



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

Continue 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

Lots of myths surround alcohol and underage drinking.
MYTH: Beer and wine are safer than hard liquor.
FACT: Alcohol can cause you problems no matter how you consume it. One 12-ounce bottle of beer or a 5-ounce glass of wine contains as much alcohol as 1.5 ounces (a shot) of hard liquor. Mixed or large-type drinks such as Long Island Iced Teas may contain even more alcohol. Instead of one, you may actually be getting 3-4, or more drinks in one glass.

Drug Abuse Prevention Tip

Marijuana use is unsafe when you're behind the wheel of your vehicle. It is the most common illegal drug found in drivers who die in automobile accidents (around 14%), often in combination with alcohol or other drugs. It affects a number of skills required for safe driving: alertness, concentration, coordination, and reaction time, so it's not safe to drive "high" or to ride with someone who's been smoking 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 June 2025.
Prime for Life 16.0 Course - 10 & 11 June 2025.
Monthly SACO Training/Meeting 20 June 2025 at 0930.
Henderson Hall Welcome Aboard Anti-Drug/Alcohol Abuse Prev.
PME: Accessed virtually at the HQ&SBN website

FOR SACOs

Events

PTSD Awareness Month: Even though PTSD treatments are effective and accessible, most people don't get the help they need. Help spread the word that PTSD treatments are available. Everyone with PTSD—whether they are a Veteran or civilian survivor of sexual assault, serious accident, natural disaster, or other traumatic event—needs to know that treatments really do work and can lead to a better quality of life. For more information please visit: www.ptsd.va.gov.

Discrepancy of the Month

RF: Form 2624 received with a 2D specimen. Do not send Form 2624 with mailed samples.

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.

The Only Thing Better than Prevention is MORE PREVENTION

The International Day Against Drug Abuse and Illicit Trafficking is a United Nations International Day against drug abuse and the illegal drug trade. Since 1989, it has been observed annually on 26 June as an expression of determination to strengthen action and cooperation to achieve the goal of an international drug abuse free society free. This year's theme "Breaking the Chains: Prevention, Treatment, and Recovery for All." highlights the need to understand drug dynamics trapping so many people in a downward spiral, to inform scientifically-based balanced solutions, to develop greater awareness of the issues are, and to provide better care for those who need it.
<https://www.un.org/en/observances/end-drug-abuse-day>