



Substance Assessment & Counseling Program (SACP) Henderson Hall “Protect What You’ve Earned” **October 2026 Prevention Sense**

October 2026 is National Substance Abuse Prevention Month

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

FOR MARINES

Alcohol Abuse Prevention Tip

What is alcohol misuse? Alcohol misuse is any use of alcohol that negatively impacts personal responsibilities, whether at work, school or home. Alcohol use is also considered misuse when it leads to people placing themselves in dangerous situations, such as driving or operating machinery under the influence. Legal problems due to alcohol are also characteristic of misuse, as is the continuation of drinking, despite its negative impact upon relationships. Need Help? Help is available: Come to SACC. “Come and get the love you’ve earned.”

Drug Abuse Prevention Tip

Synergistic effect of alcohol and/or drugs - Alcohol is a central nervous system (CNS) depressant. Some medications can also depress CNS functions. When two depressant drugs are present simultaneously, their combined effects may often be greater than would normally be expected with the sum of the two. What would be a non-dangerous dosage of either drug by itself, can interact in the body to the point of causing a coma or fatal respiratory arrest.

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 to arrange.

Prime for Life 16.0 Course - 13-14 October 2026.

MBW New Joins Brief – 19 October 2026.

Monthly SACO Training/Meeting: 23 October 2026 at 0930.

Command Brief - As requested.

Henderson Hall Welcome Aboard Anti-Drug/Alcohol Abuse Prev.

PME: Accessed virtually at the HQ&SBN website

FOR SACOs

Events

October 2026 marks annual National Substance Abuse Prevention Month – an observance to highlight the vital role of substance abuse prevention in both individual and community health (<https://www.nctsn.org/resources/public-awareness/national-substance-abuse-prevention-month>).

National Red Ribbon Week is now the oldest and largest drug prevention program in the nation, reaching millions of young people. Red Ribbon Week is from October 23 through October 31 each year. This year’s theme is **“MAKE A DIFFERENCE, BE A HERO, STAY DRUG FREE.”**

Discrepancy of the Month

Code PI, i.e. IMPROPERLY PACKAGED - Specimen bottle received, but **NOT ENCLOSED** in an individual leak proof secondary container with absorbent material.

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.

The Only Thing Better than Prevention is MORE PREVENTION

Substance Abuse Prevention Month - This highlights the role of substance abuse prevention in individual and community health (<https://www.samhsa.gov>).

Red Ribbon Campaign Week 2026 - Use the provided link for more info or, better yet, drop by SACC for some handouts (<https://www.redribbon.org/>).

World Mental Health Day - Many people do not realize that mental health and substance abuse go hand-in-hand. The objective of World Mental Health Day is to raise awareness of mental health issues. It is supported by the UN and held on 10 October for world-wide mental health awareness (<https://www.who.int/campaigns/world-mental-health-day>).