

SERVING PROUD • SERVING DRUG FREE

OCTOBER 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. Some conditions impact women more often or differently than they affect men, so being aware can help women address unique health issues before they progress and become more serious. October is Navy and Marine Corps Public Health Center's Women's Health Month. Visit [go.usa.gov/xM9VB](https://go.usa.gov/xM9VB) to find the toolbox.
2. Safely and anonymously dispose of your old, expired prescription meds on National Prescription Drug Take Back Day, scheduled for Saturday, October 29 from 1000— 1400. Learn more about Take Back Day at [go.usa.gov/xnt4M](https://go.usa.gov/xnt4M) and find sites near you. A local military treatment facility may also offer year-round disposal through a drop box.
3. Every year, people around the U.S. observe Red Ribbon Week from October 23 through 31 to promote awareness and prevention of drug use in young people. The 2022 #RRW theme is "Celebrate Life. Live Drug Free.™" Learn more about #RRW2022 by visiting [RedRibbon.org](https://RedRibbon.org).
4. The Drug and Alcohol Deterrence web page has changed. Visit [www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Alcohol-Deterrence/](https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Alcohol-Deterrence/) to look around and see the new page updates!

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

## IN THIS ISSUE

### PAGE 1

Substance Use Risk and Effects in Women  
Messages to Share

### PAGE 2

Celebrate Red Ribbon Week 2022  
Maintaining IFTDTL Access  
Events

## SUBSTANCE USE RISK AND EFFECTS IN WOMEN

When people think about drug or alcohol problems, they are probably more likely to assume they would affect a man. But about 13 percent of adult women had a substance use disorder (SUD) in 2020, according to the National Survey of Drug Use and Health (NSDUH). The majority were between ages 18 and 25. Drug and alcohol misuse in women presents **differently** than in men, with women having differing reasons for as well as different resulting issues.



### Differences in Effects on Men vs. Women

Biological differences can create contrasting responses to and effects of substances between men and women. Effects on blood vessels, the heart, and the brain can differ. Furthermore, women typically progress towards substance **dependence** after their first use more quickly than men, and they usually have more serious resulting health, social, behavioral, and psychological problems by the time they enter treatment. After treatment, women may also be more likely to relapse. Of course, there is also the issue of substance use during **pregnancy** and breastfeeding, which can be harmful to a developing fetus and infant.

### Risk Factors for Girls and Young Women

A 2003 **report** found that certain unique factors contribute to substance misuse risk in girls and young women between ages 8 and 22. Some causes are biological — prenatal exposure to substances and early puberty, for example — but social and behavioral characteristics are a major contributor. Rebellious behaviors, depression, low self esteem, and anxiety were found to increase future risk of alcohol, tobacco, and other substance use initiation in young women. Substance use has consistently been **associated** with disordered eating, which most often affects young women. Additionally, girls and young women, like others, may use **substances** to self-treat mental health concerns or pain or to gain energy.

Having a good relationship can foster meaningful **conversations** about drugs and alcohol with girls and young women, which is a proven deterrent from substance use in youth and young adults.

### Where to Get Help

Substance use affects men and women differently, but resources for dealing with substance misuse can work for everyone. Drug and Alcohol Program Advisors (DAPAs) are a Navy resource, and medical providers can also assist. To learn more about substance use issues and resources for Service members, visit [TooMuchToLose.org](https://TooMuchToLose.org)

