1. We all have probably been especially observant and cautious about our health over the past year. As things are slowly returning to normal, we should continue that special attention to health. June is Navy and Marine Corps Public Health Center’s Men’s Health Month. Check out their toolbox at go.usa.gov/xmysK.

2. June is PTSD Awareness Month. The past year of the COVID-19 pandemic has contributed to increased stress and anxiety. Some experts have predicted it may also cause increases in PTSD in its aftermath. Learn more about how to navigate the stressors caused by COVID-19 at ptsd.va.gov/covid.

3. Memorial Day marked summer’s unofficial first day. With this summer’s return to a little bit of normalcy compared to last summer, we are all pumped about being able to get out and have fun. It’s important to focus on safety in our summer activities. During these 101 Critical Days of Summer, the Naval Safety Center has tips on staying safe, especially with alcohol and other substances. Visit navalsafetycenter.navy.mil.


COVID has been here for over a year, and we all have dealt with so much disruption on every level. When we think of “happiness,” we probably mostly think about how we’re feeling day-to-day, but it’s also measured by our overall satisfaction with life. That part usually remains stable, unless you have a major life upset. The economic uncertainty, social isolation, restrictions and stressors of this pandemic have all affected our happiness, so it should not be surprising that 2020’s World Gallup Poll showed a ten percent increase in people reporting sadness or worry.

**Depression Symptoms**

This past year has increased stress and depression worldwide. Men are more likely to experience “stealth symptoms” of depression — not as easily recognized as the usual symptoms. These may include:

- Irritability
- Physical problems such as headaches, stomach upset, and chronic pain
- Behavioral changes such as risk-taking
- Alcohol or substance use problems

Look for these symptoms in addition to others like feeling sad or empty, weight changes, sleep disruptions, fatigue and trouble concentrating.

**Causes of Depression**

Depression has no single cause, but pandemic stressors and isolation certainly increase risk. Alcohol and drugs, particularly cannabis, increase the depression risk by altering brain chemistry. Illness, chronic pain, bereavement, certain medications and family history of mood disorders can also contribute to clinical depression.

**Seeking Help**

A combination of therapy and medication appear to be the best depression treatment. This helps with day-to-day feelings and life satisfaction by addressing brain chemistry and teaching skills to cope with life’s stressors. A medical provider can help figure out if this is the best course of action. There are also resources within or outside of your command, including:

- Local chaplains for confidential discussion
- DAPAs to assist with substance use issues
- Counseling through Military OneSource via phone at 1-800-342-9647;
- 24/7 support by phone from the Military Crisis Line at 1-800-273-8255 (Press 1) or text at 838255

Seeking help may seem difficult, but living with untreated depression is even more challenging. Self-care is important, regardless of whether or not you’re experiencing depression. Sufficient sleep, regular exercise, a healthy diet and an adequate support system are all helpful, in addition to reaching out to resources for help.
**URINALYSIS POLICY UPDATE**

**NAVADMIN 100/21** announces the cancellation of NAVADMIN 092/20 which outlined temporary changes to the urinalysis program.

Due to the Centers for Disease Control and Prevention (CDC) announcement supporting the safe return to many activities halted during the pandemic as well as the role of a robust drug testing program in the detection and deterrence of illicit and prescription drug misuse, commands will now return to normal testing procedures and requirements.

Commands still shall not recall individuals who are sick, restricted in movement (ROM), quarantined or self-monitoring except in cases of probable cause or as determined by the commanding officer (CO) in consultation with local judge advocate general officer. Telework is no longer an excuse for non-participation in urinalysis, and commands shall resume recalling teleworking individuals to provide a specimen. Sailors assigned to non-Navy activities will follow the policy of that activity.

Specimen collection will continue with fewer restrictions than those outlined in NAVADMIN 092/20, but with continued observance of the most recent CDC-recommended safeguards, which may include mask-wearing, handwashing, distancing and avoiding touching the face. Surfaces such as tables, faucets and door handles should be wiped down after each contact, and all persons present should avoid unnecessary touch and wash hands after contact. The Urinalysis Program Coordinator and the assigned person shall check to ensure each bottle cap is affixed tightly and correctly, as outlined in the UPC Operational Guide.

For additional information or questions, contact Ms. LaNorfeia Parker, OPNAV N173A by email at lanorfeia.parker@navy.mil.

**CURRENT & UPCOMING EVENTS**

**JUNE DDD WEBINARS**
- Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.
- 3 — SPECWAR Dialogue/Portal and WebDTP Issues
- 10 — Navy Compliance Reports in iFTDTL
- 17 — Navy Drug Detection and Deterrence Information Update (Policy/NAVADMIN)
- 24 — BUMED Dialogue/Portal and WebDTP Issues

Learn more and stay up-to-date by visiting www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/

**ADAMS FOR LEADERS & DAPA COURSES**
Can be accessed using your CAC by logging in to Catalog of Navy Training Courses (CANTRAC) at app.prod.cetars.training.navy.mil/cantrac/vol2.html

**NMCPHC MEN’S HEALTH MONTH**
- June
- Find the toolbox at go.usa.gov/xmysK

**PTSD AWARENESS MONTH**
- June
- Learn more at ptsd.va.gov

**LGBTQ PRIDE MONTH**
- June

**PTSD AWARENESS**

June is Posttraumatic Stress Disorder (PTSD) Awareness Month. Some people may develop PTSD after experiencing or witnessing a traumatic event. Combat, natural disasters, car accidents or sexual assault are all examples of events that could trigger PTSD.

Experiencing a long-lasting traumatic event or an injury during the event can increase the likelihood of developing PTSD, and it is also more common after certain types of trauma such as combat and sexual assault.

After experiencing a traumatic event, it is normal to feel stressed, on edge, upset or have difficulty sleeping, but if these symptoms last for an extended time, it could be PTSD. Reaching out to a health care or mental health provider is a great first step for managing PTSD. Learn more about PTSD from the U.S. Department of Veterans Affairs at www ptsd.va.gov.