



# Substance Abuse Combat Center (SACC) Henderson Hall "Protect What You've Earned" September 2024 Prevention Sense

September marks the end of 2024's 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 Labor Day that means summer has ended. Hopefully you managed to get all your road trips in and outdoor activities completed, went swimming without incident and got your boat back in one piece. That means you had a successful and fun-filled summer season with your family & friends. Alcohol may have played a part, but wasn't the sole focus of your summer fun, meaning no alcohol related incidents to report to your command. Congratulations and Way to "PROTECT WHAT YOU HAVE EARNED!"

### Drug Abuse Prevention Tip

Here are some prevention tips to continue using throughout the remainder of the year: Do not be afraid to and do not feel bad about saying no. Connect with friends and avoid peer pressure. Make connections with your parents and other adults. Enjoy life, do what you love. Follow the family rules on alcohol and drugs. Get educated about alcohol and drugs. Be a role model, set the example. Plan ahead. Speak up/out/take control. Above all, get help if you need it.

## Prevention Calendar

Screenings & Assessments: EVERY Tuesday (Contact SACC Mgr)  
Aftercare (Call in): EVERY Wednesday, 0645 (Clinical Counselor).  
SACO Consultation: On Demand (Contact SACC)  
Detection Supplies Pickup: Contact the DDRC to arrange.  
Prime for Life 16.0 Course - 10 & 11 September 2024.  
MBW New Joins Brief - 9 September 2024.  
Monthly SACO Training/Meeting 20 September 2024 at 0930.  
Prime for Life 4.5 Course - 18 September 2024.  
Command Brief - As requested  
Henderson Hall WABD Anti-Drug/Alc Abuse Prev PME - Accessed virtually at the HQ&SBN website

## FOR SACOs

### Events

Recovery Month celebrates the gains made by those in recovery from substance use and mental health, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month has adopted the theme of "Every Person. Every Family. Every Community." as its permanent tagline.

### Discrepancy of the Month

Code PL, i.e. Package-leak-NOT TESTED. The drug lab will carefully inspect any package or container holding one or more samples. Current leakage will receive a fatal discrepancy code "PL" for Package Leaked not 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/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)

<https://hendersonhall.usmc-mccs.org> - Additional Resources for motivated devil dogs...

**National Recovery Month** - National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and or substance use disorder to live a healthy and rewarding life. (<http://www.recoverymonth.gov>)

**FASD Day** - September 9th is International Fetal Alcohol Spectrum Disorders Day. (<http://www.fasday.com>)

**National Suicide Prevention week** - 8 -14 September. (<https://afsp.org/national-suicide-prevention-week>)