



Substance Abuse Combat Center (SACC) Henderson Hall “Protect What You’ve Earned” April 2024 Prevention Sense

April 2024 is Alcohol Awareness Month

PREVENTION WITH AN ATTITUDE COME GET THE LOVE YOU NEED

FOR MARINES

Alcohol Misuse Prevention Tip

Alcohol Awareness Month. April is the designated month for raising awareness of underage drinking and its devastating impact on underage service members, families, and the community. It also is a time to highlight ongoing efforts and to initiate new efforts to prevent underage drinking. When underage drinking is added to the military cultural mix of peer pressure, deployments, combat zones, and stress away from home, the dangers become real. Help is available — come to SACC and “get the love” you need.

Drug Abuse Prevention Tip

Mixing alcohol and medicines can be harmful. Alcohol, like some medicines, can make you sleepy, drowsy, or lightheaded. Drinking alcohol while taking medicines can intensify these effects. You may have trouble concentrating or performing mechanical skills. Small amounts of alcohol can make it dangerous to drive, and when you mix alcohol with certain medicines you put yourself at even greater risk. Combining alcohol with some medicines can also lead to falls and serious injuries, especially among older people.

Prevention Calendar

Screenings & Assessments: EVERY Tuesday (Contact SACC Mgr)
Aftercare (Call in): EVERY Wednesday, 0645 (Clinical Counselor).
MBW New Joins Brief – 8 April 2024.
Prime for Life 16.0 Course - 16 & 17 April.
Henderson Hall WABD Anti-Drug/Alc Abuse Prev PME - 30 April.
Monthly SACO Training/Meeting 22 March 2024, 0930.
Prime for Life 4.5 Course - 19 April 2024.
SACO Consultation: On Demand (Contact SACC)
Detection Supplies Pickup: Contact the DDRC to arrange.
Command Brief - As requested

FOR SACOs

Events

April is Alcohol Awareness Month. It was established in 1987 to help reduce the stigma associated with alcohol use disorder. This encourages the community to reach out and educate about how alcohol use disorder impacts individuals and supports those in recovery. It is easy to focus on the negatives of substance use disorder but people do, in fact, recover. It is estimated that as many as 20 million people are living lives in recovery today!

Discrepancy of the Month

Code 2D Barcode RF i.e. Form 2624 received with a 2D specimen. SACOs do not need to send Form 2624 any longer.

10 Commandments of EFFECTIVE SACOs - Effective Unit SACOs consistently

- Tests 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

The Only Thing Better than Prevention is MORE PREVENTION (click on links)

National Alcohol Screening Day (NASD) is an initiative first launched in 1999 by the National Institutes Of Health (NIH). The aim of this event is to increase public awareness that alcohol abuse and alcoholism are recognized disorders which can be treated. This year it takes place on 4 April 2024.

Alcohol Free Weekend - Alcohol Free Weekend invites all Americans to engage in three alcohol free days.

World Health Day: World Health Day is celebrated on April 7 to mark the founding of the World Health Organization in 1948.
(<https://www.who.int/campaigns/world-health-day/2024>)