



Highlight of the Month

Tips for Recognizing and Helping Someone Who Has Had Too Much to Drink

Holidays are synonymous with parties and good times, but when someone imbibes with too much alcohol, others may feel reluctant to step in and offer help, a psychological phenomenon known as the [bystander effect](#). When others are present, it is easy to assume that someone else will take action, leading to inaction by everyone. We can challenge this by committing to take responsibility and intervene in harmful situations and promote safety for everyone. Even in situations where we are not directly involved, we can move beyond passive observation and take action to help those in need, whether by directly intervening, seeking help from others, or defusing the situation through redirection or distraction.

Recognizing the Signs of Intoxication:

To determine if someone has had too much to drink, look for these [signs](#):

- **Impaired coordination:** Difficulty walking, stumbling, or spilling things
- **Slurred speech:** Trouble forming words or maintaining coherent conversation
- **Changes in behavior:** Mood swings, aggression, or unusually withdrawn or sad behavior
- **Physical symptoms:** Flushed skin, drowsiness, nausea or vomiting

When Intervening:

- **Assess the situation:** First, evaluate the severity of the situation. If the individual is unconscious, has slow or irregular breathing, or cannot be awakened, call emergency services immediately.
- **Approach calmly:** Approach the individual in a non-confrontational manner. Avoid shaming or judging them, as this may make them defensive and escalate the situation.
- **Involve friends:** If they are with a group, enlist the help of their friends to ensure they are not left alone.
- **Help them get home safely:** Never let an impaired person drive themselves or leave with someone they don't trust. Call a cab, ride-share service, or a sober friend to take them home.
- **Know when to call for help:** If the person exhibits symptoms of alcohol poisoning such as confusion, vomiting, seizures, or difficulty breathing, call emergency services immediately.

If you believe someone has had too much to drink, taking responsibility and intervening can prevent dangerous and potentially life-threatening situations. Alcohol impairs judgment and increases the risk of accidents, health issues, and harm to self and others. Your actions as a bystander can make a significant difference.

Primary Prevention

National Impaired Driving Prevention Month: Resources for Safeguarding Our Sailors

As we recognize December as National Impaired Driving Prevention Month, it is crucial to address the risks impaired driving poses to our Navy personnel. Impaired driving encompasses [distracted](#), [drugged](#), [drowsy](#), and [drunk](#) driving, all of which can have devastating consequences. According to the National Highway Traffic Safety Administration (NHTSA), in 2022 alone, 3,308 lives were lost due to distracted driving. Additionally, [drugged driving](#) poses a similar threat, with 11.7 million people aged 16 or older admitting to driving under the influence of illicit drugs in 2021. This alarming statistic highlights the urgent need for comprehensive prevention strategies.

Leaders play a pivotal role in fostering a culture of responsibility and awareness among Sailors. Below are suggestions and resources for implementing impaired driving prevention:

1. Education and Awareness: Utilize resources such as the [Own Your Limits](#) DoD campaign, which encourages self-awareness and accountability regarding alcohol use. Additionally, the [Prevention Toolkit](#) offers Navy-specific prevention materials, and the Navy [substance awareness courses](#) provide downloadable content for training.
2. Promote Safer Choices: Reiterate the importance of ensuring you get enough sleep before road trips to prevent drowsy driving. Promote [alternatives](#) to consuming alcohol during social engagements. Encourage sailors to use designated drivers or ride-sharing services if they plan to consume alcohol. Reinforce the message that safety is a shared responsibility.
3. Leverage Protective Factor Resources: Utilize available personnel, such as the E-OSC Team Leaders, Chaplains, and [Fleet & Family Support](#), to reinforce positive coping strategies.
4. Utilize Premade Plans and Activities: The Navy and Marine Corps Force Health Protection Command's [HP Toolbox](#) contains plans and resources to easily implement activities to observe Impaired Driving Prevention Month.

The safety of our Sailors is paramount, and through diligent prevention efforts, we can ensure they remain focused, safe, and ready to serve. Let us commit to making responsible choices and leading by example, safeguarding our Sailors and the communities we serve this December and beyond.

You Tube

Messages to Share:

- March 4: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- Impaired Driving Prevention Month: [Observed](#) to increase awareness of the risks involved from driving while distracted, sleepy, or under the influence of substances.
- [Holiday Safety: Important Tips to Keep In Mind](#). The Naval Safety Commands has provided helpful information for the holiday season.
- [Fall and Winter Safety](#): Need more information? Follow the link above to review help tips and resources on holiday safety.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: Aftercare Treatment
Date: [December 5](#)

Webinar: Supplement Safety
Date: [December 12](#)

Webinar: Holiday Stand Down
Date: [December 19](#)

Webinar: Holiday Stand Down
Date: [December 26](#)

Training: CMTs
Link: [Click Here](#)

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

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



DEFY: Information To Know

The Importance of Early Intervention for Harm Prevention

The landscape of illicit drugs has shifted in recent years, with today's [biggest threats](#) being primarily synthetic opioids like fentanyl and counterfeit prescription medications. Drugs are trafficked via social media platforms and apps, resulting in digital drug dealing that target young people in every community in the U.S. and many countries around the world.

Protecting children from these dangerous substances requires early intervention before high school, when habits and attitudes are most malleable. Between the ages of 11 and 14, young people begin forming their perceptions about drugs, peer pressure intensifies, and curiosity about risky behavior emerges. By introducing prevention programs at this stage, children can be equipped with tools to resist experimentation and peer influence before they encounter more significant exposure in high school.

The Navy's Drug Education for Youth (DEFY) program aims to equip children of service members between the ages of 9 and 12 with drug resistant skills. Youth learn skill-building, healthy coping mechanisms, and how to make informed choices and navigate challenges during high school years and beyond. The next training event for program staff will occur 28-30 January 2025 in Pensacola, FL. The three-day event will include information on developing a program plan, recruiting youth, staff roles and responsibilities, curriculum updates, and more. Individuals will be able to meet and learn from attendees with more experience. For more information about DEFY, call 901-874-3300, or visit the webpage at [Drug Education for Youth \(DEFY\)](#).



The photo above is an image from [the Own Your Limits campaign](#). Dry January is right around the corner, but you can begin rethinking your relationship with alcohol early with helpful information from their webpage [here](#). There is also an interactive quiz you can use to check your drinking habits [here](#).

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The OPNAV N173 Navy Substance Prevention & Deterrence 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 our 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.



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