



Highlight of the Month: A Message on Continuous Prevention

As the Navy's Critical 101 Days of Summer (CDOS) campaign concludes on September 7th, 2026, we extend our heartfelt gratitude to every Sailor for their exemplary commitment to safety and operational readiness during these high-tempo summer months. While this specific critical awareness initiative is ending, our collective responsibility to prioritize personal safety, prevent substance misuse, and practice highly responsible decision-making remains a continuous, year-round mission. The daily vigilance and smart choices you made throughout this summer actively protected not only your life but also those of your shipmates, directly preserving our entire force's structural integrity and combat readiness. Every single Sailor's individual contribution directly impacts our collective mission success and lethality.

As we transition seamlessly into the fall season and look ahead toward the upcoming winter holidays, we must carry forward the crucial lessons learned during the [CDOS campaign](#). The real-world risks associated with substance misuse, reckless driving, and harmful behavioral choices do not simply disappear with the fading summer heat. The upcoming season inevitably brings new social environments, off-duty travel opportunities, and potential personal stressors. It remains imperative that we stay alert, maintaining peer awareness both on and off duty, to guarantee the absolute safety and overall well-being of ourselves and our Navy family. Our shared personal vigilance must remain as constant as our commitment to the mission.

Moving forward, we must continue to apply a proactive, structured prevention approach. This effort encompasses diligent and responsible alcohol management, careful prescription drug safety, and strictly upholding the Navy's uncompromising zero-tolerance policy regarding illicit substances. Planning for safe transportation, actively looking out for your peers, and immediately reporting any safety concerns are simple actions that reliably save lives.

Remember, making the right call is always the right choice. Let's ensure the conclusion of this seasonal campaign marks the beginning of an even stronger, year-round culture of safety, shipmate accountability, and overall force resilience.

Primary Prevention Team: Recovery, Connection, and Prevention

The Fleet is built on resilience, but even the strongest Sailor can face stress, loss, or uncertainty. September's [National Recovery Month](#) recognizes recovery from mental health and substance use disorders, reduces stigma, and reinforces that treatment works and recovery is possible. Supportive relationships, healthy boundaries, and open communication can strengthen recovery and resilience.

Stress and adversity can interfere with recovery, and some may turn to substances, including alcohol, to cope. Staying in recovery often means [recognizing triggers](#), managing stress and using healthier [coping strategies](#) before challenges become overwhelming. Small, realistic goals and consistent routines can help maintain progress, while support from family, friends, peers, counselors, or recovery groups can provide encouragement, accountability, and connection throughout the recovery process.

Navy resources can reinforce these protective factors. Expanded Operational Stress Control ([E-OSC](#)) is a peer-to-peer primary prevention program that builds resilience through stress management, self-care, buddy care, and connectedness. Its training includes practical skills such as mindfulness, flexible thinking, healthy behaviors, and problem solving. Buddy Care also encourages early peer support during stressful periods and helps normalize connecting Sailors with appropriate resources when needed.

This September reminds us to care for one another and ourselves; resilience is a journey and requires support. SAMHSA's [Recovery Month Toolkit](#) offers materials for sharing recovery-focused messages. Our [Prevention Toolkit](#) provides year-round Fleet drug and alcohol education and resources. Carrying these messages forward makes recovery visible and prevention part of how we look out for one another.

You Tube

Messages to Share:

- New materials and content have been added to the [Prevention Toolkit](#). Visit today!
- [Registration](#) for Red Ribbon Week and other Navy-wide quarterly prevention webinars are open! Register individually or as a group.
- September: [National Childhood Obesity Awareness Month](#), highlights healthy habits that support children's growth and long-term well-being.
- September: [Healthy Aging Month](#), a national health observance providing key information and resources to help individuals age with grace and maintain lifelong wellness.
- September: [National Food Safety Education Month](#), know the risks in prevention of foodborne illness.
- MAY 22-SEPT 7: [Critical 101 Days of Summer](#) a Navy and Marine Corps initiative promoting risks associated with off-duty recreation and summertime activities.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: No Webinar Federal Holiday – Labor Day
Date: [SEPT 03](#)

Webinar: WebDTP Reports
Date: [SEPT 10](#)

Webinar: OPGUIDES
Date: [SEPT 17](#)

Webinar: N173 FY26 Wrap-up
Date: [SEPT 24](#)

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

September 2026

Understanding the Link: Substance Misuse and Suicide Prevention

Substance misuse and suicide are deeply interconnected challenges that can affect our force and community. For service members, contractors, and civilians navigating stress, trauma, or mental health struggles, alcohol and drugs are sometimes used as coping mechanisms. However, substance misuse significantly elevates suicide risk by worsening depressive symptoms, impairing judgment, and increasing impulsive behaviors.

Key Takeaways for Prevention:

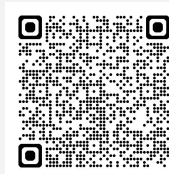
- **Recognize the Signs:** Be alert to sudden increases in alcohol consumption, reliance on prescription drugs, withdrawal from the team, or drastic mood swings in your peers.
- **Intervene Early:** Checking in on a teammate can save a life. Ask direct questions, listen without judgment, and guide them toward professional support.
- **Treat the Root Cause:** Addressing substance misuse is a critical component of suicide prevention. Seeking treatment for substance dependency builds resilience and restores readiness.

Resources Are Available:

If you or someone you know is struggling, you are not alone. Support is confidential and available 24/7.

- **Veterans/Military Crisis Line:** Dial 988, then press 1, or text 838255.
- **Local Support:** Reach out to your command chaplain, behavioral health clinic, Drug and Alcohol Program Advisor (DAPA), or local Substance Abuse Rehabilitation Program (SARP).

For more information on suicide prevention. Visit <https://www.cdc.gov/suicide/index.html>. For more information on substance misuse prevention, scan the QR code to visit our Prevention Tool Kit.



The above depiction was obtained from the Substance Abuse and Mental Health Services Administration emphasizing the importance of community support and connection during National Recovery Month.

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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-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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