



## Substance Assessment & Counseling Program (SACP) Henderson Hall “Protect What You’ve Earned” May 2025 Prevention Sense

May kicks off the 101 Days of Summer Fun (Memorial Day to Labor Day)

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

### FOR MARINES

#### Alcohol Abuse Prevention Tip

There's something about Memorial Day that means summer has arrived. Summer means relaxation and fun. It also means you can let your hair down and finally let loose. The problem is, once you start letting loose, you probably keep going. Memorial Day doesn't need to be an excuse to drink. You CAN choose not to drink. If you've lost the power to choose not to pick up a drink, maybe it's time to ask for help. If you're not an alcoholic, it shouldn't hurt to give up drinking for one day.

#### Drug Abuse Prevention Tip

Co-occurring Disorders. Mental health and substance abuse, to include drug abuse, represent opposite sides of the same coin. One in 12 adults had a substance use disorder and 1 in 5 adults had a mental illness in the past year. About 12% of these adults (7.9 million) experienced both a substance use disorder and a mental health issue, which is known as having a co-occurring health disorder.

### FOR SACOs

#### Events

**National Prevention Week** occurs from May 11-17. This is an annual national health observance focused on increasing the prevention of substance use and the promotion of mental health. It is hosted by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The **101 Days of Summer Fun** safety campaign is an annual Navy and Marine Corps initiative to increase awareness of potential risks related to off-duty recreational activities, as well as other summertime endeavors. Marines are encouraged to continue “getting out in front” and not let our guard down in our collective prevention efforts such as educating about risk and understanding behaviors that could contribute to summer-related mishaps.

#### Discrepancy of the Month

Package PB i.e. Package – broken seal.

#### 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
- ALWAYS have a minimum 6 months testing supplies on hand
- Attend (Or have representation at) EVERY SACO meeting.

### 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 requested (Contact the DDRC).  
Command/Leadership Brief - As requested  
MBW New Joins Brief – 12 May 2025.  
Prime for Life 16.0 Course - 13 & 14 May 2025.  
Monthly SACO Training/Meeting 16 May 2025 at 0930.  
Henderson Hall Welcome Aboard Anti-Drug/Alcohol Abuse Prev.  
PME: Accessed virtually at the HQ&SBN website

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

**National Prevention Week** - May 11-17 2025 increases awareness of, and action around, substance abuse and mental health issues.  
(<http://www.samhsa.gov/prevention-week>)

**World No-Tobacco Day** - May 31 2025. Each year, the World Health Organization (WHO) holds World No Tobacco Day on May 31. The goal is to spread awareness about the risks of tobacco use. Your average smoker drops around \$4,000 on cigarettes annually. Imagine all of the other cool holidays you could enjoy with that. Use World No Tobacco Day as a step towards a less smoky future.  
(<https://nationaltoday.com/world-no-tobacco-day/>)