



Highlight of the Month

Recovery Is a Team Effort: Honoring Hope, Healing, and Support This September

National Recovery Month reminds us that recovery isn't just possible, it's powerful. Since 1989, this nationwide observance has celebrated the strength of individuals overcoming substance misuse and mental health challenges, while spotlighting the professionals and communities who help make that journey possible. The observance is led by the Substance Abuse and Mental Health Services Administration (SAMHSA). National Recovery Month promotes evidence-based treatment and raises awareness about the resources available to those seeking help.

This year's theme, "Every person. Every family. Every community," emphasizes that recovery thrives when it's embraced collectively. Across the country, communities mark the month with events, trainings, and personal stories that inspire hope and encourage connection. SAMHSA continues to support these efforts through new initiatives, grant programs, and public campaigns designed to link people with the care they need. This year, SAMHSA will release several grant programs such as the Treatment Recovery Services for Youth, Young Adults, and Families program, the Strategic Prevention Framework – Partnerships for Success for Communities and Tribes, and the National Technical Assistance Center for Child, Youth, and Family Mental Health. These programs are focused on expanding access to care, strengthen community-based recovery networks, and provide support to underserved populations.

For Sailors, recovery is more than personal; it's mission critical. Health and well-being are the foundation of readiness, and this month offers a timely opportunity for commands to reinforce that support is always within reach. Resources like the Substance Abuse Rehabilitation Program (SARP), Navy Chaplain Corps, Fleet and Family Support Centers, and Drug and Alcohol Program Advisors (DAPA) are here to help. By promoting awareness and fostering a culture of compassion, we strengthen not only individuals, but the entire force.

Recovery is real. It's worth celebrating. And it starts with knowing you're not alone.

For more information about the Primary Prevention team or the Prevention Toolkit, contact us at (901) 874-3903 or check out the website [here](#).

Information from Drug Education for Youth

Helping Children Build Healthier Lives

If you're not currently helping make physical activity part of a child's life, volunteering in your community, advocating for youth-focused policies, or supporting organizations that promote healthier futures for children, then now is the time to start. The Drug Education For Youth (DEFY) program offers a meaningful way to get involved. Designed for youth ages 9 to 12, DEFY equips children with the tools to resist drugs, alcohol, and other harmful behaviors while also building self-confidence, encouraging physical fitness, and teaching proper nutrition habits. These skills are more critical than ever.

According to the CDC, one in five children in the United States is considered obese, a condition that can lead to serious health issues such as diabetes, heart disease, and certain types of cancer. Obese children are also more likely to suffer from asthma, sleep apnea, and joint problems, and they often face bullying, social isolation, and body shaming. These experiences can spiral into depression, eating disorders, and other mental health challenges that increase the risk of suicide. September marks both National Childhood Obesity Awareness Month and National Suicide Prevention Month, offering a powerful opportunity to learn more about these interconnected issues and to share a message of hope for our children.

By supporting programs like DEFY and promoting a culture of wellness, we can help children grow up stronger—physically, mentally, and emotionally—and ensure they know they're never alone on their journey.

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



Messages to Share:

- September: [National Recovery Month](#) increases awareness surrounding mental health and substance dependence.
- September: [National Suicide Prevention Month](#) provides information, resources, and supportive messaging.
- September: [National Childhood Obesity Awareness Month](#), to highlight the importance of obtaining a healthy relationship with physical activity and nutrition at the early stages of development.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: Responsible Alcohol Use and Awareness
Date: [SEPT 04](#)

Webinar: EOY Testing Update
Date: [SEPT 11](#)

Webinar: iFTDTL Reports (ADCO/ DAPA/UPC) Specific
Date: [SEPT 18](#)

Webinar: Substance Misuse Prevention
Date: [SEPT 25](#)

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

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

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



Information from Medical Review Process

Why Reading Labels Could Save Your Health and Your Career

With the growing demand for sharper focus and mental endurance, cognitive supplements have surged in popularity; especially those marketed as “Adderall alternatives” or “focus boosters.” These products often promise pharmaceutical-level effects without requiring a prescription, and many are sold online or over the counter with packaging designed to look legitimate. But beneath the eye-catching branding, the risks are real and often hidden.

Outside of containing powerful stimulants such as caffeine and synephrine, some include banned substances such as Dimethylamylamine (DMAA) and Dimethylhexylamine (DMHA)—compounds that have been linked to heart attacks, strokes, and heat-related injuries. The FDA has issued warnings about supplements that contain amphetamine-like chemicals added illegally to mimic prescription drugs. Alarming, a study published in the *Journal of Special Operations Medicine* found that 75% of cognitive supplements tested contained ingredients not listed on the label. That means users could unknowingly ingest substances that elevate heart rate, spike blood pressure, and disrupt brain function.

For Service members, the consequences go far beyond personal health. These unregulated products can impair judgment, reduce operational readiness, and cause the Service member to have a failed drug test, which results in a violation of DoD regulations and puts their career at risk. That’s why reading product labels isn’t just a good habit, it’s a critical safeguard. However, even labels can be misleading or incomplete, so it’s essential to verify ingredients through trusted sources.

Before taking any supplement, visit the Operation Supplement Safety at OPSS.org, the official DoD resource for supplement safety. It offers up-to-date guidance, searchable ingredient lists, and alerts on prohibited substances. And if you’re experiencing issues with focus, energy, or mood, talk to your DoD medical provider. They can help assess your condition and offer safe, effective treatment options tailored to your needs.

Your health and readiness are too important to risk on a label that may contain banned substances. Stay informed, stay vigilant, and look out for your Shipmates. For more information about the Medical Review Process (MRP) team, contact us at 901-874-4398 or check out the Navy Substance Prevention and Deterrence website [here](#).

Read the Label
Protect Your Mission

- ✦ **Avoid Banned Substances:**
More than 800 ingredients are on the DoD’s prohibited list. Read the label. Avoid accidental consumption.
- ✦ **Identify Misleading Ingredients:**
Supplements are not always transparent. Labels may omit harmful substances or they may exaggerate benefits.
- ✦ **Avoid Wasting Money:**
Misleading claims can lead to spending on ineffective or unsafe products.
- ✦ **Make Informed Decisions:**
Reading labels empowers Service Members to choose supplements that DO NOT impair their performance, place their career at risk, or interfere with their duty requirements.

[MORE INFO](#)

The image depicted above was created by the N173 Navy Substance Prevention & Deterrence team. The image highlights key points to note for Service members.

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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.



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MORE!**