

SERVING PROUD • SERVING DRUG FREE

April 2023



MESSAGES TO SHARE

Below are sample messages to be shared on social media or as Plan of the Week notes aligned with Navy Drug and Alcohol Deterrence's prevention efforts:

1. April is Navy and Marine Corps Public Health Center Sexual Health month. Their toolbox at [April - Sexual Health \(navy.mil\)](#) has informative resources on how to stay aware of your sexual health.
2. Are you or someone you know at risk of developing an STI—not sure? Take this [Prepare Before You're There quiz](#) provided by the CDC, to check your risk level and gain helpful resources on how to keep you and your partner safe.
3. **Drug Education For Youth (DEFY) 29th Annual Train-the-Trainer:** On 28 February – 2 March 2023, the (DEFY) program conducted their Annual Train-the-Trainer (TTT) event on board NSA Mid South in Millington, TN. Fifteen (15) individuals representing nine (9) projected programs for the 2023-2024 DEFY program year attended the TTT. The training provided the attendees with valuable standardized program information and best practices on operating an effective DEFY program. It also affords the opportunity for individuals to network with other attendees from other programs with varying levels of expertise.
4. April is alcohol awareness month. Are you aware of even the smallest effects alcohol can have on the body? Drinking more than your body's limit on a single occasion can have adverse effects. Click the link to learn more at, [Alcohol's Effects on the Body](#).

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USE PRESCRIPTION DRUGS RESPONSIBLY

National Prescription Drug Take Back Day is **April 22, 2023**. This is a good reminder to organize your medicine cabinet and properly dispose of expired medications, both for your own well-being and for the safety of family members.

Service members who use medications past their prescribed date or prescribed for another individual are in violation of the Uniform Code of Military Justice (UCMJ) and are subject to disciplinary action. Holding onto medications is also a serious risk for children and teens. More children are brought to the emergency room for medication poisoning than for motor vehicle injuries .

Opioids, in particular (including brand names OxyContin, Vicodin, Lortab, Percocet, and Tramadol), must be used, stored, and disposed of in a responsible manner. Of the 92,000 overdose deaths in 2020, 75% involved an opioid, a 30% **increase** from 2019. Even **doctors** admit that opioids are over-prescribed. When 5 or 10 pills might be adequate to treat post-operative pain, doctors and pharmacists are used to filling prescriptions in multiples of 30. To avoid a phone call from a pharmacist or a patient making a repeat appointment, many doctors prescribe more pills than necessary, resulting in leftovers. In 2020, there were 43.3. opioid prescriptions sold for every 100 **persons** in the United States.



Responsible Prescribing:

As a patient, you have a responsibility to take an active role in your health care. Ask your doctor if there are other medications or therapies that might treat your pain besides opioids. Be transparent with information such as how much alcohol you drink, if you or anyone in your family has a history of substance addiction, and any other medications you take. Discuss your pre-existing health issues; people with adrenal or thyroid issues may be more sensitive to opioids, and people with kidney problems may not excrete opioids effectively.

Responsible Storage:

Do not rely on “child-proof” packaging to protect your children from accidental ingestion. Do not keep your medications “handy” on a bedside table or on the kitchen counter. Cabinet locks with keys are available through online retailers for as little as \$5.00 and simple lockboxes are available for around \$15.00. Do not assume older children are not at risk; slightly over 7% of high school students report current prescription opioid misuse, according to the 2019 Youth Risk Behavior Survey.

Responsible Disposal:

Check with your pharmacy or find a DEA-authorized **collector** in your community. Flushing medication is not recommended because of the potential contamination to wastewater. You can dispose of unused medications at home by mixing them with something undesirable such as used coffee grounds, dirt, or cat litter in sealable plastic bag.

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



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ALCOHOL & SEXUAL HEALTH

Alcohol, booster or inhibitor? So you're out on the town with friends and you decide to engage in a bit of alcohol to loosen up, everyone does this right – it is a social norm to reduce social anxiety plus you might meet someone



you're interested in. It is not uncommon to engage in this behavior, in-fact it is often practiced with the thought of enhancing sexual experiences. Well the fact is – consuming too much alcohol has the opposite effects on both mood and arousal. Although desire may be present, when engaging in sexual activity after having a few drinks the body's responsiveness regarding sexual interest may be inhibited for both men and women.

For women who drink more than the normal limit for their body type, they may find that alcohol can cause undesirable psychological effects and **decrease** their genital response. This is because alcohol causes numbing effects on genitalia. In addition to this, women also experienced less pleasure due to a reduction of vaginal lubrication and difficulty reaching an orgasm. With men, alcohol has been known to give them courage and cause them to be less selective when choosing a partner to have sex with. Similarly, men also have a reduction in pleasure and genital responsiveness. Sexual dysfunction is more prevalent with men who may have alcohol dependence. They often experience erectile dysfunction, unsatisfying orgasm, reduced libido, and early ejaculation.

Due to its ability to impair judgement, alcohol can cause some individuals to engage in risky behaviors such as, lack of contraception usage which increases risk of contracting a sexually transmitted infection (STI), regretting sex acts, and increase sexual partners.

So what can you do? Drinking in moderation is encouraged and knowing your personal alcohol limit can assist you with having more positive experiences. Depending on your height and weight, 1-2 drinks maybe your **limit**. Additionally, having a plan in mind before going out can assist you in pacing your consumption. Remember there is no **pressure** to engage in any sexual activity and take contraceptives such as condoms or dental dams to reduce risk.

CURRENT & UPCOMING EVENTS

APRIL WEBINARS

Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.
4/06 — Managing Discrepancies
4/13 — Drug Education For Youth (DEFY)
4/20 — End Of Year Testing Report
4/27 — DAPA Role and Responsibilities

Have you visited the new page? Follow the link below:

<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Drug-Alcohol-Deterrence/>

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 [CANTRAC Overview \(navy.mil\)](http://CANTRAC Overview (navy.mil))

NMCPHC SEXUAL HEALTH MONTH

April

Find the toolbox at [April - Sexual Health \(navy.mil\)](http://April - Sexual Health (navy.mil)).

NATIONAL AUTISM AWARENESS MONTH

April

Autism Spectrum Disorder is a developmental disability,. It causes those who have been diagnosed to express and experience things differently than those without the disorder. Learn more information here Autism | HHS.gov.

REMINDER: NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

April

On **April 22, 2023**, participate in the National Prescription Drug Take Back Day. Learn about ways to properly dispose of prescription drugs and prevent medication misuse. Collection site are operable between 10:00 am—2:00 pm.

NOTICE: THE DRUG & ALCOHOL DETERRENCE (DAD) NEWSLETTER FOR APRIL 2023, WILL BE THE FINAL NEWSLETTER FROM DAD. For more information, and news releases please refer to the CCN Navigator newsletter.

NATIONAL CHILD ABUSE PREVENTION MONTH

April is **National Child Abuse Prevention Month** and **Month of the Military Child**. National Child Abuse Prevention Month encourages communities to educate and increase awareness about the importance of child and family well-being. Let us work together to commit to effective strategies that



support families and prevent child abuse and neglect. You can make a difference in a child's life by volunteering to become a mentor for the Drug Education For Youth (DEFY) Program. DEFY is a yearlong program that provides many life skills and physical activities for children ages 9-12. The DEFY program also helps military children develop leadership skills and build confidence and character to lead healthy, drug-free lives.