



Substance Assessment & Counseling Program (SACP) Henderson Hall “Protect What You’ve Earned” December 2024 Prevention Sense

December 2024 is Impaired Driving Prevention Month

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

FOR MARINES

Alcohol Abuse Prevention Tip

Don't rely on coffee to sober up your guests. Only time can make someone sober. A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler, and an ounce and a half of liquor contain the same amount of alcohol. Keep in mind that you cannot rely on someone's physical appearance to determine whether he or she has had too much to drink. Also, carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly.

Drug Abuse Prevention Tip

Research has shown that marijuana's negative effects on attention, memory, and learning can last for days or even weeks after its immediate effects wear off. People who use marijuana before driving are nearly twice as likely to cause a car crash as those not under the influence of alcohol or drugs. Nationwide, 6 to 11 percent of drivers responsible for fatal accidents test positive for marijuana.

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 - 9 December 2024.
Prime for Life 16.0 Course - 10 & 11 December 2024.
Prime for Life 4.5 Course - 19 December 2024.
Monthly SACO Training/Meeting 20 December 2024 at 0930.
Henderson Hall Welcome Aboard Anti-Drug/Alcohol Abuse Prev.
PME: Accessed virtually at the HQ&SBN website

FOR SACOs

Events

December is 3D, i.e. National Drunk and Drugged Driving Prevention Month. This is your reminder to not drive impaired over the holidays, or at any time at all. Getting behind the wheel of a car under the influence of alcohol, illegal drugs, legal prescription drugs, and/or even over the counter drugs can be lethal. It can result in a serious accident with life threatening injuries to yourself, your loved ones, and others. So be smart and don't drink/drug and drive. Ensure you keep an eye out for your loved ones and fellow Marines to the right and left of you.

Discrepancy of the Month

Code GG - Form Listed Specimen, No Bottle Received (GG) - A "GG" discrepancy will be applied if no bottle is received for that specimen.

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/participate in EVERY SACO meeting
- ALWAYS have a minimum 6 months testing supplies on hand

The Only Thing Better than Prevention is MORE PREVENTION (click on links)

Tie One On For Safety® works to save lives during one of the most dangerous times of the year on our nation's roadways—the holiday season between Thanksgiving and New Year's Day. Started in 1986, the Tie One On for Safety® comes from the phrase "tie one on," slang for drinking alcohol. It is MADD's longest running awareness campaign. "Tie one on" can serve as a reminder to always designate a non-driving driver and ALWAYS take personal responsibility for getting yourself, loved ones and fellow Marines home safely. (<https://madd.org/drunken-driving/tie-one-on-for-safety/>)

Impaired Driving Prevention (3D) Month: National Impaired Driving Prevention Month, also known as 3D Month, is observed in December. The month is a campaign to raise awareness about the dangers and consequences of impaired driving, which includes drunk driving, drugged driving, and distracted driving. (<https://www.samhsa.gov/blog/national-impaired-driving-prevention-month>)

This holiday season Protect What You've Earned.