



Highlight of the Month: A Month of Renewal

As we welcome the New Year, [January](#) invokes a powerful opportunity for renewal, reflection, and personal growth. The Department of War has recognized January as Mental Wellness Month, encouraging all Sailors to prioritize emotional well-being, combat stigma, and take proactive steps toward a healthier mindset. Simple practices like setting realistic goals, practicing mindfulness, remaining physically active, and fostering relationships with others are essential self-care tools that support resilience during change.

Additionally, January acknowledges Substance Use Disorder Treatment month, a nationwide initiative to raise awareness about effective treatment options and highlight resources for support and recovery. This observance from the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) emphasizes that seeking help is rooted in strength, and that recovery is possible through a range of clinically proven treatment options and individualized care practices.

For Sailors reflecting on past habits this month is an ideal time to consider healthy changes; whether that means enhancing mental well-being or exploring support for substance use challenges. Effective treatment options, including counseling, peer support, and evidence-based therapies, are available to help you or someone you care about moving forward with confidence and dignity.

As we move forward into 2026, it is imperative that we support each other in embracing change, prioritizing self-care, and leaning into the resources that promote strength, recovery, readiness, and holistic wellness.

Primary Prevention Team: Dry January

January is a time when many people choose to reset after the holidays, and [Dry January](#) has become a popular, voluntary way to pause alcohol use for the month. Participants often report benefits such as improved sleep, increased energy, cost savings, and better focus. For prevention teams, this month offers an opportunity to reinforce low-risk choices and healthy alternatives in a way that feels supportive, practical, and aligned with readiness.

ADCOs, DAPAs, UPCs, and IPPWs play a shared role in helping make Dry January accessible and stigma-free. Whether through brief conversations, wellness messaging, or informal check-ins, prevention staff can normalize alcohol-free choices and reinforce that participation is always optional. These touchpoints can be supported using existing [resources](#), including alcohol-free wellness messaging like [Own Your Limits](#), shareable campaign graphics, and ready-to-use awareness materials that help normalize prevention efforts. One effective way to support Dry January is by offering simple alternatives that still encourage connection. Non-alcoholic beverages, such as [mocktails](#) made with sparkling water, fruit juice, or herbs, provide an easy swap without changing social routines. Alcohol-free activities such as fitness challenges, group workouts, game nights, movie nights, or coffee meetups can also help maintain morale and engagement. Encouraging leaders and peers to model participation in alcohol-free activities further normalizes these choices and supports a positive command climate.

Prevention teams can also encourage brief moments of reflection to help Sailors connect their choices to outcomes. Simple check-ins such as noticing changes in sleep, readiness, finances, or next-day performance provide light accountability without pressure or judgment. These efforts align with mission readiness by reinforcing habits that support physical readiness, mental clarity, and sustained performance.

You Tube

Messages to Share:

- OPNAV N173 webinars resume January 8th. Register now for the [AM](#) or [PM](#) sessions.
- Registration for FY 26 fleetwide prevention webinars are open! Visit the [Prevention Toolkit](#) to register.
- [National Human Trafficking Prevention Month](#): The annual awareness is advised to combat human trafficking, digital abuse, and other harmful behaviors.
- [National Glaucoma Awareness Month](#): Is advised to increase awareness of ocular health.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: Holiday Stand Down No Webinar

Date: [JAN 1](#)

Webinar: Winning Command Awards: Requirements and Best Practices

Date: [JAN 8](#)

Webinar: Premise Codes (Do's and Don'ts)

Date: [JAN 15](#)

Webinar: SARP Brief

Date: [JAN 22](#)

Webinar: WebDTP Reports

Date: [JAN 29](#)

Training: CMTs

Link: [Click Here](#)

Training: ADAMS & UPC Course

Link: [Navy e-Learning](#)

Training: DAPA Courses

Link: [CANTRAC](#)



National Mentoring Month: A Call to Inspire

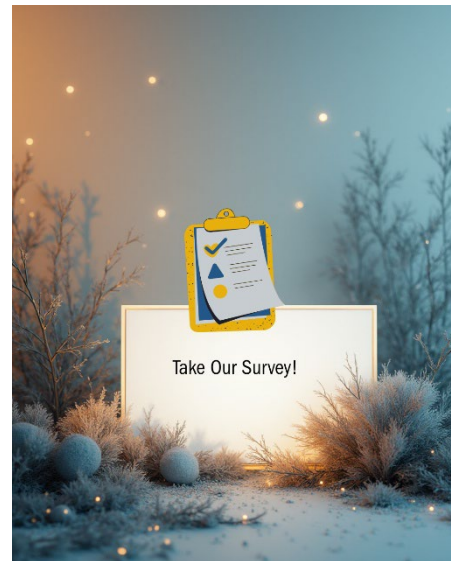
January is a month of new beginnings, a time to reflect on service and leadership. One way to reflect on how you engage with service and leadership is by recognizing National Mentoring Month, a perfect opportunity for Navy commands to focus on mentoring opportunities for youth in our military families and communities.

- Do you have a desire to make a positive impact?
- Do you respect and empathize with the challenges young people face?
- Do you have active listening skills and the ability to see solutions? If so, you already have what it takes to be a mentor.

Mentoring ensures young people feel valued, connected, and supported. For youth in military families many of whom face relocations, school transitions, or a parent's deployment; a mentor can provide critical stability. Research shows that quality mentoring relationships help young people build confidence, navigate challenges, and achieve personal and academic success. Yet, one in three youth grows up without this essential support.

By engaging in mentorship, Navy personnel can make a meaningful difference. This could include mentoring youth from military families, junior Sailors, or local community members. Your guidance could be exactly what a young person needs to see their potential and achieve their goals.

This National Mentoring Month, commit to investing in the next generation of leaders. By mentoring today, we empower tomorrow. It starts with **YOU**.



[Take Our Survey!](#) Click the image above to participate in the N173 Newsletter survey. Share your feedback and provide suggestions on upcoming newsletter topics.

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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 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 pro-grams 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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