



MESSAGES TO SHARE

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

1. If you missed some important doctor visits last year, 2021 can be the year to get back on track. Preventive care appointments are a great way to identify and address any health concerns that may have come up over the past year. August is Navy and Marine Corps Public Health Center's Preventive Health Month. Visit go.usa.gov/xFkX8 to find their toolbox with tips on preventing illness.
2. Ready to give up smoking for good? While it seems like a challenge, it's definitely possible. Helpful information and tips can make it a little easier. You Can Quit 2 is a smoking cessation resource designed specifically for service members to help them kick the habit. Visit YCQ2 at ycq2.org for more information.
3. You've probably seen CBD products all over the place, but something else you may have seen lately is delta-8-THC, a compound similar to delta-9-THC. Regardless of the compound, any cannabinoid product is prohibited for service members. Even if civilians can use it, the Navy's policy regarding cannabis products remains zero-tolerance.
4. Taking care of your mental health is just as important as maintaining your physical health. There are resources to help those who may be struggling with their mental health. The Veterans Crisis Line is one of them. Call 1-800-273-8255 (Press 1) to speak with someone who can help or text 838255.

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PRENATAL HABITS FOR PREVENTION

Society has come far in our approach to protecting children's safety. Soft playground surfaces, bicycle helmets, outlet covers — all accessories we sometimes laugh about missing out on as children and still "turning out just fine." It may come as a surprise that preventive health care for infants before birth has not made the same advancements.



Alcohol Use

Despite being clearly established as extremely harmful to the developing fetus, approximately **15 to 20 percent** of pregnant women use alcohol. A 2018 **publication** from the Journal of the American Medical Association found that up to one in 20 children are born with Fetal Alcohol Syndrome (FAS)—a greater prevalence than autism spectrum disorder. Alcohol use in pregnancy **increases** risk of miscarriage and stillbirth almost fourfold. Besides FAS risk — characterized by distinct facial features; joint, limb and finger deformities; slowed physical growth; vision and hearing difficulties; and brain damage—fetal alcohol spectrum disorders (FASD) occur at ten times the rate of FAS. FASDs are characterized by developmental delays, increased rates of attention deficit/hyperactivity disorder and cognitive impairment.

Smoking

Just as with alcohol use, risks of prenatal smoking are known. Around 12 to 20 percent of pregnant women continue smoking, increasing **risk** of pre-term delivery, low birth weight, poor lung function, poor brain development and cleft lip. Pre-term delivery is the leading cause of neonatal death. **E-cigarette** use is more common than other cessation devices such as patches or gum during pregnancy. Vaping's effects on pregnancy are not as well-documented as cigarette smoking, but animal **research** indicates stunted physical growth of offspring, increased markers of inflammation, and scarring in the offspring's kidneys.

Preventive Care

The healthiest choice is to abstain from alcohol, tobacco, nicotine, and illicit substance use during pregnancy and breastfeeding. Pregnancy can be a great incentive to develop lasting healthy habits.

Ideally, one should stop smoking and drinking *before* becoming pregnant, but if not, be open about your substance use habits with your doctor. It may help to keep a journal of your smoking or drinking habits to provide an accurate report. There are medications that can make it easier to stop smoking and drinking, and treatment programs that offer support. You can also talk to your local DAPA for support. Don't allow the shame and fear of judgment prevent you from being honest and asking for help.

Navy Drug Detection and Deterrence Newsletter



CULTURE OF EXCELLENCE

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AUGUST 2021

URINALYSIS PROGRAM UPDATES

Migrating from NDSP to WebDTP

Navy is transitioning from the desktop Navy Drug Screening Program (NDSP) application to web based WebDTP. There is no mandatory shift date; however, UPCs are able to begin shifting at this time and should do so to avoid challenges later. DoD has established July 23, 2022 as the date at which technical support will no longer be available for desktop DTP. As of July 22, 2021, IFTDTL users should see a notification within the portal that the desktop version will no longer be supported, along with a message regarding shifting to WebDTP/DTP Lite.

Conducting End of Fiscal Year Testing

OPNAVINST 5350.4D, pg 18, para p.(12)(b) states: "each command is required to conduct an end of fiscal year unit sweep of all command personnel who have not been tested in the course of the current fiscal year."

There are three ways to ensure all members have been tested during the fiscal year:

- Conduct a command-wide unit sweep (IU premise code),
- Use the annual compliance tool in the IFTDTL results portal, or
- Use WebDTP to identify and test members.

Time is running out. Use one of the above means to test all command personnel.

Finding Non-Viewed Results

In the coming weeks, IFTDTL administrators will provide echelon 2 ADCOs with a list of commands that have not reviewed results in over 29 days. This list will assist in tracking active and inactive commands with results that need viewing.

To see if you have results that have not been viewed, log in to the IFTDTL portal using your CAC and complete the following steps:

1. Click on the "My Modules" dropdown,
2. Click "Results Portal" link,
3. Click "New drug testing Results" link,
4. Type in the RRU for the results you are looking for,
5. Click "Search" to see the results.

Your echelon 2 ADCO will be able to provide more guidance.

Questions or Concerns

Please direct any questions to the NDSP helpdesk at MILL_NDSP@navy.mil or IFTDTL support at MILL_DTADMIN@navy.mil.

CURRENT & UPCOMING EVENTS

AUGUST DDD WEBINARS

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

8/5— Alcohol Rehabilitation Treatment Failure Administrative Separation Waiver

8/12— Virtual SARP Services

8/19— ADCO Lessons Learned (Open Discussion)

8/26— WebDTP and DTP Lite Use

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 & 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 PREVENTIVE HEALTH MONTH

August

Find the toolbox at go.usa.gov/xFkX8

SUICIDE PREVENTION MONTH

September

Suicide Prevention is an All Hands issue.

Find resources to strengthen your local efforts. Visit www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Suicide-Prevention/

DRUG TESTING PANEL EXPANDED

The DoD Drug Demand Reduction Program (DDRP) standard drug testing panel now includes delta-8-tetrahydrocannabinol (THC), a compound related to delta-9-THC. This aims to amplify previous directives regarding potential THC exposure and further deter use, which threatens mission readiness and disqualifies a Sailor from service. Delta-8-THC product advertisement is often overt, exploiting legal loopholes for civilians. Typical products include edibles, vape liquids, hemp flower sprayed with concentrate and other forms common to cannabis use. These products could also contain unintended harmful chemical byproducts. Sailors testing positive for THC or other substances for which they have no valid prescription will be processed for administrative separation and could receive a discharge characterized as "Other Than Honorable." Every Sailor has a personal responsibility to avoid exposure to THC and other prohibited substances.