



Highlight of the Month

Self-Medication in relation to Men's Mental Health:

1. **Prevalence of Self-Medication in Mental Health:**
According to a study published in the *Journal of Clinical Psychiatry*, **40-60% of individuals with mental health disorders** self-medicate with alcohol or drugs to cope with stress with 7.7 million adults in the U.S reporting that they self-medicated (SAMHSA)
2. **Alcohol and Depression:**
A study published in *JAMA Psychiatry* showed that **40-50% of men with alcohol use disorder** report using alcohol to cope with symptoms of depression or anxiety. About **30% of people with major depression** also have a substance use disorder with alcohol being the most common (NIAAA).
3. **PTSD and Substance Use:**
According to the *U.S. Department of Veterans Affairs*, **around 50% of veterans** with PTSD also have a co-occurring substance use disorder. The *National Center for PTSD* reports that **about 30% of individuals with PTSD** use substances to cope with their symptoms.
4. **Long-Term Impact of Self-Medication:**
According to the *Substance Abuse and Mental Health Services Administration* (SAMHSA) **55% of people with a substance use disorder** also suffer from at least one mental health condition, and the relationship between the two tends to perpetuate a cycle of worsening health.

You Tube

Messages to Share:

- June 26: We will be hosting the next fleet-wide prevention webinar. Visit the [Prevention Toolkit](#) for more details.
- June 27: [Post-Traumatic Stress Disorder \(PTSD\)](#) Day. The observance is to highlight the effects of PTSD, those who have been diagnosed with PTSD and the effects of the disorder on their loved ones.

Primary Prevention

Prevention and Holiday Travel:

As Navy leaders, your influence is the cornerstone of a culture built on honor, courage, and commitment. With three major holidays remaining in the [101 Critical Days of Summer](#), now is the time to reinforce the importance of substance misuse prevention and [safe travel practices](#) across your commands. This message provides guidance on reinforcing responsible behavior and ensuring the safety of Sailors during this period.

As state laws regarding marijuana and its derivatives continue to change, it is crucial to remind Sailors that, while civilian friends and family may legally use these substances, Sailors remain strictly prohibited from doing so under [Navy regulations](#). Encourage Sailors to communicate with civilian friends and family that Navy policy prohibits their use of marijuana, regardless of civilian laws, to avoid misunderstandings and potential violations.

Empower your Sailors to have plans in place before attending gatherings and events. Prior to holiday leave periods, provide [resources](#) that encourage responsible drinking and safe transportation, such as designating a sober driver, using ride-sharing services, or utilizing local transportation options.

By prioritizing safety and substance misuse prevention, you set the standard for your Sailors to return from holiday travel ready to serve. Open communication, [regular training](#), and visible support are vital. Lead by example to inspire your Sailors to make safe, responsible choices on duty, on liberty, and on the road.

Finally, remind your Sailors of the resources available to them. The Navy's [Too Much to Lose](#) campaign offers education and support for substance misuse prevention. The [Own Your Limits](#) initiative provides tools for making responsible decisions about alcohol. The Navy Substance Prevention and Deterrence Branch's [Prevention Toolkit](#) has resources for various aspects of prevention during 101 Critical Days of Summer.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: DAPA Roles and Responsibilities
Date: [JUN 05](#)

Webinar: ADMITS BRIEF (DAPA and CO)
Date: [JUN 12](#)

Webinar: No Webinar
Date: [JUN 19](#)

Webinar: Label Reading and Supplement Safety
Date: [JUN 26](#)

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

June 2025

DEFY: National Safety Month

Each June, the focus turns to safety – at work, at home, and in our communities. National Safety Month, established by the National Safety Council (NSC) in 1996, is dedicated to raising awareness about preventing injuries and promoting well-being across all environments.

In addition, June 26 marks the international Day Against Drug Abuse and Illicit Trafficking, a global observance established by the United Nations General Assembly in 1987. Spearheaded by the United Nations Office on Drugs and Crime (UNODC), this day calls for international cooperation to combat drug abuse and illicit drug trafficking. It highlights the ongoing need for effective prevention, treatment, and enforcement efforts. Around the world, individuals, communities, and organizations join forces to support those affected by drug abuse and work towards a society free from illegal drug use and trade.

Drug Education for Youth (DEFY) plays a critical role in the mission by empowering youth between the ages of 9 and 12 with the tools they need to make positive life choices. The program focuses on building essential life skills that foster resilience, confidence, and informed decision-making. DEFY combines structured lessons with mentorship from positive adult role models who guide participants through key topics such as personal safety, peer pressure, and setting goals. This supportive environment helps young individuals navigate life's challenges while avoiding risky behaviors and developing a strong foundation for a healthy, drug-free future.

For more information on National Safety Month <https://www.nsc.org/workplace/national-safety-month>, International Day Against Drug Abuse and Illicit Trafficking <https://www.un.org/en/observances/end-drug-abuse-day>, or information about the DEFY program, contact us at 901-874-3300 or check out the website [here](#).



The photo above is an image of the DEFY logo.

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!**