ABOUT THE CCN NAVIGATOR

GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) with 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 of the CCN Navigator primarily focuses on Alcohol Abuse Prevention.

Feel free to share The CCN Navigator content with others who may benefit. To subscribe, click here or email culturalchampions@navy.mil. Interested in reading past issues of The CCN Navigator? Click here to download!

DRIVE SOBER TO PROTECT YOURSELF AND YOUR CAREER

COURTESY OF THE NAVY DRUG AND ALCOHOL DETERRENCE BRANCH (OPNAV N173)

We’re right in the middle of the holiday season, and many of us are traveling to visit loved ones we maybe haven’t seen since last year. Reconnecting with friends and family is a good part of this time of year, but one unfortunate aspect is an increase in intoxicated driving.

Impaired Driving

According to the Centers for Disease Control and Prevention, 29 people die each day in vehicular crashes involving an alcohol-impaired driver. In 2018 during the period around Christmas and New Year’s, there were 285 drunk-driving-related fatalities.

Drunk driving tends to take the spotlight when discussing impaired driving, but drugged driving is also a concern. Overall prevalence of alcohol, cannabinoid (found in marijuana), and opioid use is increasing in people injured in car accidents. Some prescription medications can also make even a quick drive dangerous. The effects of certain medications and illicit drugs can cause reckless driving, and when alcohol is also a part of the equation or when multiple substances are used, those effects are even greater.

Staying Safe

One of the best ways to stay safe on the road is to avoid driving under the influence of alcohol. It’s also important to be aware of prescription drugs and whether they may be impairing. Of course, illicit drugs including cannabis are prohibited for Sailors, so they are not only a safety risk but a career risk. Any kind of DWI/DUI can jeopardize your Navy career, so it’s important to plan ahead and make decisions that will protect you, other drivers, and your career. Have a designated driver or use a ridesharing service if you plan to drink during a night out.

Feel like you need to assess your drinking habits or just want more information about responsible drinking? The Department of Defense’s Own Your Limits campaign has tools and resources to help Service members make responsible choices if choosing to drink. Find them at ownyourlimits.org.
Chief Petty Officer Giovanni Salvador is no stranger to the damage that cultural stigmas can have on people and on teams – especially in the Navy.

“Today’s ‘Warrior Toughness’ campaign is opposite to what the warrior toughness stigma was when I first joined the Navy in the early 2000’s,” Salvador said. “Emotion, pain, mental health, and admitting weakness were subjects that were not normalized in the workplace and looked down upon if mentioned. Like a lot of Sailors, I said nothing and never asked for help outside of the work environment.”

For Salvador, that silence meant a troubling relationship with alcohol was kept under wraps. Admitting a problem just wasn’t part of his workplace culture.

“Even after getting pinned to Chief in 2010, I felt the same way,” said Salvador. “Unfortunately, five years later when I got frocked to Senior Chief, my relationship with alcohol came to light as a result from an alcohol-related incident. It wasn’t until then that I admitted to having a problem with alcohol and asked for help.”

“In the process of rehabilitation and early on in recovery, I began to understand the meaning of humility,” Salvador said. “There is a quote that I often refer to from C.S. Lewis, ‘True humility is not thinking less of yourself, but thinking of yourself less.’”

Salvador applies this wisdom to his daily routine. “This took me from feeling alone to feeling a part of something and then eventually feeling and having a sense of purpose,” he said. “One in which I haven’t felt before. Gratitude, faith, appreciation are all feelings that began to grow and grow.”

Now, Salvador uses his story to motivate and encourage his fellow Sailors and members of his community to seek help.

“As the Command DAPA, after training/facilitating on the topic, I often get a ‘thank you for sharing your story,’” he said. “Sometimes it is from several Sailors and sometimes it is just from one person. Even if it is from just one, I know the message is getting out there.”

As the Navy embarks on a new culture change framework in the form of Get Real, Get Better, Salvador says he sees important parallels to his own story. “Self-awareness comes to mind when I think of ‘getting real,’” he said. “What was my part? What was my role in it? Understanding what I have done and said that contributed to that energy is the starting point to myself ‘getting better.’”

