



Highlight of the Month

Understanding Alcohol Interactions with Medicines: Smart alcohol use is a pillar of maintaining a strong Mind, Body, and Spirit. Part of responsible drinking is knowing how alcohol use can interact with your medications. If you've ever visited the pharmacy, you may have seen medications with warning labels cautioning you to not use alcohol while taking the medication. Over the counter (OTC) medicines, like cough syrups, allergy medicine, and other OTCs can come with similar warnings. Alcohol is not a resilience tool, and its use can impact the effectiveness of a medication and have adverse effects on health, safety and creates an increased risk of accidental overdose and death. [The Centers for Disease Control and Prevention \(CDC\) reports](#) about 1 in 5 emergency department visits associated with the misuse of prescription medicines also involved alcohol. Common side effects from medication and alcohol interactions can include dizziness, drowsiness, nausea and vomiting, increased heart rate, high blood pressure, slowed or difficulty breathing, impaired motor control, memory problems, internal bleeding, heart problems, and liver damage. Alcohol has a depressant effect on the central nervous system (CNS), which can double down on the effects of medications with similar depressant effects. Think of your central nervous system as your bridge or command center for the function of your body. CNS depressants work by increasing your brain's production of gamma-aminobutyric acid (GABA). GABA causes a person to feel drowsy and chemically limits brain activity and slows the operation of the entire CNS.

Steps to Avoid Harmful Alcohol and Medicine Interactions:

- 1) Read all instructions and materials provided by the pharmacy regarding your medications. If it is an OTC medicine, be sure to fully read the label and adhere to any warnings.
- 2) Ask the pharmacist if you have any questions on alcohol and medicine interactions.
- 3) Choose a mocktail (alcohol-free alternative to cocktails) while on medication.
- 4) If you have problems managing alcohol use whether on or off medications, seek help by talking to your qualified self-referral agents like the command Drug and Alcohol Program Advisor (DAPA), local Substance Abuse Rehabilitation Program (SARP) facilitator, or Primary Care Manager (PCM) for resources.

For more information, check out the National Institute on Alcohol Abuse and Alcoholism (NIAAA) guide on [Harmful Interactions: Mixing Alcohol with Medicines](#).

Primary Prevention Team

Responsible drinking is both knowing your alcohol limits and sticking to them, while maintaining control over how much alcohol you drink to protect yourself and your shipmates. Implementing effective prevention [strategies](#) is essential for promoting responsible alcohol use and reducing alcohol [misuse](#) within the Navy.

Responsible alcohol use begins with **education and training**. By receiving information about the [effects of alcohol](#), responsible [drinking practices](#), and available [resources](#), Sailors are empowered to make informed decisions about alcohol use. Incorporating [alcohol awareness](#) into regular training sessions is a best practice to ensure that all personnel are equipped to better navigate alcohol-related situations. **Resilience** is a critical protective factor in preventing alcohol misuse. Promoting healthy coping mechanisms such as physical fitness and stress reduction activities, problem-solving skills, and local resources empowers Sailors to strengthen their warrior toughness and effectively navigate challenges. A **supportive environment** where Sailors are encouraged to seek help when needed and discuss alcohol-related concerns builds a culture that values and supports responsible alcohol use. A supportive environment also enhances a feeling of purpose and belonging, which increases Sailors' willingness to provide, receive, and implement feedback for continuous growth. Promoting responsible alcohol use is a shared responsibility requiring proactive efforts from everyone involved in the Navy Drug and Alcohol Deterrence program. By implementing effective primary prevention strategies to reduce alcohol misuse, we contribute to the Nav's overall success and warfighter readiness.



You Tube

Messages to Share:

- 4 March: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- April: Process your stress properly during [National Stress Month!](#)
- April: Responsible alcohol use begins with YOU. Learn more at [Alcohol Awareness Month](#).
- 27 April: National [Prescription Drug Take Back Day](#).

SPOTLIGHT: Webinar/Prevention Power-Up/Training

Webinar: PERS 8 Separations Brief (Drugs and Alcohol Incidents) **Prevention Power-Up** Responsible Medicine Storage Resources **Date:** [04 April](#)

Webinar: iFDTL UPC User Reports **Prevention Power-Up** Prescription Drug Disposal Resources **Date:** [11 April](#)

Webinar: End of Year Testing (EOY) (6-months reporting) **Prevention Power-Up** Fentanyl Awareness Resources **Date:** [18 April](#)

Webinar: Prevention Toolkit and Summer Safety **Prevention Power-Up** No Prevention Power-Up on this date **Date:** [25 April](#)

Training: GMTs Training **Link:** [Click Here](#)

Training: ADAMS & UPC Course **Link:** [Navy e-Learning](#)

