by Public Law and Presidential Proclamation. National Disability Employment Awareness Month is observed from 1-31 October of each year. The awareness event is observed so that Americans may reaffirm commitment to ensuring equal opportunity for all citizens and so that they may pay tribute to the accomplishments of men and women with disabilities who contributed, continue to contribute, and wish to contribute to making the nation's economy strong.

Resources related to National Disability Employment Awareness Month are available on the Defense Equal Opportunity Management Institute [website](#).

## DIVERSITY, EQUITY &amp; INCLUSION (DEI)

DEI webinars are monthly opportunities to explore various topics around inclusion and diversity. Interested in attending? Please reach out to [ALTN\\_USN\\_INCLUSION\\_AND\\_DIVERSITY@navy.mil](mailto:ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil).

Upcoming webinars:

**October 27 (1200 – 1300 EST):** Celebrating Hispanic Heritage Month and Cultural Competency

The October DEI webinar will highlight Hispanic Heritage Month by celebrating the history of Hispanic Sailors in the Navy. In alignment with celebrating culture, the webinar will provide learning opportunities around cultural competency. Understanding the importance of cultural tolerance, cultural acceptance and cultural humility, the audience will be given the opportunity to explore realms of their own cultural experience and expertise.

## NAVY DRUG AND ALCOHOL DETERRENCE BRANCH ANNOUNCEMENT

The National Family Partnership's Red Ribbon Week takes place October 23 through 31. It is the nation's oldest and largest drug education and prevention campaign for youth.

This year's theme is *Drug Free Looks Like Me™*, submitted by Marin Wurst, a 7th grader at Solon Middle School in Solon, Ohio. For information on Red Ribbon Week, click [here](#).

## SUBSTANCE USE AND RISK OF SUDDEN INFANT DEATH

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. While unexpected and not completely preventable, substance use can contribute to SIDS risk. Smoking during pregnancy and infant exposure to secondhand smoke both [increase](#) SIDS risk. Chemicals in secondhand smoke appear to affect infant brains, interfering with regulation of breathing. Infants who have died of SIDS often have higher concentrations of nicotine and cotinine (a marker for secondhand smoke exposure) than infants who die of other causes. Excessive alcohol use, prescription drug misuse or any illicit drug use by parents can also increase SIDS risk, especially in cases of bedsharing between the parent and infant due to impairment and inability of the adult to [arouse](#) from sleep.

Quitting smoking is healthy for parents and caregivers but also for their infants. Additionally, avoiding alcohol and illicit substances during pregnancy and when caring for an infant can help keep the baby [safe](#) and healthy.

Irresponsible drinking, illicit substance use, and misuse of prescription drugs can have negative impacts on safety for Sailors and their families, including new babies. Navy's drug testing program tests for illegal substances and controlled prescription medications including oxycodone, hydrocodone, amphetamines, and others.

For resources to quit smoking, visit [YouCanQuit2](#), and find tips on responsible drinking from [Own Your Limits](#).

## RESOURCES



Call: 800-273-8255

Visit: [Veterans Crisis Line](#)

Text: 838255



Call: 877-995-5247

Visit: [Safe Helpline](#)



Call: 1-800-342-9647

Chat: [Military One Source](#)



Call: 800-662-HELP (4357)

Visit: [SAMSHA-Find Help](#)



DoD SAPR Connect:

[SAPR Connect](#)



## STAYING SAFE WITH PRESCRIPTION PAIN MEDICATIONS

### COURTESY OF PROJECT 1 SMALL ACT

If you've ever been in a car accident, had surgery, or gotten injured, you may understand how being in pain is stressful and can take a toll on you physically and emotionally. Prescription pain medications can feel like a lifesaver in these circumstances. But continuing to take them after most of the pain has diminished can lay an unintentional foundation for misuse or addiction, and substance misuse can be a warning sign of or risk factor for suicide.

### Follow these four steps to avoid misusing prescription drugs:

**Take Correctly.** Taking prescription drugs as prescribed by your health care provider can help prevent potential misuse. Ask your doctor what other options are available to you after the initial pain subsides. It's also a good idea to ask how long your prescription is valid, which may be different than the printed expiration date.