As for the resource that he recommends Sailors utilize when they are experiencing their own problems? Salvador recommends something that is “available to all, it is free, typically no wait time, and it is safe. Each other!” He continues: “My continued sobriety of almost seven years comes from the support of shipmates… these shipmates are caring and genuine people who I surrounded myself with and who have been my support group for the past five years.”

“Surround yourself with love,” Salvador advised. That doesn’t have to be in the form of shipmates. It can also be friends or family members. And if you yourself are not experiencing a crisis, you may know someone who is. “You don’t have to be a senior leader to be a role player,” he said. “You don’t have to have a story of your own to contribute. Support, understanding, and wanting to make a positive impact goes a long way.

“You are not alone!”

To connect with CPO Salvador or to nominate a Sailor (active, reserve, or civilian) for the Navigator spotlight please email culturalchampions@navy.mil.
This holiday season, whether you have many parties and gatherings on your schedule or none at all (that is okay as well!), the additional temptation of alcohol may be overwhelming. For some Sailors, alcohol may trigger negative emotional responses, result in destructive behaviors, or amplify anxieties around social pressures to ‘fit-in.’

To ensure all Sailors feel included and drink responsibly during the holidays, Navy Cultural Champions are challenged to practice and promote intentional inclusivity in the following ways:

**Promote Inclusive Behaviors and Non-Alcoholic Alternatives**
- Consider opening your home for a meal or take time to plan activities with service members.
- Avoid intrusive questions and/or politely ask to learn more so you can better support others.
- Provide mocktail options, non-alcoholic wine or beer, and other drinks (e.g., water, juice, soda).

**Encourage Responsible Drinking**
- Reassure Sailors it is ok to communicate limits with their friends to help with accountability.
- Refrain from "drinking games" or competitions that facilitate drinking alcohol quickly.
- Suggest adding water or ice to drinks to dilute them and recommend serving food alongside alcohol.

Another way to be inclusive this holiday season is to recognize that some Sailors do not drink alcohol or may be drinking less. This can help reduce peer-pressure, alleviate stigmas around drinking too little or too much, and build stronger teams. Potential considerations may include:

**Medical Reasons**
- Sailors may be taking medications that preclude them from drinking.
- Sailors may have a medical condition (e.g., gluten intolerance) that makes it difficult to drink.
- Sailors may be pregnant or trying to get pregnant.

**Personal Reasons**
- Sailors of different religions and faiths may not drink alcohol.
- Sailors may be recovering addicts or have been involved in alcohol-related trauma.
- Sailors may have financial concerns or may not feel safe drinking in different types of groups.

By practicing intentional inclusivity and encouraging others to drink responsibly, Sailors can create stronger teams and a more resilient Navy.

*Questions about DEI in the Navy, or resources you can integrate into your Command? Email ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil.*
HOLIDAY FESTIVITIES OR STRESSFUL ACTIVITIES?
5 TIPS FOR CELEBRATING RESPONSIBLY

COURTESY OF PROJECT 1 SMALL ACT

The holidays are full of joy, love, and festivities, but they can also bring an increased level of stress and anxiety. Given the increase in social activities and related stress around the holidays, it is important to remember to drink responsibly. Below are five tips on responsible drinking to help you get through the holiday season:

1. **Don’t rely on alcohol to reduce your stress:**
   Instead of “calming your nerves,” drinking can actually work against you, increasing your risk for alcohol dependence and leading to other psychological health problems. If trying to de-stress with alcohol has become a common practice for you, it’s probably time to self-refer for help. Learn the facts about Navy’s non-disciplinary self-referral process, or talk to your Drug and Alcohol Program Advisor (DAPA), chaplain, doctor or command leadership about where to get help. Find healthy ways to cope with stress on the P1SA blog.

2. **Practice good self-care:**
   During the holiday season it’s okay to allow yourself some additional treats, but be careful not to over-indulge—especially when it comes to alcohol. Keep your diet and exercise routines on track and don’t let alcohol steer you wrong—you’ll feel better for doing so!

3. **Know your limit:**
   If you find yourself drinking more often during the holiday season, you should know your limit, don’t try to keep up with others, and learn to say no to peer pressure to drink more than you had planned. Whether you’re the host or a guest, there are plenty of festive alcohol-free drinks to enjoy this season! Non-alcoholic eggnog, anyone?

