



## Substance Assessment & Counseling Program (SACP) Henderson Hall "Protect What You've Earned" **January 2026 Prevention Sense**

### National Birth Defects Prevention Awareness Month

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

## FOR MARINES

### Alcohol Abuse Prevention Tip

It is important that expectant mothers refrain from/minimize alcohol use to avoid fetal alcohol syndrome disorders. Fetal alcohol spectrum disorders (FASDs) is the name given to a group of conditions that a person can have if that person's mother drank alcohol while pregnant. These conditions include physical and intellectual disabilities. FASDs may also involve problems with behavior and learning. As such, they are a leading cause of intellectual disability and birth defects. Often, a person may have a mix of these problems.

### Drug Abuse Prevention Tip

Prevent Birth Defects - Make a PACT for Healthy Choices

P: Plan ahead. Stay as healthy as you can while pregnant.  
A: Avoid harmful substances - drugs/alcohol & tobacco.  
C: Make healthy choices - eat healthy and stay active.  
T: Talk to your doctor - get a medical check-up.

## Prevention Calendar

Screenings & Assessments: EVERY Tuesday (Contact SACC Mgr).  
Aftercare (Call in): EVERY Wednesday, 0645 (Clinical Counselor).  
Unit SACO Consultation: On Demand (Contact DDRC/SACC Mgr.).  
Detection Supplies Pickup: As required (Contact the DDRC).  
Command/Leadership Brief - As requested.  
MBW New Joins Brief - 12 January 2026.  
Prime for Life 16.0 Course - 13 & 14 January 2026.  
Monthly SACO Training/Meeting 23 January 2026 at 0930.  
Henderson Hall Welcome Aboard Anti-Drug/Alcohol Abuse Prev.  
PME: Accessed virtually at the HQ&SBN website

## FOR SACOs

### Events

**January is National Birth Defects Prevention Awareness Month.** Birth Defects are structural changes that affect one or more parts of the body (e.g. heart, brain, foot). They develop most often during the first three months of pregnancy, when a baby's organs are forming and can cause problems in overall health, how the body develops and functions. About 1 in 33 babies in the U.S. is born with a birth defect according to the CDC.

### Discrepancy of the Month

**Code SE.** When specimen volume is less than 30 ml. Please ensure there is enough specimen so the sample can be tested.

### 10 Commandments of EFFECTIVE SACOs - Effective Unit SACOs consistently

- Tests a minimum of 10% monthly
- Test EVERYONE involved in collection once monthly
- NEVER store urine for an extended period
- Log in to IFTDTL once every 30 days minimum
- Contacts SACC HH at least once a week
- Attend (Or have representation at) EVERY SACO meeting.
- ALWAYS have a minimum 6 months testing supplies on hand.

### The Only Thing Better than Prevention is MORE PREVENTION

**DRY JANUARY** - Studies have shown that short-term abstinence from alcohol, along with other positive lifestyle changes can be beneficial to one's health. Dry January is recognized as a time for promoting healthy activities by abstaining from alcohol use for the first month of the New Year. It can work well for people who are "SOBER CURIOUS" and just want to see how taking a break from alcohol use can positively impact their life. For further tips: <https://www.healthline.com/health-news/tips-to-make-your-dry-January-successful>

**NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME (NOFAS):** [www.nofas.org](http://www.nofas.org) - NOFAS works to prevent prenatal exposure to alcohol, drugs, and other substances known to harm fetal development by raising awareness and supporting women before and during their pregnancy.