**Report Promptly.** If you have been prescribed a prescription medication by a non-military provider, you must report it to your chain of command and ensure they are entered into your military health record within ten days.

**Dispose Properly.** Medications that are no longer needed should be properly disposed of to prevent misuse. You can dispose of unused medication at home by placing it in a small plastic bag with an undesirable substance (e.g., kitty litter or used coffee grounds) and throw the bag in the trash. Cross out personal information on your prescription labels before discarding the bottles. You can also dispose of unused medications through secure drop boxes at participating military treatment facilities (MTFs).

**Never Share.** Ensuring your own proper use of prescription drugs is essential, but it is also important to help prevent misuse among friends, family and shipmates. Even if they're experiencing similar symptoms, never share your prescription medications or take others' medications.

The Navy has a Zero Tolerance policy for drug misuse and tests for both illegal and prescription drugs as part of its regular testing panel. A prescription for an opioid does not have to be a one-way ticket to addiction if you are cautious. Prescription opioids are safe and helpful when taken for short amounts of time. Continually assess your own pain and ask your health care provider if the prescribed dosage is still necessary for your level of pain.

For more information and tips to use prescription drugs safely, visit the Drug Detection and Deterrence [website](#).





## SPOTLIGHT: BM1 NIA YOVAHANA HURT

BM1 Nia Yovahana Hurt is an Officer Recruiter at Navy Talent Acquisition Group Richmond. Below she shares her thoughts on our Navy's Culture of Excellence (edited for length).

**CULTURE OF EXCELLENCE** describes greatness and illustrates the best. As a member of the US Navy, each day we can work together with a Navy Family behind us ready to support and motivate us, and they are always willing to "make it happen" regardless of the task. Breaking barriers to achieving goals has been simplified, because of the people who have given before me and who are willing to share their recipes to success. Achieving, reaching, and teaching is the Navy's Culture of Excellence. Seeing things beyond the horizon is what COE personally means to me. When venturing into new ideas and encouraging innovative thinking, I am constantly listening, learning, and exploring ways to improve. The Navy's Culture of Excellence thrives when people come together, work together, and succeed together, that is personally what keeps me motivated and asking, "How can we get better?"



**THE MOST REWARDING PART OF MY CARRER:** Working with junior personnel. As a junior sailor reporting to my first duty station, I was young and impressionable 3-year second class. With the help of skilled and trustworthy shipmates, I was able to accomplish personal and professional goals becoming a 5-year first class, earning my Associate's Degree, and being named Sailor of the Year. This continues to motivate me during my follow-on tours. During my next duty station, I learned it was not about me, working alongside 82 junior personnel in the deck department, made me realize it was not about my accomplishment but those of the people that looked to me for guidance. At the end of my sea tour in Japan on the USS Ashland, I learned more from my subordinates than anyone onboard and I understood the true meaning of being a leader, following is the first essential step in leading anything.

**ON TEAMWORK:** As a Boatswains mate, very few tasks allow one person to complete a task or evolution alone. While stationed on the USS Ashland (LSD-48) in Sasebo, Japan, I was privileged to have great leaders that allowed me to earn qualifications at a Junior Officer level such as my Welldeck Control Officer and Conning Officer qualifications, which showed me the depth of what teamwork meant. Working together was the only option while serving as an "Amphib Sailor."

**ON FLEET & FAMILY SUPPORT CENTERS:** I'd like to highlight the teams at the centers who offer consistent and genuine counseling helping service members while serving in the Navy with things such as first time home purchasing, marriage enrichment programs, and courses to being a better leader. Knowledge and compassion from the Fleet and Family team has strengthened our fleet and continues to change lives and demonstrates the support our organization requires to illustrate The Navy's Culture of Excellence.

**FOR CULTURAL CHAMPION NETWORK MEMBERS:** Senior and Junior mentor sessions between experienced leaders and new members of the Navy is the most invaluable experience people can gain and offer. Having leaders invest in the futures of their teams motivates, captivates, and instills the values beyond initial mission.

*If you would like to connect with BM1 Hurt, learn more about resources or to nominate a Sailor (active, reserve, or civilian) for the Navigator spotlight please email [culturalchampions@navy.mil](mailto:culturalchampions@navy.mil).*