4. **Plan ahead for a safe ride home:**
   This holiday season, plan ahead for a safe ride home before you go out for the night. Make the choice: will you drink or will you drive? Stick to the plan! Remember that even buzzed driving is illegal and more importantly can lead to dangerous accidents.

5. **Talk it out:**
   Rather than bottling up your feelings, it’s important that you talk to a friend, family member, fellow Sailor, DAPA, chaplain, doctor or any other resource available to you. When Sailors get help via a self-referral or through the help of their command, neither result in disciplinary action.

Celebrating responsibly is 1 Small ACT you can do to be there for yourself and every Sailor, every day.

ALCOHOL AND NUTRITION

BY LCDR MELISSA AMESCUA, MS, LD, RD, OPNAV N171 DIETITIAN

Alcohol consumption does not provide any nutritional value and is considered empty calories which could be detrimental to your health. Alcohol can have adverse effects on the way we eat because it displaces more nutritious foods in the diet, and chronic use impairs absorption and metabolism of needed nutrients. In addition, it adds calories to our diet, providing 7 calories per gram which is equivalent to pure fat (nine calories per gram). Drinking too much alcohol increases weight due to alcohol content, sugary mixers and fatty foods that one tends to enjoy in conjunction with drinks. On the other hand, if you believe working out will solve the issue for the weight gain, beware that alcohol also impairs your ability to build muscle. It is imperative if you consume alcohol to drink in moderation. Think about the health problems it may create and the impact on your contribution to the Navy mission.

**Tips for being healthy when drinking alcohol:**
1. Drink in moderation if you choose to drink: **No more than 1 drink for women and 2 drinks for men per day**
2. Choose drinks that have little added sugar either in the alcohol itself or the mixers.
3. Consume water before each drink. This moderates your alcohol consumption and aids in helping you to stay hydrated since alcohol is dehydrating.
4. Do not drink alcohol on an empty stomach. Eating foods high in fat and protein will help absorb alcohol better than just eating bread and carbohydrates. Make sure to eat a well-balanced meal prior to alcohol consumption.
ON YOUR RADAR

DIETITIANS SUPPORTING THE FLEET ANNOUNCEMENT

Commanders are reminded that they can request a Dietitian to provide nutrition services through NAVADMIN 160/18, Dietitians to Support Operational Forces. To find the closest Dietitian to you please use the locator on the Navy Nutrition Website: https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Navy-Nutrition/. For further questions please contact LCDR Melissa Amescua at melissa.f.amescua.mil@us.navy.mil.

MARK YOUR CALENDARS: DEI TRAININGS IN DECEMBER AND JANUARY

OPNAV N174A’s End-of-Year “Coffee/Tea with DEI practitioners”
December 20, 2022, 1200-1300 EST

- This virtual event will capture the Navy DEI community’s year-in-review for 2022 and touch on what’s on the horizon in 2023 from the OPNAV N174 team.

Initial Practitioner Training 2.0 | January 2023, two-day training, date and time TBD

- This is an expansion of the pilot training event all practitioners attended in March, 2021. Initial invitations for new and incumbent practitioners will be released based on priority to first, primary DEI Practitioners of community leads and relative commands.
- Additional seats will be released as requested by commands to all other practitioners and command representatives prior to the training commencement date (TBD). More to follow from N174A soon.

FOLLOW PROJECT 1 SMALL ACT ON INSTAGRAM, FACEBOOK, AND TWITTER

This holiday season, follow Project 1 Small ACT’s social media channels on Instagram, Facebook, and Twitter to learn how you can fight stigmas surrounding suicide.

In fact, one of the best ways to #ACTthisSeason is the simplest: Invite your fellow Sailors over for the holidays! We’ve made it incredibly easy: just print and cut out the invite below and give it to those who have been there for you this year – or print a whole bunch so others at your command can spread the good cheer. You’d be surprised the impact this will have, both for you and for the recipients. Happy Holidays!

Happy Holidays
You’re invited! Join us at:

Where: ________________________
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When: ________________________
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Call: ________________________
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RESOURCES

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