



Highlight of the Month

Prevention at Home: Strengthening Navy Families for Mission Readiness - As Navy leaders, your impact extends beyond the workplace and into the homes of your Sailors. The wellbeing of our Navy families is a critical factor in the overall readiness and resilience of our force. When families are supported, Sailors are better able to focus on the mission, knowing their loved ones have the resources and guidance they need.

With the back-to-school season upon us, now is the time to reinforce the importance of prevention by equipping Sailors and their families with the knowledge and tools to thrive. Transitions such as starting a new school year can bring both excitement and challenges for Navy families. Encourage open, ongoing conversations at home about school, friendships, and the pressures children may face. Proactive communication is a cornerstone of prevention, helping families address concerns before they escalate. The [SAMHSA "Talk. They Hear You." campaign](#) offers practical tools for initiating these important discussions and strategies to help children make healthy choices and resist negative influences.

Remind families that they are not alone in navigating new environments. The [Military OneSource School Liaison Program](#) connects families with local school resources, easing transitions and supporting academic success. Encourage Sailors to reach out to school counselors and leverage the expertise of [Fleet and Family Support Centers](#), which provide counseling, parenting workshops, and youth programs.

Another valuable resource available to commands is the [Drug Education For Youth \(DEFY\) program](#). DEFY is a DOD initiative designed to build youth resiliency, empower healthy choices, and deter at-risk behaviors through life skills training, mentoring, and engaging activities. By hosting or supporting a DEFY program, commands can provide Sailors and their families with a proven prevention resource that strengthens family bonds, supports positive youth development, and ultimately enhances Sailor focus and mission readiness, on and off duty.

Information from DEFY

Intersecting Wellness, Educational Readiness, and Youth Prevention: August initiates three complementary initiatives—National Wellness Month, National Back to School Month, and the Drug Education for Youth (DEFY) program—each contributing to a shared vision of personal empowerment, public health, and educational resilience for parents and their children.

[National Wellness Month](#), founded in 2018 by Live Love Spa, promotes self-care and sustainable health behaviors across five dimensions: physical, mental, emotional, spiritual, and social wellness. Through guided pledges and resource engagement, participants are encouraged to reduce stress, enhance mindfulness, and adopt holistic habits that support long-term wellbeing.

[National Back to School Month](#), observed since the 1960s, focuses on academic preparedness and the psychosocial transition for youth, families, and institutions. This includes coordination around supplies, tools to combat stressors and challenges that may arise, health checkups, and family-school partnerships—all central to creating safe and supportive learning environments.

The DEFY program complements these efforts by equipping military youth with tools to combat substance abuse, peer pressure, and gang involvement. Its multidimensional curriculum blends physical fitness, nutrition literacy, personal safety, and goal setting, aligning with both wellness and educational objectives.

Together, these initiatives offer a unified framework for reinforcing protective factors, cultivating resilience, and optimizing student outcomes. Their integration suggests a systems-based approach to health and education—where school readiness and wellness are not siloed domains but interdependent pillars of youth development.

For more information about the DEFY program, contact us at 901-874-3300 or check out the website [here](#).

You Tube

Messages to Share:

- August: [National Immunization Awareness month](#), to highlight the importance of obtaining vaccinations to promote preventative health for all ages.
- August: [Children's Eye Health and Safety month](#), with school starting back it is important to protect the vision and eye health by scheduling their eye appointment.
- August 21: [National Fentanyl Prevention and Awareness Day](#) is advised to increase awareness about the risks of illicit [fentanyl](#).
- August 31: [International Overdose Awareness Day](#), a global campaign to combat the overdose epidemic.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: Special Testing
Date: [AUG 07](#)

Webinar: WebDTP Manage Selections and Container Use
Date: [AUG 14](#)

Webinar: Operating Guides
Date: [AUG 21](#)

Webinar: Drug Education for Youth (DEFY) and Red Ribbon Week
Date: [AUG 28](#)

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

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

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



OPNAV N173 | Navy Substance Prevention & Deterrence Branch

MONTH IN REVIEW

August 2025

End of the Year Testing

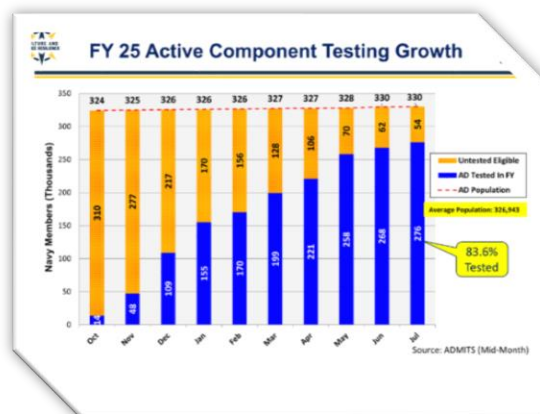
Have you completed urinalysis testing of all assigned personnel (100%)? If not, why not? Don't wait. Waiting increases the likelihood of missing opportunities to meet this requirement.

OPNAVINST 5350.4E and DoDI 1010.01 require service members to be tested, at a minimum, once annually. To meet this requirement, Navy implemented multiple strategies to accomplish this. They include, but not limited to:

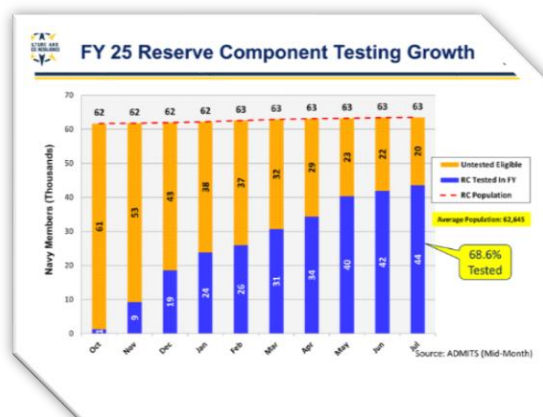
- Minimum monthly testing requirements of four random samplings each month at fifteen percent of assigned personnel, using IR premise code.
- New check-in testing of newly reporting personnel, using IU premise code (NO premise code at new entrant sites).
- Commands are authorized to conduct up to five command wide unit sweeps, using IU premise code.
- Lastly, commands are required to conduct an "End of fiscal year testing" of all Navy service members who does not have a negative or positive result reported in iFTDTL. Commands are strongly encouraged to complete the end of year testing by August 31st of each fiscal year, leaving the month of September for stragglers.

If the command recognizes, it will not meet the End of Year Testing requirement by 30 Sep, notify the ISIC ADCO and/or OPNAV for advice. Some situations may be solvable before the end of year deadline.

For more information about the iFTDTL program, contact us at 901-874-2458 or check out the website [here](#).



The photo above displays current data from the ADMITS team of FY 25 Active Component Testing Growth.



The photo above displays current data from the ADMITS team of FY 25 Reserve Component Testing Growth.

Navy Substance Prevention & Deterrence Branch

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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 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.



**LEARN
MORE!**

