

# Navy Drug Detection and Deterrence Newsletter



SERVING PROUD • SERVING DRUG FREE

DECEMBER 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. With holidays to celebrate and more people on the roads, impaired driving increases during late fall and early winter months. Having a designated driver or using a ridesharing service can help protect you and other drivers on the roads during the holidays. December is Navy and Marine Corps Public Health Center's Impaired Driving Prevention Month. Visit [go.usa.gov/xnZ](https://go.usa.gov/xnZ) to find their toolbox.
2. This time of year got you exhausted? Getting a couple prescription stimulant pills from a buddy might seem like a quick and easy fix to give you the energy you need, but it can threaten your career too. Sneaking in naps, eating for energy, and being active are safer ways to maintain your energy during colder months.
3. Taking prescription medications? Always be sure to check with your doctor or pharmacist about how those meds may interact with alcohol or with other medications. And be careful about prescription medications that could impair your ability to drive safely. Keep yourself and other drivers safe.
4. The holiday season can be a tough time for your mental health. You don't have to deal with problems alone. Military OneSource is available by phone at 1-800-342-9647 and provides free and confidential counseling. You can also find free, confidential support 24/7 by phone at 988 (press 1).

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

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## PSYCHEDELICS: TRIPPING AND DRIVING

Recreational cannabis use is legal in 19 U.S. states and Washington, D.C., and even more states allow cannabis products for medical purposes. Cannabis is the most commonly used illicit drug in the U.S., but the use of psychedelics continues to increase. Some examples of psychedelics — also called “hallucinogens” — are lysergic acid diethylamide (LSD), ecstasy (MDMA), and phencyclidine (PCP), as well as psychedelic fungi and plants such as “magic mushrooms” (psilocybin) and ayahuasca. These substances cause a variety of effects in their growing number of users.



### Psychedelic Use and Effects

Since 2015, psychedelic use has **increased** overall, with adults over age 26 using them more often than adolescents between ages 12 and 17. Recent research determined that in 2019, around 5.5 million people (2.2 percent of people 12 and older) in the U.S. used hallucinogens in the past year. That is an increase from 1.7 percent in 2002.

While federally illegal, psychedelic plants and fungi have been decriminalized in many localities, allowing residents to possess, use, and sometimes grow them in certain quantities with no legal consequences.

Some **short-term effects** of hallucinogen use include seeing, hearing, and feeling seemingly real things that do not actually exist. Hallucinogen use also causes warped perceptions of space and time, coordination problems, and panic. Long-term, they can cause permanent mental illness symptoms such as psychosis, paranoia, or hallucinations.

### Psychedelic Use and Driving

Among respondents to the National Survey on Drug Use and Health (NSDUH) who reported using hallucinogens in the past year, nearly nine percent of them reported driving under the **influence** of hallucinogens. These individuals were also more likely to report driving under the influence of alcohol, cannabis, or other illicit substances as well. A small portion of the population (less than three percent) uses hallucinogens/psychedelics, so even fewer drive under the influence of them — the study estimates that only one in 5,000 Americans do so. But as use of these and other substances increases, it is important to understand the potential effects.

### What Sailors Need to Know

Even if psychedelics are decriminalized in a location a Sailor resides or visits, they are still considered prohibited since they are federally illegal. Use of psychedelics and other prohibited substances puts Sailors at risk of separation. Visit [TooMuchToLose.org](https://www.toomuchtolose.org) for more information on prohibited substances and how Service members can protect their careers.

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## CULTURE OF EXCELLENCE

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## BOOST YOUR ENERGY SAFELY

Prescription stimulants like Adderall and Ritalin are effective treatment options for those diagnosed with attention deficit hyperactivity disorder (ADHD) or narcolepsy, a condition that causes intense daytime drowsiness. Some people without ADHD or narcolepsy believe these drugs can create positive results for them to get temporary improvement of energy, mood and focus. But some negative **side effects** can come along with it, including heart problems, increased blood pressure, or stroke. And, they don't even provide the desired brain boost and improvement of memory.

Want to safely increase your attentiveness, alertness and productivity without using stimulants? The following tips can help.

- Optimize your sleep and alleviate fatigue by squeezing in hour-long naps when seven to eight hours of sleep isn't possible. Remember that caffeine, large meals, tobacco, alcohol and exercise around bedtime can disrupt sleep.
- Establish a mindful morning routine that incorporates activities that promote balanced energy and focus. This could be meditation, working out, or eating a balanced breakfast. Avoid overloading your brain with email or social media in the morning.
- Focus on priority tasks and take breaks. Create a daily to-do list with only your most pressing tasks and focus on those. Don't try to make getting things done a marathon; take breaks. Overworking your brain can make productivity even more challenging.
- Complete your more challenging work before lunch, and save "busy work" for after. Creativity and brain power is harder after lunch, especially if feeling sluggish. Complete difficult tasks before, when the mind is still fresh.
- Eat a balanced diet that promotes physical, emotional and psychological health. Complex carbohydrates like whole grains or fruit can boost energy, and lean proteins and vegetables can give your mood a boost. Avoid excess caffeine and energy drinks that are high in sugar.

Prescription stimulants are safe for individuals with a diagnosed condition who are taking them under the care of a health care provider. They can be harmful when used as a quick fix for an energy or productivity deficit in people who do not have a valid prescription. Plus, taking any drug without a prescription puts you at risk of a positive drug test and threatens your Navy career. Learn more about taking prescription drugs safely from Too Much to Lose at [TooMuchToLose.org](http://TooMuchToLose.org).

## CURRENT & UPCOMING EVENTS

### DECEMBER WEBINARS

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

**12/1**— ADMITS Update (Features and Reports)

**12/8**— Alcohol Misuse Prevention

**12/15**— Prevention for the Holidays (Hemp, CBD, THC)

**12/22**— No webinar due to the Holidays

**12/29**— No webinar due to the Holidays

[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 IMPAIRED DRIVING PREVENTION MONTH

**December**

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

### PEARL HARBOR REMEMBRANCE DAY

**December 7**

### ARMY NATIONAL GUARD'S BIRTHDAY

**December 13**

## KEEPING KIDS DRUG-FREE

Early and frequent discussions about substance use are important for prevention in youth. The landscape of substances has changed dramatically even just over the past few years, as marijuana is legal in several US states and therefore more readily available. Prescription opioids and fentanyl have hurt many communities across the U.S. Starting conversations with young people about drugs by saying, "You know, when I was younger..." might not be as effective or an accurate way to convey the risks.

Knowing the facts about substance use and being equipped with the best talking points can make these conversations easier and more valuable.

Partnership to End Addiction has multiple resources to help parents and guardians learn about substance use and find the best ways to start conversations about it with young people. They have information on opioids, marijuana and vaping and even resources made specifically for military families. Find these tools by visiting their website at [drugfree.org](http://drugfree.org).