1. September is Navy and Marine Corps Public Health Center’s Mental Health and Suicide Prevention Month. Understanding the risks and warning signs is a key part of prevention. It’s also helpful to know the resources available to Sailors and other service members dealing with mental health concerns. Visit the toolbox at go.usa.gov/xF6XJ to learn more about how to help yourself, a fellow Sailor, or other loved one.

2. This Labor Day weekend, you may be planning to hang out with your buddies and have a few drinks. Make sure to drink responsibly, or be the hero in your friend group by volunteering to be the designated driver. The Own Your Limits campaign has information and resources about responsible drinking. Visit ownyourlimits.org for more info.

3. The Drug Enforcement Agency has a resource for parents, educators and caregivers to learn more about substances so they can talk to the young people in their lives about drug use and its risks. Visit ownyourlimits.org for more info.

4. Struggling with your mental health? Reaching out for help is a sign of strength, and there are resources available that can help you get back on track. Talk to someone at the Veterans Crisis Line by calling 1-800-273-8255 (Press 1) or texting NAVY311@navy.mil in the "to" line;

   • Use NAVY311 to reach chaplains via phone at 1-855-628-9311 or by text NAVY311@navy.mil in the "to" line;
   • Local Fleet and Family Support Centers;
   • Drug and Alcohol Program Advisors (DAPAs) for substance use issues;
   • Military OneSource for counseling via phone at 1-800-342-9647;
   • Military Crisis Line for support 24/7 by phone at 1-800-273-8255 (Press 1) or text at 838255.

5. Dozens of U.S. states and the District of Columbia have legalized either medical or recreational use of cannabis for adults. The increased availability and acceptance do not come without a public health cost. Between 2008 and 2019, reported past-year daily cannabis use increased from 22.6 million adults to 45 million, and current daily cannabis use increased from 3.6 million to 9.8 million. There has also been a correlational rise by approximately a third in major depressive episode and suicidal ideation.

   • Cannabis and the Brain
   • Major depression and anxiety may increase vulnerability to cannabis use as beliefs about its benefits become more accepted. While the cannabinoi d (CBD) has been approved to treat certain epileptic seizures, claims that it helps with mood disorders are not fully studied or proven. Studies have examined the relationship between marijuana and depression, with inconclusive results. But we know it affects the amygdala, the part of the brain regulating emotions, fear and anxiety.

   • Cannabis Use and Suicide Risk
   • While it can be difficult to show direct causality between particular risk factors and suicidal ideation, a recent study indicates cannabis use — when controlling for other variables such as sociodemographics or other substance use — increases past-year suicidal ideation and attempts, particularly in women. A 2015 twin study found all levels of cannabis use were associated with increased suicidal ideation and suicide attempts. In these cases, common warning signs may not be present, which include:

     • Feelings of hopelessness and/or purposelessness,
     • Social isolation and withdrawal, or
     • Unregulated or irregular emotions and behaviors, such as anger, recklessness and unexplained mood changes.

   Previous attempt is a risk factor, but most people who attempt never go on to die by suicide.

   • Seeking Help
   • Suicide is preventable. Identifying risk, offering support and seeking help are key. Proven treatments for depression include cognitive behavioral therapy and medication. Self-medicating is never advised, and service members are prohibited from using marijuana or any hemp-derived product. If you’re struggling, the following resources are available:

     • Use NAVY311 to reach chaplains via phone at 1-855-628-9311 or by texting NAVY311@navy.mil in the "to" line;
     • Local Fleet and Family Support Centers;
     • Drug and Alcohol Program Advisors (DAPAs) for substance use issues;
     • Military OneSource for counseling via phone at 1-800-342-9647;
     • Military Crisis Line for support 24/7 by phone at 1-800-273-8255 (Press 1) or text at 838255.
URINALYSIS PROGRAM UPDATES

Use of 2D Barcodes

N173 is conducting webinars discussing the transition to 2D barcodes. Urinalysis Program Coordinators (UPCs) currently using WebDTP should uncheck the 2D Barcoded documents when selecting urinalysis collection documents and labels for download.

The updated UPC Guide to include procedures on how to use 2D barcodes is currently routed for signature. Once the updated UPC Guide is approved, the 2D barcoded forms can be used.

Please note that at this time, forms including 2D barcodes are not to be sent to the lab. If the lab receives them, they will apply a 2F “Untestable” discrepancy code to each batch.

Please be on the lookout for further guidance on these barcodes and when their use is approved.

Addition of “Invalid” Discrepancy Code

An “invalid” discrepancy is reported from routine testing when the laboratory is unable to finalize the test for any drug on the testing panel due to either chromatographic interference or depletion of the specimen during the course of testing.

If no result can be obtained for ALL drugs tested, the laboratory would assign the sample at least one non-testable discrepancy, such as SA (Suspected Adulteration), SC (Quantity Not Sufficient), or OY (Lab Technical Discrepancy).

An invalid result does not necessarily mean the sample is adulterated. An invalid result cannot be used for non-punitive or punitive action, but the commanding officer can opt to have another collection event.

Change to N173 Webinars

Beginning Sept 2, 2021, the N173 program webinars will no longer be broadcast via DCS and will be conducted via Microsoft Teams. Current webinar participants will receive an updated invite with a link to Microsoft Teams, including those who do not have Teams on their system. That group will receive additional guidance on how to connect to the webinars.

To be added to the webinar calendar invite for Teams, please send an email to MILL_NDSP@navy.mil, and an invite will be forwarded.

Questions or Concerns

Please direct any questions to the NDSP helpdesk at MILL_NDSP@navy.mil or IFTDTL support at MILL_DTADMIN@navy.mil.

CURRENT & UPCOMING EVENTS

SEPTEMBER DDD WEBINARS
Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.
9/2 — Various WebDTP Command Reports
9/9 — ADMITS Update/Demonstration
9/16 — DTP Lite Transition Update
9/23 — IFTDTL Portal and Data Information
9/30 — UPC/DAPAs Lessons Learned (Open Discussion)
Learn more and stay up-to-date by visiting 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 or Catalog of Navy Training Courses (CANTRAC) at app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC MENTAL HEALTH AND SUICIDE PREVENTION MONTH
September
Find the toolbox at go.usa.gov/xF6XJ

SUICIDE PREVENTION MONTH
September
Find resources to strengthen your local efforts. Visit www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Suicide-Prevention/

CELEBRATING RECOVERY

Held each September, National Recovery Month acknowledges those in recovery and celebrates the challenges they have overcome. The month is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) and works to promote and support new evidence-based practices in treatment and recovery, the recovery community, and the dedication of providers and community members who make recovery possible. This year’s Recovery Month theme is Recovery is For Everyone: Every Person. Every Family. Every Community.

Help is always available. Local Drug and Alcohol Program Advisors (DAPAs) are great resources for help with substance use concerns, and Navy chaplains provide confidential support for Sailors. You can also seek help from the nearest medical provider. Seeking help is the first step in getting on the road to recovery.