Training: DAPA Courses **Link:** [CANTRAC](#)



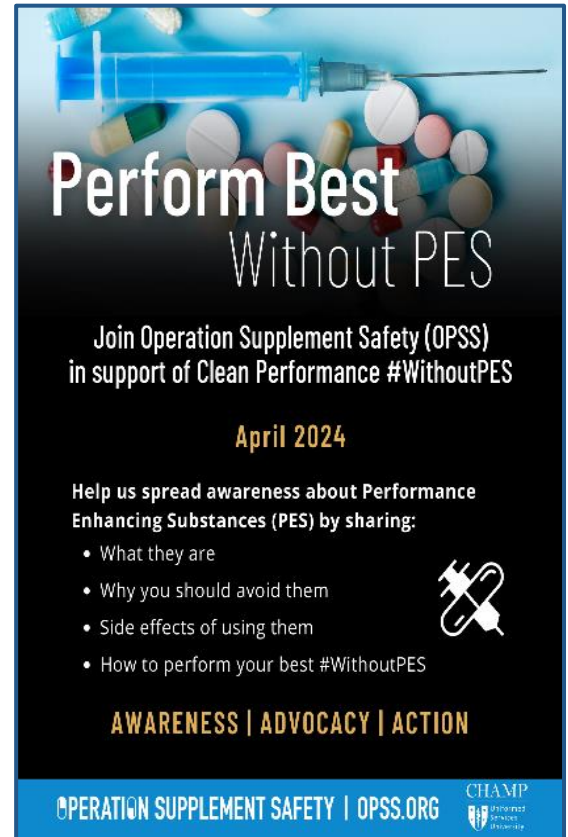
DEFY: Information to Know

During the month of April, we celebrate Month of the Military Child. "Taking Care of Our Military Children" is this year's theme. Throughout the year, Great Leaders must foster environments that make families part of the Navy Team, resilient and prepared to effectively navigate the challenges of the unique context of military service.

According to the 2020 Demographics Report, the Defense Manpower Data Center reports there are over 1.6 million military children, active and reserve. Many of these children face challenges and unique experiences because of their parents' service, which includes multiple moves every two to three years and multiple deployments of one or both parents. We must constantly consider the challenges faced by our military children to include the growing pains that most other youth face. You can make a difference by volunteering to become a mentor for the Drug Education For Youth (DEFY) Program. DEFY is a yearlong process that provides children between the ages of 9- to 12-years-old with life skills and assists them with engaging in physical activities. Additionally, DEFY helps military children develop leadership skills, build confidence, and character to lead healthy and drug-free lives. For more information about Month of the Military Child, visit, <https://www.defense.gov/Spotlights/Month-of-the-Military-Child/>.

The **Drug Education For Youth (DEFY) Program** enforces the idea that by fostering a strong community, we can build Great Teams. DEFY uses positive adult role models to provide mentoring to help youth navigate through curriculum topics and life challenges, succeed physically, and gain the confidence and self-esteem that will improve to the likelihood they avoid negative behaviors like drugs, alcohol, and gangs. For more information on local DEFY programs in your area call (901) 874-3300 or visit our Facebook page at <http://www.facebook.com/N173DEFY>.

VISIT DEFY

Perform Best Without PES

Join Operation Supplement Safety (OPSS) in support of Clean Performance #WithoutPES


April 2024

Help us spread awareness about Performance Enhancing Substances (PES) by sharing:

- What they are
- Why you should avoid them
- Side effects of using them
- How to perform your best #WithoutPES

AWARENESS | ADVOCACY | ACTION

OPERATION SUPPLEMENT SAFETY | OPSS.ORG



The photo above has been placed to increase awareness regarding Clean Performance. #WithoutPES. You can learn more information by visiting the Operation Supplement Safety webpage at OPSS.org.

Navy Drug and Alcohol Deterrence Program

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The OPNAV N173 Drug and Alcohol Deterrence (NDAD) office was established in 1982. The foundation of our office is sustained by our pursuit to support Fleet readiness by combating illegal and illicit substance and alcohol misuse. Our mission is to provide comprehensive education, resources, trainings, and enact policy updates to ensure Sailors receive proper awareness to form career-forwarding decisions. Within the NDAD office, whole health matters and this is reflected with our Drug Education for Youth (DEFY) program, the Primary Prevention team, the Alcohol and Drug Management Information and Tracking System (ADMITS), Internet Forensic Toxicology Drug Testing Laboratory Portal (iFTDTL), the Web Drug Testing Program (WebDTP) and other programs that increase prevention efforts.

For more information, contact our office by using the phone and email information on this page or use the QRcode to view our webpage.



LEARN MORE!