

## **JANUARY** is . . “Back-in-the-Saddle”



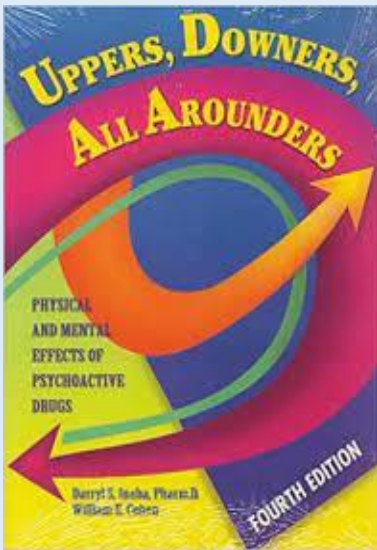
- With another new year upon us, Back-in-the-Saddle, or BITS initiates the start of new calendar year.
- BITS is an annual occurrence that takes place after the winter holiday season – this is to ensure Marines and Sailors are staying up to par with standards and safety procedures.



**The Substance Abuse Counseling Center’s Prevention Team (Drug Demand Reduction and Alcohol Abuse Prevention) are here to assist with your BITS training.**



**Contact DDRC for more info  
@ 928-269-2791 or [virgil.tapispisan@usmc.mil](mailto:virgil.tapispisan@usmc.mil)**

## FEBRUARY is . . Drug Recognition Month



Constricted Pupils	Red Eyes	Dilated Pupils
		
Heroin Morphine Oxycodone Fentanyl Methadone Codeine Hydrocodone	Marijuana Cocaine or Crack Benzodiazepines (i.e. Xanax) Depressants (i.e. Alcohol or Sedatives)	Amphetamines Methamphetamines Cocaine or Crack Hallucinogens (i.e. LSD or mushrooms) Opiates (prescription painkillers) Heroin Marijuana Speed

You suspect that your Marine or Sailor is under the Influence of illegal drugs, can you tell what specific drug?

**Yuma Police Department's Drug Recognition Expert will be on station to help leaders recognize the signs.**



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## MARCH is . .



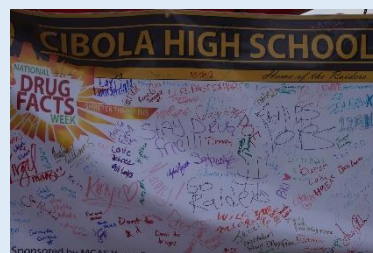
NDAFW is an annual, week-long event that inspires a dialogue about the science of drug use and alcohol Abuse among youths.

WE ARE LOOKING FOR  
ACTIVE DUTY MARINE AND SAILOR  
VOLUNTEERS TO ENGAGE  
THE HIGH SCHOOL STUDENTS  
AT YUMA UNION HIGH SCHOOL  
DISTRICT TO CHALLENGE  
THE MYTHS THEY'VE LEARNED  
ABOUT  
DRUG AND ALCOHOL ABUSE  
THROUGH MEDIA

This event is coordinated through  
MCAS Yuma School Liaison  
to spread the word about NDAFW  
and  
**SHATTER THE MTYHS!**



