

SERVING PROUD • SERVING DRUG FREE

SEPTEMBER 2022



## 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. September is Navy and Marine Corps Public Health Center's Mental Health and Suicide Prevention Month. Understanding the risks and warning signs is essential for prevention, and knowing what resources are available to Service members is helpful for dealing with mental health concerns. Visit the toolbox at [go.usa.gov/xF6XJ](https://go.usa.gov/xF6XJ) to learn more about how to help yourself, a fellow Sailor, or other loved one.
2. The Elks Drug Awareness Program has partnered with the DEA to release Season 2 of *Awkward Conversations*, which includes 20 unscripted video podcasts featuring celebrity parents and guest experts covering topics to help parents help their kids make good choices. Visit [youtube.com/user/elksdap](https://youtube.com/user/elksdap) to find the videos!
3. National Recovery Month is observed every September to promote and support treatment and recovery and celebrate the recovery community and service providers. Learn more about Recovery Month at [samhsa.gov/recovery-month](https://samhsa.gov/recovery-month).
4. Struggling with your mental health? Reaching out for help is a sign of strength, and there are resources available that can help you get back on track. Talk to someone at the Veterans Crisis Line by calling 1-800-273-8255 (Press 1) or texting 838255.

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

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## ACT TO PREVENT SUICIDE

Over the past two and a half years, we all have experienced a wide range of emotions. The pandemic has changed our lives in numerous ways and taught us the importance of looking out for others, exhibiting resilience, and taking care of ourselves. A valuable way form of self-care is taking care of our mental health. Some people turn to substances to cope with mental health struggles. Reaching out for help may feel like a tough step that brings judgement or shame, and offering support may seem challenging as well. But both exemplify the courage, commitment, and honor considered to be the core values embodied by Sailors and other Service members.

### Substance Use & Suicide Risk

The 2019 Status of Forces Survey of Active Duty Members found that 15 percent of **respondents** reported using alcohol or drugs to cope when feeling stuck in a stressful situation, and over half of military suicide attempts were preceded by drug or alcohol use. Acute alcohol intoxication increases suicide risk because it intensifies psychological distress and narrows focus towards only the most intense emotions, increasing impulsive behaviors. In the long-term, substance misuse can decrease overall social, psychological and emotional well-being.

### Signs to Look For

Connectedness is a protective factor in times of adversity, enabling early detection of warning **signs** and intervention for prevention. Signs and behaviors to look out for include:

- Increased or excessive substance use or other risky behaviors,
- Feelings of hopelessness and purposelessness,
- Social isolation and withdrawal from others, or
- Unstable mood, fits of rage, or uncontrollable anger.

If you notice these or other concerning changes in a friend or shipmate, ACT ("Ask, Care, Treat"). Ask directly, "Are you thinking about killing yourself?" Doing this does not increase risk and instead can open up an important conversation. Show your care and concern by listening without judgment. Help the person connect with treatment as soon as possible. If there is an emergency situation, call 911.

### Where to Get Help

Suicide is preventable. Identifying risk, offering support, and seeking help are key. If you or someone you know is struggling, the following resources are available:

- NAVY311 to reach chaplains via phone at 1-855-628-9311 or by texting NAVY311@navy.mil in the "to" line
- Local Fleet and Family Support Centers
- Drug and Alcohol Program Advisors (DAPAs) for substance use issues
- Military Crisis Line for 24/7/365 support via phone at 988 (press 1) or text at 838255.

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## GET HEALTHY AND ACTIVE WITH DEFY

About one in five American children is considered obese, which increases risk of asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. Children with obesity are also more likely to experience bullying, social isolation, depression, and lower self-esteem. National Childhood Obesity Awareness Month provides a chance to learn more about what parents and communities can do to help children on their journey to good health and healthy weight. The **CDC** offers advice on things families and caregivers can do at home to prevent obesity.

- **Eat the Rainbow.** A healthy diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy gives children the nutrients needed for healthy growth and development.
- **Move More.** Being physically active strengthens muscles, improves cardiovascular fitness, and even reduces the risk of depression. Children need at least 60 minutes of physical activity every day.
- **Slow Down on Sugar.** Too much added sugar increase risk of weight gain/obesity, type 2 diabetes, and heart disease. Avoiding sugary drinks like soda, juice drinks, and flavored milks and instead offering water, plain low-fat milk, or 100% juice is a good way to cut down on sugar.
- **Reduce Screen Time.** Adults and children spend over 7 hours a day being sedentary, gaming or using phones, computers, television, tablets, and other screens. This is associated with poor sleep, weight gain, lower grades in school, and poor mental health in youth. The American Academy of Pediatrics recommends creating a **family media plan** to reduce screen time. This could include tech-free meal times, charging devices outside the bedroom overnight, or turning screens off an hour before bed.
- **Sleep Well.** Good sleep contributes to good health, helping prevent obesity, type 2 diabetes, injuries, poor mental health, and attention/behavior problems. Children 6-12 years old need 9-12 hours of uninterrupted sleep a night and youth 13-18 need between 8 and 10. Insufficient sleep is associated with obesity partly because inadequate sleep can make us eat more and be less physically active.

Visit [cdc.gov/obesity/childhood](https://www.cdc.gov/obesity/childhood) for more information on childhood obesity. The Drug Education For Youth (DEFY) program can help kids get active and learn important leadership skills in the process! For more information about DEFY, contact the program office at (901) 874-3300 or email [MILL\\_N17\\_DEFY@navy.mil](mailto:MILL_N17_DEFY@navy.mil). You can also visit the DEFY website at [www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Drug-Education](https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Drug-Education).

## CURRENT & UPCOMING EVENTS

### SEPTEMBER WEBINARS

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

**9/1**— Alcohol Misuse Prevention

**9/8**— EOY Testing Status (Navy and by ARG)

**9/15**— Managing Discrepancies

**9/22**— IFTDTL Reports (ADCO/DAPA/UPC Specific)

**9/29**— End of Year Summary

[www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/](https://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](https://learning.nel.navy.mil) or Catalog of Navy Training Courses (CANTRAC) at [app.prod.cetars.training.navy.mil/cantrac/vol2.html](https://app.prod.cetars.training.navy.mil/cantrac/vol2.html)

### NMCPHC MENTAL HEALTH & SUICIDE PREVENTION MONTH

**September**

Find the toolbox at [go.usa.gov/xF6XJ](https://go.usa.gov/xF6XJ).

### SUICIDE PREVENTION MONTH

**September**

Suicide Prevention is an All Hands issue. Learn more and find resources to strengthen your local efforts at [www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Suicide-Prevention/](https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Suicide-Prevention/)

## ADAMS FOR LEADERS UPDATE

The Alcohol and Drug Abuse Managers and Supervisors (ADAMS) for Leaders course is now available on Navy eLearning at [learning.nel.navy.mil](https://learning.nel.navy.mil). This course is the only approved course available and meets the training requirements for leaders outlined in **OPNAVINST 5350.4E**, which states: "COs, OICs, XOs, CMCs, COBs, SEAs and other senior command personnel must complete ADAMS for Leaders within one year of attaining such position and repeat annually due to program changes."

In-person and hybrid courses are no longer provided. Those who have completed ADAMS for Leaders prior to March 28, 2022 have already completed the requirement for this year. Those who have not completed the training to date must take the course at their earliest opportunity to comply with the instruction. All leaders will have to complete the course annually hereafter.

Visit [mynavyhr.navy.afpims.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Education-Training/](https://www.mynavyhr.navy.afpims.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Education-Training/) for more information on required training.