

September 2021

The Bottom Line on Risky Drug Use



New from Too Much to Lose

Welcome to the new quarterly e-Newsletter for Too Much to Lose, a Defense Department campaign aligned to the Defense Health Agency! This e-Newsletter brings professionals the latest campaign resources and risky drug use-related news. Check out what the campaign offers and its resources to support your substance use prevention efforts with Service members.

Resources for you and your colleagues:

- **The Bottom Line on Risky Drug Use e-Newsletter:** [Sign up](#) for this quarterly e-Newsletter for risky drug use-related news.
- **The Too Much to Lose Campaign Overview Video:** Watch the intro video to learn more about the campaign and its resources.
- **Bulk order materials:** Order free print and promotional products to support risky drug use prevention, education or treatment.
- **Resources for professionals:** Find helpful resources to ensure Service members have the information and support they need to understand and address risky drug use.
- **Resources to share with Service members:** Encourage Service members to see what they know about risky drug use with the [anonymous interactive quiz](#), learn how to [identify prescription drug misuse warnings signs](#) and see [what marijuana legalization means for them](#).

Visit <https://www.toomuchtolose.org/> to learn more about the campaign and encourage Service members to do the same.

One Last Thing

October is National Substance Abuse Prevention Month. Make sure Service members know the risks of substance use (think: health, career and relationships) and are up-to-date on [the DOD and Service-level policies](#). If they are tempted to use substances due to stress or chronic pain, encourage them to talk with a chaplain, health care provider or [Military OneSource for help](#) on concerns that may contribute to substance use.

Did You Know?

Test your knowledge. Answer the question below and click to find out if you know the truth about risky drug use.

**TOO MUCH
TO LOSE**



If Service members have questions about risky drug use (like prescription drug misuse or illicit and prohibited drug use), where should they look?

- A. The DOD's policy
- B. Their Service branch's policy
- C. Both the DOD and their Service branch's policies

[Click here for the answer](#)

Encourage Service members to take the [Too Much to Lose quiz](#) to test their knowledge on this question and more!



Check out new Trending Topics

<https://www.toomuchtolose.org/trending-topics/>



www.toomuchtolose.org

GET THE TRUTH ON RISKY DRUG USE

[Order free print and promotional materials](#) to support your local risky drug use prevention efforts.

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