1. Keeping substances like drugs and alcohol out of the equation when engaging in sexual activity helps keep you and your partner safe and healthy. April is Navy and Marine Corps Public Health Center’s Sexual Health Month. Visit their Sexual Health Month Toolbox at go.usa.gov/xzUhZ to find more information about how to protect your sexual health.

2. April’s Alcohol Awareness Month is an opportunity to learn more about your drinking habits, understand the ways alcohol can affect your health, and learn how to drink more responsibly. Information about all of that and more is available from the Defense Department’s Own Your Limits campaign. Visit their website at OwnYourLimits.org to learn more.

3. Did you know that flushing prescription drugs and other medications is not the best way to safely dispose of them? The next Prescription Drug Take Back Day is scheduled for April 30, 2022 and gives you an opportunity to safely get rid of old and expired prescription drugs. Learn more at go.usa.gov/xEAMy.

4. If you are struggling with mental health, there are resources available that provide 24/7 support. Call Military OneSource for confidential counseling at 1-800-342-9647. The Military Crisis Line also provides confidential support by phone at 1-800-273-8255 (press 1) or text at 838255.

Drinking alcohol can seem like a ‘rite of passage’ for Sailors as they attend dining-ins, celebrate their next rank, or let loose while on leave or in port. April’s Alcohol Awareness Month is an opportunity to provide resources, tools, and support to Sailors, leaders, and Drug and Alcohol Program professionals such as ADCOs and DAPAs.

The Defense Department’s responsible drinking campaign, Own Your Limits, aligned to the Defense Health Agency, includes information so Service members can make responsible choices when drinking alcohol, learn about the risks of alcohol misuse, and how to stick to safe and moderate drinking limits.

To get started, watch the campaign overview video or review the campaign toolkit and then access the Alcohol Awareness Month Resources Guide to learn more about campaign topics, tools, and downloadable resources. The campaign website includes articles, infographics, and fact sheets with the latest information and tips on drinking responsibly that can be downloaded, printed, or linked to share with Sailors and other Service members. Connect online through the Own Your Limits social media platforms including Facebook and Instagram to share engaging graphics and information with Sailors and the military community.

Sailors can use the Drinking Habits Quiz to anonymously check their drinking habits and commit to drinking responsibly. Encourage Sailors who seek help to use the Talking to Your Support System After Seeking Help fact sheet. Professionals can supplement local program offerings with free print and promotional materials available for order. To stay updated on the latest campaign resources, subscribe and utilize The Buzz on Responsible Drinking quarterly e-Newsletter.

Visit OwnYourLimits.org to find these resources and others that you can share with Sailors and other Service members about the effects of alcohol, the consequences of drinking too much, tips for cutting back, and ways to get help.

For questions or more information, the campaign can be reached at: dha.ncr.comm.mbx.drink-responsibly@mail.mil.
**PRESCRIPTION DRUG DISPOSAL**

According to DoD Instruction (DODI) **1010.16**, Technical Procedures for the Military Personnel Drug Abuse Testing Program (MPDATP), if there is no specified time period for a prescription drug that is a Schedule II through V controlled substance, the prescription will be considered expired six months after the most recent date of filling, as indicated on the label. For example, a prescription with a fill date of August 14 will be considered expired after February 14 of the following year. The medications to which this applies include narcotics for pain such as prescription opioids, certain stimulants, and anxiety medications. If you are unsure about a medication or need to clarify the expiration, always check with the provider who prescribed it.

Expired medications should be safely disposed of to protect your and your family’s health and your Navy career. National Prescription Drug Take Back Day is an opportunity to safely and anonymously dispose of these medications. April 30, 2022 is the next scheduled Take Back Day. Many pharmacies across the country will participate, allowing the community to dispose of old and expired prescription drugs. Visit [go.usa.gov/xsUzhZ](go.usa.gov/xsUzhZ) for more information about participating sites and the types of medications that are accepted for take back.

Some military treatment facilities have year-round drop boxes for prescription drugs, and many pharmacies take back old and expired medications even outside of Take Back Day.

If you need to dispose of old medications but don’t have access to a drop box or other safe collection site, you can safely dispose of them at home by placing the medications in a sealable bag or disposable container with an undesirable substance such as cat litter or used coffee grounds and throwing it in the trash. Be sure to scratch off or cover personal information on the medicine bottle’s label with a permanent marker or duct tape and throw the bottle in the trash.

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**CURRENT & UPCOMING EVENTS**

**APRIL DDD WEBINARS**

Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.

- **4/7** — Managing Discrepancies
- **4/14** — SSN Usage
- **4/21** — End of Year Testing
- **4/28** — WebDTP Testing


**ADAMS FOR LEADERS, DAPA & UPC COURSES**

Can be accessed using your CAC by logging in to Navy e-Learning at [learning.nel.navy.mil](learning.nel.navy.mil) or Catalog of Navy Training Courses (CANTRAC) at [app.prod.cetars.training.navy.mil/cantrac/vol2.html](app.prod.cetars.training.navy.mil/cantrac/vol2.html)

**NMCPHC SEXUAL HEALTH MONTH**

April

Find the toolbox at [go.usa.gov/xzUhZ](go.usa.gov/xzUhZ).

**ALCOHOL AWARENESS MONTH**

**MONTH OF THE MILITARY CHILD**

April

**NATIONAL MINORITY HEALTH MONTH**

April

For more information, visit [www.minorityhealth.hhs.gov/nmhm/](www.minorityhealth.hhs.gov/nmhm/).

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**SUPPORT FOR MILITARY CHILDREN**

Since established in 1986, the Month of the Military Child has highlighted the important role military children play in the armed forces community. Each April, the Department of Defense Military Community and Family Policy sponsors the month to acknowledge and applaud the daily sacrifices and challenges military children overcome in the U.S. and overseas.

Amid the many unique challenges they face, military children and youth also face the growing pains that most youth face. The Drug Education for Youth (DEFY) program helps military children ages 9 through 12 develop leadership skills and build confidence and character to lead healthy and drug-free lives.

To learn more about DEFY, contact the program office by phone at (901) 874-3300 or email at [MILL_N17_DEFY@navy.mil](mailto:MILL_N17_DEFY@navy.mil), or visit online at [www.mynavyhr.navy.mil/Support-Services/21stCentury-Sailor/Drug-Detection-Deterrence/DrugEducation/](www.mynavyhr.navy.mil/Support-Services/21stCentury-Sailor/Drug-Detection-Deterrence/DrugEducation/).