



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

March 17-23, 2025 is National Drug and Alcohol Facts Week

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

### FOR MARINES

#### Alcohol Abuse Prevention Tip

By adhering to proven Dietary Guidelines, you can reduce the risk of harm to yourself or others. With that in mind, certain people should never drink any alcohol. This applies to those:

- Younger than age 21
- Who are pregnant or who may be pregnant
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness
- Taking certain prescription or over-the-counter medications that can interact with alcohol
- Suffering from certain medical conditions
- Recovering from alcoholism or are unable to control the amount they drink.

#### Drug Abuse Prevention Tip

- Inhalants are chemical substances that produce mind altering effects when sniffed or inhaled. They include solvents such as glue, correction fluid, nail polish remover, gasoline, and paint thinner
- Can also include such aerosols as whipped cream containers, computer cleaner, air conditioning coolants like Freon, and spray paint
- May also include medical anesthetic gases such as ether; chloroform, and nitrous oxide may also be used
- Finally, there are nitrites, i.e. flammable liquids that are highly volatile and often sweet smelling.

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

### FOR SACOs

#### Events

**National Inhalants and Poisons Awareness Week** - This is observed from the 16th through the 22nd of March 2025. It highlights the inherent risks of being poisoned by such common household products as aerosols, glues, solvents, and spray paint.

**National Drugs and Alcohol Facts Week** takes place from March 17th through the 23rd. The intent here is to attempt to counteract myths about drugs and alcohol that people can absorb from the internet, social media, TV/movies, music, or friends.

**Gambling Disorder Screening Day** is March 11, 2025.

**Problem Gambling Awareness Month** is a nationwide grassroots campaign, held annually in March, that seeks to increase public awareness of problem gambling and promote prevention, treatment, and recovery.

#### Discrepancy of the Month

**Code BD**, i.e. Bottle-broken seal. To prevent leakage, each bottle lid should be tightened 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)

NIDA and NIAAA work with leading organizations, media outlets, and other government agencies to spread the word about National Drug and Alcohol Facts Week (<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/learn-about-ndafw#topic-1>).

Important information about inhalant use: it is the deliberate concentration and inhaling of common products found in homes, offices, and schools to get high. Inhalant abuse is deadly serious and one of the most dangerous of experimental behaviors. This type of abuse can cause severe damage to the brain and nervous systems. For more information please check out The Drug Identification Guide ([info@streetdrugs.org](mailto:info@streetdrugs.org)).