



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

November 21st 2024 is the Great American Smoke-Out

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

FOR MARINES

Alcohol Abuse Prevention Tip

Let’s understand some definitions in the consumption of alcohol and how it may relate to someone’s drinking habits. Binge drinking (defined as consuming 4 or more alcoholic beverages per occasion for women or 5 or more drinks per occasion for men). Heavy drinking (defined as consuming 8 or more alcoholic beverages per week for women or 15 or more alcoholic beverages per week for men). Also potentially detrimental is drinking by pregnant women or those younger than age 21. Help is available at YOUR SACP—come get the love you need.

Drug Abuse Prevention Tip

What are some of the signs of potential drug abuse: Health issues getting worse, missing work/work performance declines, bad grades in school, putting yourself or others at risk, relationship/social issues, unsuccessful attempts to quit or control use, using larger amounts, tolerance, cravings, and hangovers/withdrawal symptoms. Don’t suffer in silence—contact your SACP for assistance.

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 - 12 & 13 November 2024.
MBW New Joins Brief – 4 November 2024.
Monthly SACO Training/Meeting 22 November 2024 at 0930.
Prime for Life 4.5 Course - 18 November 2024.
Command Brief - As requested
Henderson Hall Welcome Aboard Anti-Drug/Alcohol Abuse Prev.
PME: Accessed virtually at the HQ&SBN website

FOR SACOs

Events

November 21, 2024 marks the **Great American Smokeout**. The first Great American Smokeout occurred in California on November 18, 1976. About 34 million American adults still smoke cigarettes and smoking remains the single largest preventable cause of death and illness in the world. (<https://www.nctsn.org/resources/public-awareness/national-substance-abuse-prevention-month>).

Discrepancy of the Month

Code FH: FORM - Date specimen collected DISCREPANT*/ DIFFERS FROM BOTTLE.

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)

Great American Smoke-Out - Encourage smokers to use the date to make a plan to quit, or plan in advance and quit smoking that day.
(<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>)

Lung Cancer Awareness Month - An opportunity for the country and the world to come together for the lung cancer community.
(<http://www.lungcanceralliance.org/get-involved/help-raiseawareness/lung-cancer-awarenessmonth>)

COPD Awareness Month - An opportunity for communities and organizations to increase awareness around COPD.