1. While preparing for holiday travel, remember that drunk driving increases during the holiday season. Drink responsibly and avoid impairing substances if you plan to drive, or have a designated driver lined up so you can stay safe and avoid the risk of a DUI. Visit the Navy and Marine Corps Public Health Center at go.usa.gov/xeXnZ to find their Impaired Driving Prevention Month toolbox.

2. Daylight savings got you down and exhausted? Getting a prescription stimulant from a buddy might seem like a quick fix so you can get the energy you need, but it can also threaten your career. Napping when you can, eating energy-boosting foods and staying active are all safer and healthier ways to up your energy levels during the winter months.

3. The 101 Critical Days of Summer are behind us, but safety should still be on the forefront of your mind as we shift into the cooler months which present their own hazards. The Naval Safety Center offers resources and tips to make the fall and winter months safer. Visit navalsafetycenter.navy.mil for more information.


As of November 2021, 18 U.S. states and the District of Columbia allow recreational marijuana use, and 36 plus D.C. have legal medical marijuana. In addition, some states and cities have decriminalized other substances such as psychedelic plants. The patchwork of legality and decriminalization around the country may be confusing and further complicated when traveling home for the holidays. Sailors and other Service members visiting states where certain substances are legal may be tempted. While it’s perfectly legal for civilians to use cannabis in New York and Washington or magic mushrooms in Oakland and Detroit, it’s not that simple for Sailors. These substances are still federally illegal and prohibited for Service members, no matter what’s legal for civilians there.

What is Navy’s Substance Use Policy?

Article 112 of the Uniform Code of Military Justice describes wrongful use, possession, distribution, manufacture and import of any federally controlled substance as a punishable offense. Navy’s policy is zero tolerance, and that policy overrules any foreign, state or local ordinance such as the laws in certain cities or states that have legalized or decriminalized cannabis, psychedelic substances, or other illicit drugs.

What Should Sailors Look For and What Can They Do?

Always be cautious and aware of products you consume. It is very common for candy, baked goods and even beverages to contain cannabinoids such as cannabidiol (CBD) or tetrahydrocannabinol (THC), which causes the high associated with marijuana use.

If hitting the road to go home for the holidays, pay close attention to gas station and convenience store products that may be cannabis-laced look-alikes of snack foods, including candy and chips. If offered something that could contain prohibited substances, always check to confirm, or decline to be safe rather than sorry. If a buddy pressures you to use a product containing THC, CBD or another prohibited substance, think about your Navy career and what you could lose from testing positive for illicit substances — separation, loss of future benefits and threats to future job prospects. Reiterate all those risks to your buddy.

How Can Sailors Get Help?

If you need assistance with a substance or alcohol use issue, contact your local DAPA. There is also NAVY311, which connects you with chaplains who can provide confidential support. The phone number is 1-855-628-9311.

Learn more about substance use and military service from the Too Much To Lose campaign at TooMuchToLose.org.
SAFE PRESCRIPTION DRUG STORAGE

Every year, around three million people swallow or have contact with poisonous substances. Many of those people are under the age of five. When we think of poisoning in children, the first thing that may come to mind is detergents, cleaning supplies or pesticides, but the reality is that prescription medications pose a significant poison risk for children.

**Pediatric Opioid Poisonings**

According to the Centers for Disease Control and Prevention (CDC), around 50,000 children report to emergency rooms across the U.S. each year due to exposure to medications.

Between 1999 and 2016, nearly 9,000 children and adolescents died from opioid poisoning in the U.S. About 73 percent of those deaths were caused by prescription opioids, and 80 percent were unintentional. There were increases in death rates among all age groups, with a 225 percent increase among the birth to four age group.

**Safe Storage of Prescription Drugs**

That considerable increase in the infant to preschool age group indicates a need for adults to safely store their prescription and even over-the-counter medications. Unfortunately, many adults with children in their homes are not as diligent about safe storage of prescription opioids as they should be. A study from 2017 found that only about 33 percent of adults with only children under the age of seven in their homes safely store these medications. Even less — about 12 percent — with only children between ages seven and 17 do.

**How to Safely Store Medications**

With the holidays approaching and more children likely to be around exploring, properly storing medications is a key way to help keep them safe. The CDC has the following tips to help adults and families safely store medications to keep children safe:

- Store medications out of children’s reach and sight.
- Put medications away after each use.
- Properly close and seal medications after each use.
- Talk to children about medication safety.
- Remind any guests about medication safety.
- Be prepared in case of emergency.

The National Poison Control Center can be reached by phone in case of emergency at 1-800-222-1222. Keep the number posted clearly and visibly in your home.

Learn more about safe storage of medication from the CDC’s Up and Away campaign.

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CURRENT & UPCOMING EVENTS

**DECEMBER DDD WEBINARS**

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

- 12/2 — ADMITS Updates (Features and Capabilities)
- 12/9 — Best Practices for Testing During the Holidays
- 12/16 — Prevention for the Holidays (Hemp, CBD, THC and Alcohol)


**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 IMPAIRED DRIVING PREVENTION MONTH**

December

Find the toolbox at go.usa.gov/xeXnZ

**PEARL HARBOR REMEMBRANCE DAY**

December 7

**ARMY NATIONAL GUARD’S BIRTHDAY**

December 13

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THE HOLIDAYS AND FAMILY VIOLENCE

Military life carries many stressors that can cause tension among couples and families. Add on the stress of the holidays, plus the potential for increased alcohol consumption, and the risk increases even more. Alcohol consumption as well as drug use can increase risk of intimate partner violence (IPV) for both perpetrators and victims. According to a National Center on Domestic Violence, Trauma and Mental Health report, victims are more likely to use substances following abuse, and substance misuse also increases the risk of victimization. Women reporting partners’ heavy drinking were five times more likely to experience IPV.

Domestic violence is a crime under the Uniform Code of Military Justice. Individuals experiencing IPV can call the National Domestic Violence Hotline at 1-800-799-7233, and military families can access resources via the Military Crisis Line at 1-800-273-8255 or by visiting RealWarriors.net. Most domestic violence shelters are open 365 days a year. Seeking help is the best protection for victims and their children.