



# HOLISTIC WELLNESS CHALLENGE



## STEER CLEAR TO STAY STRONG

**CHALLENGE** your Service members and yourself to utilize at least one of the recommended resources to prevent or treat drug use and misuse.

### KNOWING THE DIFFERENCE

You know drugs like cocaine and heroin are harmful and illegal. Misuse of prescription drugs, like taking someone else's medication, is equally problematic. But did you know that Service members are prohibited from using marijuana, hemp, and cannabidiol (CBD), no matter the THC levels or legal status?

Tetrahydrocannabinol (THC) is a chemical compound that comes in several forms (Delta-8 and Delta-10), but Delta-9 is most common in hemp and marijuana. In large enough quantities, it produces the "high" that marijuana is known for. However, even in lesser quantities, THC may have psychological or physical impacts and is prohibited by DoD.

In addition, THC levels are unregulated, making it impossible to know if a product's claim to be THC-free is accurate. Here's what you need to know to limit your risk.

- **Marijuana:** Contains THC.
- **Hemp:** Contains THC.
- **CBD:** May or may not contain THC. CHECK THE LABEL!

Even if certain products are legal under civilian law, DoD prohibits marijuana in any form. Products made or derived from hemp, including CBD, are banned regardless of the claimed or actual THC levels. Exceptions include durable hemp goods (e.g., rope) and medications with a valid prescription. Bottomline: when in doubt, go without!

### FACTS & FIGURES: DID YOU KNOW?

Service members cannot use or misuse *drugs of any kind*.



**ILLICIT**  
Cocaine  
Heroin  
Hallucinogens



**PROHIBITED**  
Marijuana  
Hemp  
CBD



**PRESCRIPTION**  
Stimulants  
Sedatives  
Pain Relievers

### RISKING IT ALL

Drug use and misuse can negatively impact readiness and overall well-being. Stop and think, is it worth the risk?



#### Health

Drugs can increase stress and anxiety, while decreasing memory, sleep, and performance.



#### Relationships

Drugs can destroy trust between friends and family, and lead to physical or emotional harm.



#### Career

Drugs can initiate a separation from the military, and a loss of security clearance or right to bear arms.

### CONTACT US

For more information on drug use/misuse or other topics, email: [ng.ncr.ngb.mbx.integrated-prevention-branch@army.mil](mailto:ng.ncr.ngb.mbx.integrated-prevention-branch@army.mil)



## DRUG USE AND MISUSE THREATEN READINESS

### What does it mean?

- Service members are banned from using illicit or prohibited drugs and misusing prescription drugs.

### Why does it matter?

- Drug use and misuse impacts mental and physical health, damages relationships, and may jeopardize your career.

### What can you do?

- Steer clear of using or misusing drugs of any kind.
- Know that DoD policy is more restrictive than civilian law, when it comes to marijuana, hemp, and CBD.
- Check the ingredients in lotions, oils, supplements, foods, and beverages to avoid ingesting a prohibited substance.
- Remember prescription drugs are meant to help, not hurt, so use as directed and store safely.
- Create an environment that encourages open dialogue and promotes help-seeking behaviors.
- If you, or someone you know, struggles with drug use or misuse, reach out to SAMHSA, Avalon Action Alliance, or others for support and treatment options.



## Make Your VOICE HEARD

Participate in the 2024 DEOCS

The 2024 Defense Organizational Climate Survey (DEOCS) measures ten protective factors and nine risk factors to help unit commanders and organizational leaders better understand the current climate.

The protective and risk factors are related to the DEOCS' six strategic target outcomes: readiness; retention; suicide; sexual assault; sexual harassment; and racial/ethnic harassment or discrimination.

All National Guard members are strongly encouraged to participate in the DEOCS to help shape a more supportive environment.

To complete the survey, please look for an email from the Department of Defense - DEOCS at [DEOCS@mail.mil](mailto:DEOCS@mail.mil).



## RESOURCES TO RECOMMEND



DoD and Service-level policies, include: DoDI 1010.04, AR 600-85, and AFI 44-121. <https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/PHCoE-Clinician-Resources/Alcohol-Misuse/DoD-Policy-Guidance-on-Substance-Misuse>



DoD's education campaign is a one-stop shop for resources and support for Service members wanting to learn more about illicit and prohibited drug use and prescription misuse. <https://toomuchtolose.org>



Substance Abuse and Mental Health Services Administration provides 24/7 free and confidential treatment referrals and support. <https://www.samhsa.gov/find-support> or 1-800-622-HELP



National Institute on Drug Abuse offers resources on prevention, treatment, and harm reduction, as well as information on emerging trends and alerts. <https://nida.nih.gov>



Avalon Action Alliance can connect Service members to healthcare targeting substance abuse. <https://www.avalonactionalliance.org>



National Guard's Holistic Wellness Challenge includes tips and resources on prescription drug misuse and supplement safety. <https://www.nationalguard.mil/Resources/Holistic-Wellness-Challenge>



## SPOTLIGHT: ARIZONA NATIONAL GUARD RECOGNIZED BY DOD FOR PREVENTION EXCELLENCE

- AZNG's Drug Demand Reduction Outreach program is the National Guard recipient of DoD's 34th Community Drug Awareness Award, which is part of the Red Ribbon Campaign to keep children drug-free.
- AZNG partnered with community-based groups to encourage 6th-12th graders to make smart, healthy decisions about substance misuse. Utilizing fitness-based initiatives, digital campaigns, and recognition programs, AZNG engaged with students and supported the families in communities where they live, work, and serve.

## REFERENCES:

1. DoD's Too Much to Lose education campaign. <https://toomuchtolose.org>