



# Substance Assessment & Counseling Program (SACP) Henderson Hall "Protect What You've Earned" February 2025 Prevention Sense

February 2025 is Children of Alcoholics (COA) Awareness Month

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

## FOR MARINES

### Alcohol Abuse Prevention Tip

February is Children of Alcoholics (COA) Awareness Month. Alcoholism tends to run in families. More than 6 million children live with at least one parent who abuses or is dependent on alcohol or an illicit drug. COAs are four times more likely than non-COAs to develop alcoholism or drug problems. They are also at higher risk for depression, anxiety disorders, problems with cognitive and verbal skills, and parental abuse or neglect. COAs should remember the Seven Cs:

I didn't Cause it  
I can't Cure it  
I can't Control it  
I can take better Care of myself  
I can work on Communicating my feelings  
I can make Choices that are healthy  
I can Celebrate myself

### Drug Abuse Prevention Tip

Stay alert to possible mental health issues. There is a strong link between mental and physical health issues (including stress and anxiety) and substance use. Treating substance abuse without addressing underlying mental health issues is like addressing only half of the problem. Make sure you know what installation mental health resources are available.



## 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 - 10 February 2025.  
Prime for Life 16.0 Course - 11 & 12 February 2025.  
Prime for Life 4.5 Course - 20 February 2025.  
Monthly SACO Training/Meeting 21 February 2025 at 0930.  
Henderson Hall Welcome Aboard Anti-Drug/Alcohol Abuse Prev.  
PME: Accessed virtually at the HQ&SBN website

## FOR SACOs

### Events

February is Children of Alcoholics (COA) Awareness Month (9-15 February 2025). COA Month is to raise awareness of children affected by parental alcohol problems. COAs are more likely than others to have emotional, psychological, or physical problems related to their childhood. Many develop an alcohol problem and/or other addictive habits, and/or marry someone with an alcohol problem or some other type of addiction.

### Discrepancy of the Month

**Code BD**, i.e. Bottle-broken seal. Ensure each bottle lid is tight to prevent leakage.

### 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)

[information@acawso.com](mailto:information@acawso.com): Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women who grew up in dysfunctional homes.

The goal of **National Eating Disorders Awareness Week (NEDA Awareness)** is to shine the spotlight on eating disorders by educating the public, spreading a message of hope, and putting lifesaving resources into the hands of those in need. This year the National Eating Disorders Awareness Week is from 24 February - 2 March 2025.