SERVING PROUD • SERVING DRUG FREE  
OCTOBER 2022

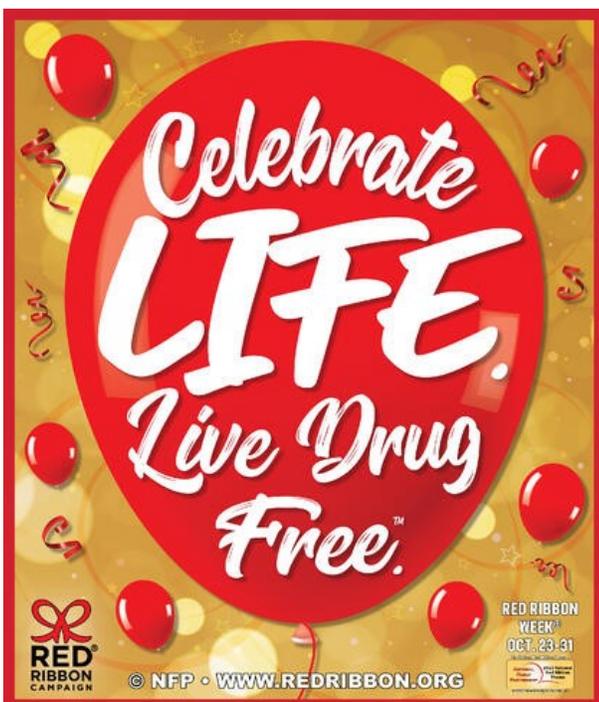
## CELEBRATE RED RIBBON WEEK 2022

What is now known as the National Family Partnership (NFP) was established over 40 years ago with the goal of increasing the leadership role of parents in the prevention of drug use among youth. Now, NFP sponsors the National Red Ribbon Campaign™ and Red Ribbon Week, the U.S.' longest-running drug use prevention campaign.

Every year, Red Ribbon Week takes place from October 23 through 31, and people across the country wear the red ribbon to honor the life of Enrique (Kiki) Camarena, a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985.

This year, the Red Ribbon Week theme is "Celebrate Life. Live Drug Free.™" You can learn more about how you can observe and celebrate Red Ribbon Week in your local area at [RedRibbon.org](http://RedRibbon.org). In addition to the resources available there, there are also resources to help parents start important conversations with their children about drug use at [GetSmartAboutDrugs.gov](http://GetSmartAboutDrugs.gov), a DEA resource for parents, educators, and caregivers.

Another great way that young people can learn more about the risks of drug use and other harmful behaviors is to participate in Drug Education For Youth (DEFY). DEFY is a preemptive prevention program that enhances strength and resilience for military youth by providing leadership and life skills that improve resistance to negative influences such as drug use. For more information, contact the program office at (901) 874-3300 or email [MILL\\_N17\\_DEFY@navy.mil](mailto:MILL_N17_DEFY@navy.mil).



## CURRENT & UPCOMING EVENTS

### OCTOBER WEBINARS

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

**10/6**— FY-23 Best Practices (Urinalysis Testing)

**10/13**— Urinalysis Packaging Procedures

**10/20**— SSN Usage and Failure to Meet Requirements

**10/27**— WebDTP/DTPLite Testing and High Risk Sailors  
[www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/](http://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](http://learning.nel.navy.mil) or Catalog of Navy Training Courses (CANTRAC) at [app.prod.cetars.training.navy.mil/cantrac/vol2.html](http://app.prod.cetars.training.navy.mil/cantrac/vol2.html)

### NMCPHC WOMEN'S HEALTH MONTH

October

Find the toolbox at [go.usa.gov/xM9VB](http://go.usa.gov/xM9VB).

### RED RIBBON WEEK

October 23-31

### PRESCRIPTION DRUG TAKE BACK DAY

October 29

Find more information at [go.usa.gov/xnt4M](http://go.usa.gov/xnt4M)

## MAINTAINING IFTDL ACCESS

The Cyber Awareness training is an annual requirement for IFTDL access, meaning your iFTDL account will lock automatically one year from the date of your last submitted certificate. To prevent this, please complete the training and email your certificate unencrypted to [MILL\\_DTADMIN@navy.mil](mailto:MILL_DTADMIN@navy.mil). Find the training at:

- Public Site: <https://public.cyber.mil/training/cyber-awareness-challenge/>
- Navy eLearning: [https://learning.nel.navy.mil/ELIAASv2p/?utm\\_source=mnp20public](https://learning.nel.navy.mil/ELIAASv2p/?utm_source=mnp20public)
- Joint Knowledge Online: <https://jkodirect.jten.mil/Atlas2/page/login/Login.jsf>

Contact our office at [MILL\\_DTADMIN@navy.mil](mailto:MILL_DTADMIN@navy.mil) or the help desk at 901-874-2458/DSN 312-882-2458. Visit our updated web site at its new URL: [www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Alcohol-Deterrence/](http://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Alcohol-Deterrence/) for additional information and resources, including new pages for IFTDL, ADMITS, WebDTP, and DTP Lite, all under the **Systems** tab to the left.