



Highlight of the Month

Overdose Prevention: The CDC estimates that of the more than 112,000 people who died from a drug overdose in 2022, almost 70% of these deaths were caused by fentanyl. Among teens, 84% of fatal overdoses involve fentanyl. Fentanyl is a powerful synthetic opioid analgesic, originally developed for pain management in patients with severe or chronic conditions such as cancer. It is approximately 100 times more potent than morphine and about 50 times more potent than heroin. It is prescribed in various forms, including transdermal patches, lozenges, and injectable solutions.

However, the illegal production and distribution of fentanyl have significantly contributed to the opioid crisis. Illicitly manufactured fentanyl is often mixed with other drugs, such as heroin or cocaine, often without the user's knowledge. This increases the risk of overdose because users may be unaware of the potency of the substance they are consuming.

Fentanyl works by binding to the body's opioid receptors in the brain, which control pain and emotions. The binding reduces the perception of pain and can produce a sense of euphoria. However, it also depresses the respiratory system, which can lead to respiratory failure and death, especially when combined with other central nervous system depressants like alcohol.

Signs of a fentanyl overdose include pinpoint pupils, drowsiness, confusion, unconsciousness, and respiratory depression. Naloxone (brand name "Narcan"), an opioid antagonist, can reverse the effects of a fentanyl overdose if administered promptly. In 67 percent of adolescent overdose deaths, a bystander was present who could have intervened. Narcan nasal spray is available online or at retailers including Walgreens, CVS, Target, Walmart, and others.

Unless a drug is prescribed by a licensed medical professional and dispensed by a legitimate pharmacy, you can't know if it is fake or legitimate. Without laboratory testing, there is no way to know the amount of fentanyl in an individual pill or how much may have been added to another drug. Advise children to avoid unknown substances and to never share medications. Emphasize the importance of seeking help if they come across any suspicious substance. The national helpline for treatment referral and information for individuals and families facing mental and/or substance use disorders is [1-800-662-HELP \(4357\)](tel:1-800-662-HELP).

End of Year Urinalysis Testing Fiscal Year 2024

Per [OPNAVINST 5350.4E](#), each command is required to conduct an end of fiscal year unit sweep (IU premise code) of all command personnel who have not been tested during the course of the current fiscal year. Commands should know that only urinalysis samples that have been successfully reported with a positive or negative result will count towards compliance of this requirement. To avoid any rushed, last-minute testing efforts, make August 31 the goal to have all Service members tested and complete the end of year testing requirement.

To ensure all members have been tested during the fiscal year, commands may conduct a command-wide unit sweep (IU premise code), use the Annual Compliance Tool in the IFTDTL results portal to identify members not tested (DTPLite users), or use the FY Untested Members pool in WebDTP to identify and test members not tested, using Premise Code IU.

As of July 24, 2024, **14 percent** or **43,796** Active Component members remain untested, and **32 percent** or **19,284** Reserve Component members are untested. Take action to bring those percentages down to zero and bring compliance to 100 percent!

If you have any questions, please contact the iFTDTL team via phone at (901) 874-2458 or email at MILL_DTADMIN@navy.mil.



Messages to Share:

- March 4: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- August 31: [International Overdose Awareness Day](#). This awareness day is the world largest annual campaign to end overdose and remember those individuals who have lost their lives due to the substance use disorder.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: iFTDTL SAAR Forms and Access
Prevention Power-Up: FY24 3rd Quarter Report & Trends
Date: [August 1](#)

Webinar: Using the Annual Compliance Tool
Prevention Power-Up: Unknowing/Innocent Ingestion Resources
Date: [August 8](#)

Webinar: WebDTP use vs. DTPLite use
Prevention Power-Up: Fentanyl Prevention & Awareness Day Reminder
Date: [August 15](#)

Webinar: Drug Education For Youth (DEFY)
Prevention Power-Up: No Power-Up
Date: [August 22](#)

Webinar: Alcohol Use Prevention/ Drinking Responsibly
Prevention Power-Up: No Power-Up
Date: [August](#)

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

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

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



DUI Prevention: Quick Safety Messages

Drive Sober or Get Pulled Over As we move into the end of summer, it's important to continue to enjoy outdoor activities and social gatherings safely, which includes preventing any incidents of driving under the influence (DUI). To help national DUI prevention efforts, the National Highway Traffic Safety Administration (NHTSA), part of the U.S. Department of Transportation, sponsors the [Drive Sober or Get Pulled Over](#) DUI prevention and enforcement campaign from mid-August through the Labor Day holiday. During this time there will be increased law enforcement presence on American roadways to reduce DUI offences in the year's deadliest period for DUI-related crash fatalities. According to the NHTSA, there were 490 traffic crash fatalities in the United States during the 2022 Labor Day holiday weekend. Of those 490 fatalities, 190 (39 percent) involved a drunk driver, and a quarter of those drivers were driving with a BAC almost twice the legal limit, with a blood alcohol concentration (BAC) of .15 or higher. Among drivers killed in traffic crashes over the Labor Day holiday in 2022 who were between the ages of 18 and 34, almost half (47 percent) of those drivers were drunk, with BACs of .08 or higher.

Steps Sailors Can Take to Reduce DUI Risk to Self and Others

- **Plan in advance:** Before you even have your first drink, designate a sober driver to get you home safely and have a backup plan. Drinking impairs decision making abilities so you might not be able to make the best choices if you wait until after you've been drinking.
 - **Know your safe ride options:** Designate a sober driver or call a taxi or rideshare.
- If it's your turn to take on the responsibility of designated sober driver, commit to remaining sober through the execution of that duty.
- **If you see a drunk driver** on the road, contact local law enforcement.
 - **If you have a shipmate** who is about to drink and drive, take the keys away and let a sober driver or other safe ride option to get your friend home safely.

Always remember, 100% of DUIs are preventable. For more information on prevention resources, checkout the [MyNavyHR Prevention Toolkit](#).

How does the BAC level impact driving ability?

Blood Alcohol Concentration (BAC)	Predictable Effects on Driving
0.02	Decline in visual functions, decline in ability to perform two tasks at the same time
0.05	Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations
0.08	Reduced concentration, short-term memory loss, lack of speed control, reduced information processing capability, impaired perception
0.10	Reduced ability to maintain lane position and brake appropriately
0.15	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

Table above depicts how blood alcohol concentration (BAC) can have an impact on an individual's ability to operate a motor vehicle. Additionally, please note that the legal limit for a DUI is .08 in all states except Utah, where it is .05; some individuals reach this level after 2-4 standard drinks. A standard drink is 4 oz of wine, 1 oz shot of liquor, or 12 oz of beer. The table was retrieved from the [National Highway Traffic Safety Administration](#).

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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 the 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!**