



Substance Abuse Combat Center (SACC) Henderson Hall "Protect What You've Earned" November 2023 Prevention Sense

November 16th 2023 is the Great American Smoke-Out

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

FOR MARINES

Alcohol Abuse Prevention Tip

Let's understand some definitions in the consumption of alcohol and how it may relate to someone's drinking habits. Binge drinking (defined as consuming 4 or more alcoholic beverages per occasion for women or 5 or more drinks per occasion for men). Heavy drinking (defined as consuming 8 or more alcoholic beverages per week for women or 15 or more alcoholic beverages per week for men). Also potentially detrimental is drinking by pregnant women or those younger than age 21. Help is available at YOUR SACC—come get the love you need.

Drug Abuse Prevention Tip

What are some of the signs of potential drug abuse: Health issues getting worse, missing work/work performance declines, bad grades in school, putting yourself or others at risk, relationship/social issues, unsuccessful attempts to quit or control use, using larger amounts, tolerance, cravings, and hangovers/withdrawal symptoms. Don't suffer in silence—contact your SACC for assistance.

Prevention Calendar

Screenings & Assessments: EVERY Tuesday (Contact SACC Mgr)
Aftercare (Call in): EVERY Wednesday, 0645 (Contact SACC Mgr).
SACO Consultation: On Demand (Contact SACC)
Detection Supplies Pickup: Contact the DDRC
Prime for Life 16.0 - Course - 14 & 15 November.
Henderson Hall WABD Anti-Drug/Alc Abuse Prev PME - 28 November
Monthly SACO Training/Meeting 17 November @ 0930
Prime for Life 4.5 - Course - 30 November
Command Brief - As requested
MBW 8th&I New Joins Brief - 13 November

FOR SACOs

Events

November 16, 2023 marks the Great American Smokeout. The first Great American Smokeout occurred in California on November 18, 1976. About 34 million American adults still smoke cigarettes and smoking remains the single largest preventable cause of death and illness in the world. (<https://www.nctsn.org/resources/public-awareness/national-substance-abuse-prevention-month>).

Discrepancy of the Month

Code FH: FORM - Date specimen collected
DISCREPANT*/DIFFERS FROM BOTTLE.

10 Commandments of EFFECTIVE SACOs - Effective Unit SACOs consistently

- Tests minimum of 10% monthly
- Test EVERYONE involved in collection once monthly
- NEVER store urine for an extended period
- Log in to IFTDL once every 30 days minimum
- Contacts SACC HH at least once a week
- Attend/participate in EVERY SACO meeting.

The Only Thing Better than Prevention is MORE PREVENTION

(Click on links)

Great American Smoke-out - Encourage smokers to use the date to make a plan to quit, or plan in advance and quit smoking that day. (<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>)

Lung Cancer Awareness Month - An opportunity for the country and the world to come together for the lung cancer community. (<http://www.lungcanceralliance.org/get-involved/help-raiseawareness/lung-cancer-awarenessmonth>)

COPD Awareness Month - An opportunity for communities and organizations to increase awareness around COPD.