



Highlight of the Month

National Recovery Month is observed every September to celebrate individuals who have successfully overcome substance use disorders and to raise awareness about the importance of recovery. Established in 1989 by the Substance Abuse and Mental Health Services Administration (SAMHSA), the month emphasizes that recovery is possible for everyone and highlights the importance of mental health services. It also aims to reduce the stigma around addiction and encourages those in need to seek help.

For those in recovery, various resources are available to support their journey. Organizations like SAMHSA offer a National Helpline (1-800-662-HELP), providing free and confidential assistance. Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) offer peer-led support groups worldwide, where individuals can connect with others who share similar experiences. For more tailored support, there are specialized therapy services and recovery coaching.

Family members also play a crucial role in supporting someone in recovery. They can educate themselves about addiction to better understand the challenges their loved one faces. Al-Anon and Nar-Anon are excellent resources that provide support for families affected by addiction. It's essential for family members to practice patience, encourage healthy boundaries, and avoid enabling behaviors. Open communication, empathy, and attending family therapy sessions can also be instrumental in a loved one's recovery process.

National Recovery Month serves as an annual reminder that recovery is achievable. The path to recovery is often complex and varies for each individual. There may be setbacks, but resources are available that can help with developing coping strategies, relapse prevention, and rebuilding various aspects of life. SAMHSA offers a Recovery Month toolkit with materials to share and spread awareness: [Recovery Month Toolkit | SAMHSA](#).

Primary Prevention

A co-occurring disorder is when an individual has a combination of two or more substance use disorders (SUDs) and a mental disorder. Co-occurring disorders occur together, and it can be difficult to determine which one initially occurred, not to imply that one led to the [other](#). When experiencing a mental disorder, an individual may self-medicate by engaging in substance use in effort to relieve his/her [symptoms](#) which will exacerbate the mental disorder.

SUDs can be a detriment to our Sailor's health and mission [readiness](#). Those individuals who engage in substance misuse may develop a SUD but may not utilize resources due to stigma and lack of awareness. Some factors that may place a Sailor at risk of developing a SUD include being a young adult (18 – 25 years old), extreme stress, deployment, and military trauma. Additionally, combat exposure which may involve observing or experiencing psychological and physiological trauma is connected with heightened diagnoses of PTSD, depression, anxiety, and traumatic brain injury among Sailors. Furthermore, these circumstances increase the risk of developing an [SUD](#). Veterans are also affected by many factors connected to SUD. Veterans with SUDs are three to four times more likely to develop PTSD or depression. After discharge, they experience readapting and transitioning into society which can result in significant mental health [challenges](#).

In order to decrease the risk of developing SUD, it is imperative for Commanding Officers (COs) to understand how to identify the warning signs of substance [misuse](#) among Sailors. The COs must also promote a positive climate and culture within the members' unit and foster camaraderie among fellow members which can offer prevention of [SUDs](#). Moreover, they should strengthen their programs by consistently providing preventive resources and materials and provide awareness to members about utilizing coping skills for the stressors of deployment which increases resiliency among our [Sailors](#).

For resources on tools for resilience, check out the [Prevention Toolkit](#) located on MyNavy HR or contact the [Primary Prevention Force](#) for support.

You Tube

Messages to Share:

- March 4: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- September includes several health-related awareness initiatives for you to be cognizant of including [Prostate Cancer](#), [Ovarian Cancer](#), [Sexual health](#), and [Healthy Aging](#) Awareness Month. Please review each link and contact your primary care physician to ensure your health remains in Warrior Ready condition!

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: Managing Discrepancies
Prevention Power-Up: Prescription Drug Takeback
Date: [September 5](#)

Webinar: EOY Testing Update
Prevention Power-Up: National Substance Misuse Prevention and Youth Substance Use Prevention Month
Date: [September 12](#)

Webinar: Navy Compliance for FY 24
Prevention Power-Up: Substance Misuse Prevention Webinar Reminder
Date: [September 19](#)

Webinar: Label Reading
Prevention Power-Up: No Power-Up
Date: [September 26](#)

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

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

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



DEFY: Information To Know

September is recognized as **National Childhood Obesity Awareness & Suicide Prevention Month**. The Drug Education For Youth (DEFY) program provides youth ages 9 to 12 with the foundational tools to not only combat drugs, alcohol and other negative behaviors but also to develop and improve self-confidence, physical fitness, and maintain proper nutrition techniques.

In America, physical health statistics regarding youth show that 1 in 5 children are diagnosed with obesity. Compared with children of healthy weight, children who are overweight or obese are at higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. Obese children are also most likely to experience bullying, social isolation, depression, lower self-esteem, and body shaming. Obesity often leads to fat shaming, which may drive further weight gain. Some of the harmful psychological impacts of obesity are depression, eating disorders, reduced self-esteem, stress, and mental health issues that can increase the risk of suicide. National Childhood Obesity Awareness Month and National Suicide Prevention Month provides an opportunity for all of us to learn more about these serious health condition and share a message of hope.

Visit <https://www.cdc.gov/obesity/family-action/index.html> for more information on childhood obesity. Visit <https://www.cdc.gov/suicide/index.html> for more information on suicide prevention. Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support. For information about DEFY, call (901) 874-3300 or email mill_n17_defy@navy.mil.



The photo above is an image taken during a N173 DEFY camp activity.



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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.



**LEARN
MORE!**