1. Some conditions impact women more often or differently than they affect men, so being aware can help women address unique health issues before they progress and become more serious. October is Navy and Marine Corps Public Health Center’s Women’s Health Month. Visit go.usa.gov/xM9VB to find the toolbox.

2. Safely and anonymously dispose of your old, expired prescription meds on National Prescription Drug Take Back Day, scheduled for Saturday, October 29 from 1000—1400. Learn more about Take Back Day at go.usa.gov/xnt4M and find sites near you. A local military treatment facility may also offer year-round disposal through a drop box.

3. Every year, people around the U.S. observe Red Ribbon Week from October 23 through 31 to promote awareness and prevention of drug use in young people. The 2022 #RRW theme is “Celebrate Life. Live Drug Free.” Learn more about #RRW2022 by visiting RedRibbon.org.

4. The Drug and Alcohol Deterrence web page has changed. Visit www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Alcohol Deterrence/ to look around and see the new page updates!

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.
CELEBRATE RED RIBBON WEEK 2022

What is now known as the National Family Partnership (NFP) was established over 40 years ago with the goal of increasing the leadership role of parents in the prevention of drug use among youth. Now, NFP sponsors the National Red Ribbon Campaign™ and Red Ribbon Week, the U.S.’ longest-running drug use prevention campaign.

Every year, Red Ribbon Week takes place from October 23 through 31, and people across the country wear the red ribbon to honor the life of Enrique (Kiki) Camarena, a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985.

This year, the Red Ribbon Week theme is "Celebrate Life. Live Drug Free.” You can learn more about how you can observe and celebrate Red Ribbon Week in your local area at RedRibbon.org. In addition to the resources available there, there are also resources to help parents start important conversations with their children about drug use at GetSmartAboutDrugs.gov, a DEA resource for parents, educators, and caregivers.

Another great way that young people can learn more about the risks of drug use and other harmful behaviors is to participate in Drug Education For Youth (DEFY). DEFY is a preemptive prevention program that enhances strength and resilience for military youth by providing leadership and life skills that improve resistance to negative influences such as drug use. For more information, contact the program office at (901) 874-3300 or email MILL_N17_DEFY@navy.mil.

CURRENT & UPCOMING EVENTS

OCTOBER WEBINARS
Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.
10/6 — FY-23 Best Practices (Urinalysis Testing)
10/13 — Urinalysis Packaging Procedures
10/20 — SSN Usage and Failure to Meet Requirements
10/27 — WebDTP/DTPLite Testing and High Risk Sailors

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

NMCPHC WOMEN’S HEALTH MONTH
October
Find the toolbox at go.usa.gov/xM9VB.

RED RIBBON WEEK
October 23-31

PRESCRIPTION DRUG TAKE BACK DAY
October 29
Find more information at go.usa.gov/xnt4M

MAINTAINING IFTDL ACCESS
The Cyber Awareness training is an annual requirement for IFTDL access, meaning your IFTDL account will lock automatically one year from the date of your last submitted certificate. To prevent this, please complete the training and email your certificate unencrypted to MILL_DTADMIN@navy.mil. Find the training at:

- Public Site: https://public.cyber.mil/training/cyber-awareness-challenge/
- Joint Knowledge Online: https://jkodirect.jten.mil/Atlas2/page/login/Login.jsf

Contact our office at MILL_DTADMIN@navy.mil or the help desk at 901-874-2458/DSN 312-882-2458. Visit our updated web site at its new URL: www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Alcohol-Deterrence/ for additional information and resources, including new pages for IFTDTL, ADMITS, WebDTP, and DTP Lite, all under the Systems tab to the left.