



## Highlight of the Month

**World No Tobacco Day**, observed annually on May 31<sup>st</sup>, serves as a reminder of the global health crisis cause by tobacco use. With smoking being one of the leading preventable causes of death worldwide, this day urges individuals and communities to take action against the devastating effects of tobacco. At the heart of World No Tobacco Day lies a collective effort to raise awareness about the harmful effects of tobacco consumption on both individual health and public well-being. World No Tobacco Day serves as a reminder that individuals, communities, and governments can unite in the fight against tobacco use, striving for a smoke-free world where everyone can lead healthier lives. Stopping smoking can be challenging, but here are some effective strategies:

1. **Set a Quit Date:** Choose a specific date to quit smoking and stick to it.
2. **Seek Support:** Tell your friends, family, and healthcare provider about your decision to quit and ask for their support.
3. **Nicotine Replacement Therapy (NRT):** Consider using NRT products like patches, gum, or lozenges to help manage cravings and withdrawal symptoms. E-cigarettes (or “vapes”) are NOT recommended cessation devices; you are trading one addiction for another.
4. **Medications:** Talk to your doctor about prescription medications that can help reduce cravings.
5. **Behavioral Therapy:** Join a support group or participate in counseling to learn coping strategies and receive support.
6. **Avoid Triggers:** Identify situations, people, and activities that trigger the urge to smoke, and try to avoid them or plan alternative coping mechanisms.
7. **Stay Positive:** Remind yourself of the reasons why you want to quit (write them down!) and celebrate each milestone along the way.

Young people can be discouraged from using tobacco products by learning about the health risks associated with tobacco (including vaping) and being involved in activities and environments where young people feel supported in making healthy choices. Being a positive role model who does not smoke and is mindful of their health can also go a long way; “do as I say, not as I do” is an ineffective parenting technique!

## Primary Prevention Team

**Opioids** are medications that are used to reduce symptoms of pain. Long-term use of opioids can result in Opioid Use Disorder (OUD) due to their addictive nature. Deployment stressors within the Navy contribute to risks associated with developing substance use disorder (SUD). According to [NIDA](#), in 2019, self-reported use of sedatives and prescribed opioid medication among active duty service members have continued to trend downwards. As of last month, in the Navy there were 77 opioid positives. Fentanyl positives decreased by almost 42% from FY 20 to FY 23. However, once active-duty personnel leave the military, some protective factors are gone resulting in substance misuse and other mental health issues becoming a major concern.

### Policy, Best Practices, & Adverse Effects

Per **OPNAVINST 5350.4E**, Service Members must report all prescription drugs received from a health care provider not affiliated with the military to their medical department within 10-days of receiving the prescription. However, in the event that you are using prescription medications prescribed by a civilian provider, it is best practice to keep a copy of **ALL** of your prescribed medications and report them immediately. Beware of hidden threats on the [internet](#) which can be a platform for criminals to buy and sell illicit substances and services. Importing and distributing illicit substances into the United States places service members at serious risk. Oftentimes, pills found on the internet and within the illegal drug trade are diluted with harmful and lethal substances. (e.g. Fentanyl, Nitazenes, and Xylazine).<sup>3</sup>—Since 2019, opioid overdose fatalities have alarmingly increased. If you misuse drugs, you endanger yourself, the people around you, and hinder your career. The Navy has a “Zero Tolerance” policy for drug misuse. A drug positive or possession of illicit substances is a punishable offence under UCMJ Article 112a (Wrongful use, possession of controlled substance) and can result in a dishonorable discharge and the loss of government benefits/services.

For more information on prevention-based resources, visit the [Prevention Toolkit](#) located on MyNavyHR or contact the [Primary Prevention Force](#).

## You Tube

### Messages to Share:

- 4 March: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- 31 May: Take the pledge [World Tobacco Day!](#)  
12-18 May: Participate in discovering how to raise awareness about substance misuse awareness during [National Prevention Week](#).
- May: [101 Critical Days of Summer](#) is an annual Navy and Marine Corps initiative to increase awareness of summertime substance misuse.
- The Health of the Force Survey is live! Sailors can access the link [here](#) to complete.

### SPOTLIGHT: Webinar/Training/Prevention Power-Up

**Webinar: Managing Discrepancies Prevention Power-Up**  
 National Prevention Week  
**Date:** [02 May](#)

**Webinar: Drug Education For Youth (DEFY) Prevention Power-Up**  
 No Prevention Power-Up on this date  
**Date:** [09 May](#)

**Webinar: RESFOR Separation Brief (Drugs and Alcohol Incidents) Prevention Power-Up**  
 Navy Substance Awareness Training  
**Date:** [16 May](#)

**Webinar: WebDTP Pools & Units Prevention Power-Up**  
 No Prevention Power-Up on this date  
**Date:** [30 May](#)

**Training: GMTs Training**  
**Link:** [Click Here](#)

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

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

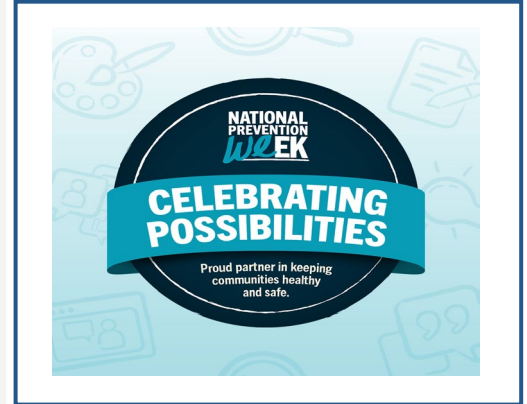


## DEFY: Information to Know

Established in 1949 under the presidential administration of President Harry S. Truman, May is National Mental Health Awareness Month. According to the National Institute of Mental Health (NIH), Substance Use Disorder (SUD) is a mental disorder that affects a person's behavior. SUD leads to a person's inability to control their use of legal or illegal substances like alcohol and prescription substances. SUD can be treated through behavioral therapies or medications that treat opioid, alcohol, and nicotine misuse. For more information on behavioral treatments and medications for SUDs, visit the National Institute on Drug Abuse (NIDA) [drug facts](#) and [treatment](#) webpage. For more information on the resources, education, and trainings to combat illegal and illicit substance and alcohol misuse, please contact the Navy Drug and Alcohol Deterrence program office by using the QR code listed to view our webpage.

The **Drug Education For Youth (DEFY) Program** enforces the idea that by fostering a strong community, we can build Great Teams. DEFY uses positive adult role models to provide mentoring to help youth navigate through curriculum topics and life challenges, succeed physically, and gain the confidence and self-esteem that will improve to the likelihood they avoid negative behaviors like drugs, alcohol, and gangs. For more information on local DEFY programs in your area call [\(901\) 874-3300](tel:9018743300).

### VISIT DEFY



The photo above has been placed to increase awareness regarding National Prevention Week. #NationalPreventionWeek24, is an awareness initiative held on May 12-18<sup>th</sup>. You can learn more on ways to get involved and resources [here](#).

## Navy Drug and Alcohol Deterrence Program

### Navy Drug and Alcohol Deterrence office

Phone: 901-874-4900

Fax: 901-874-4228

Email: [MILL\\_N17\\_DDD@navy.mil](mailto:MILL_N17_DDD@navy.mil)

### Case Resolution Team (Medical Review Process)

Phone: 901-874-4868

Email: [MILL\\_N17\\_DDR@navy.mil](mailto:MILL_N17_DDR@navy.mil)

The OPNAV N173 Drug and Alcohol Deterrence (NDAD) 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 mis- use. 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 the NDAD 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 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.**



**LEARN MORE!**