SAN LUIS HS



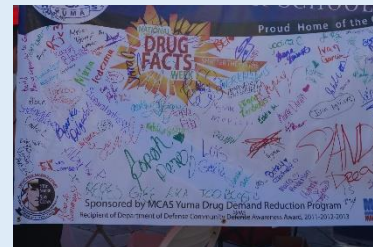
CIBOLA HS



KOFA HS



GILA RIDGE HS

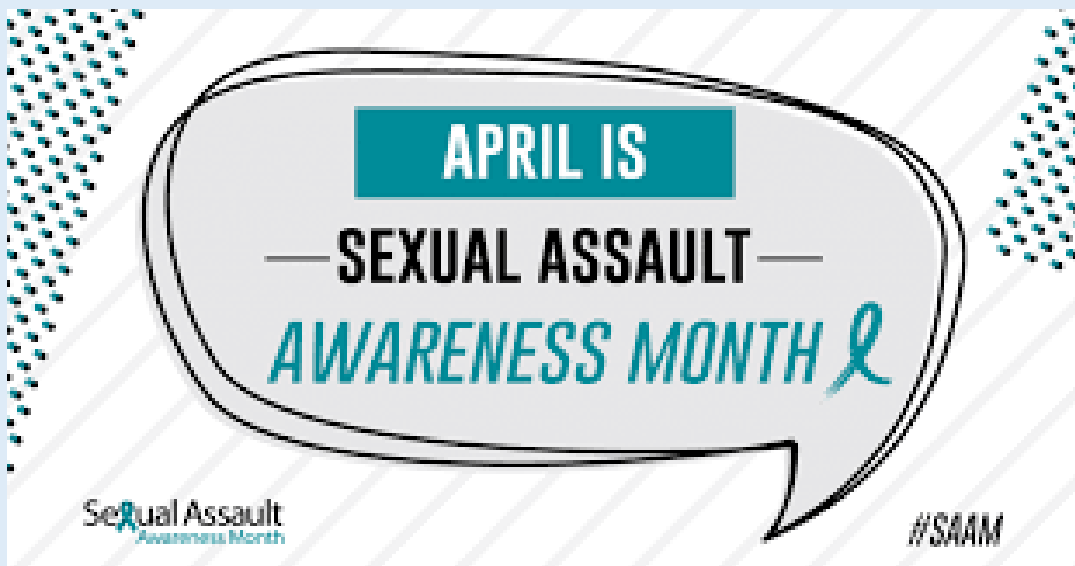


YUMA HS



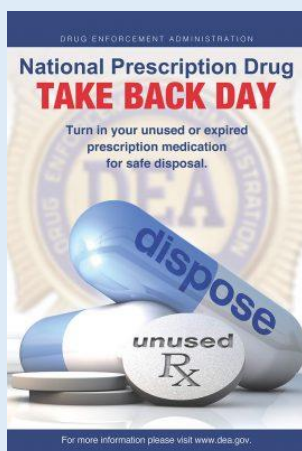
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## APRIL is . .



### Commonly used substances:

- ☐ Alcohol is the most commonly used substance in drug-facilitated sexual assault.
- ☐ Prescription drugs like sleep aids, anxiety medication, muscle relaxers, and tranquilizers may also be used by perpetrators.
- ☐ Street drugs, like GHB, rohypnol (“roofies”), ecstasy, and ketamine can be added to drinks without changing the color, flavor, or odor of the beverage.



The National Take-Back Day aims to provide a safe, convenient, and Responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medication.



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# PREVENTION WORKS

**MAY** is . .



The 101 Critical Days of Summer campaign provides critical information to raise awareness and assist in mitigating the risks associated with the most common Off-duty mishaps.



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# PREVENTION WORKS

**JUNE** is . .



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# PREVENTION WORKS

## JULY is . .



**YOU** can take steps to ensure that you use prescription medications appropriately by:

- ✓ following the directions as explained on the label or by the pharmacist
- ✓ being aware of potential interactions with other drugs as well as alcohol
- ✓ never stopping or changing a dosing regimen without first discussing it with the doctor
- ✓ never using another person's prescription and never giving their prescription medications to others
- ✓ storing prescription stimulants, sedatives, and opioids safely



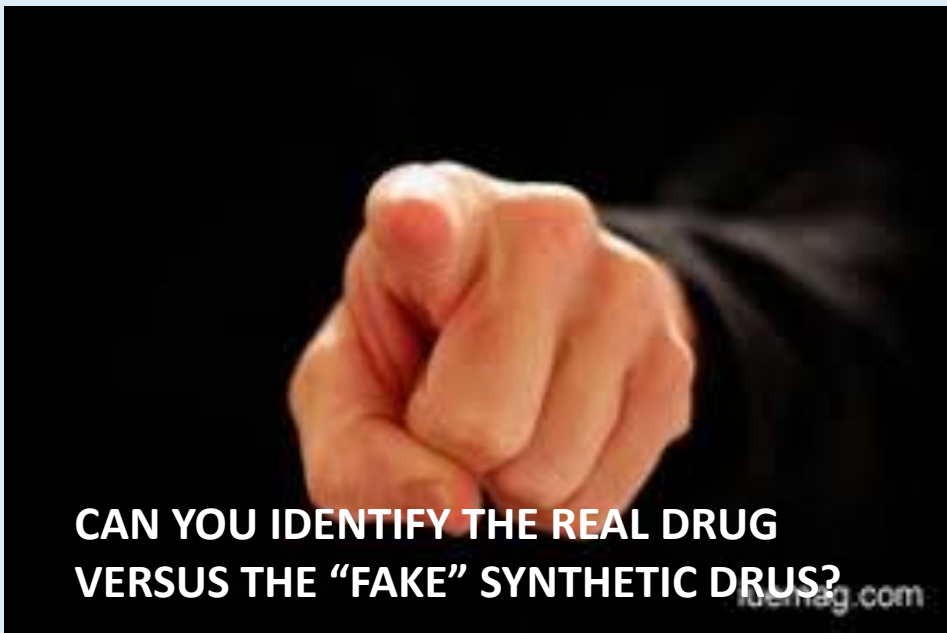
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# AUGUST is ..

# FOCUSED ON



# AWARENESS AND PREVENTION



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# SEPTEMBER is . .



## NATIONAL RECOVERY MONTH

### About Recovery Month:

- Recovery Month is an annual health observance which takes place during the month of September.
- It **PROMOTES** the message that recovery from substance abuse in all its forms is possible.
- It **HIGHLIGHTS** the benefits of substance abuse treatment.
- It **ENCOURAGES** the community to take action to help expand and improve the availability of effective substance abuse treatment for those in need.
- It **HONORS** the contribution of treatment providers.



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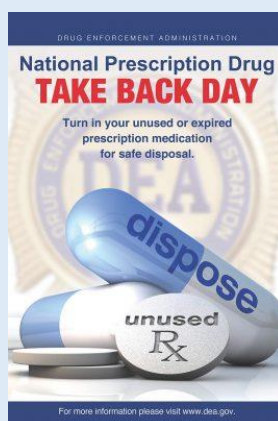
# OCTOBER is . .



CREATED IN 1985 AFTER THE DRUG TRAFFICKERS MURDERED DEA AGENT “KIKI” CAMARENA.

## RED RIBBON WEEK

IS AN ANNUAL EVENT DEMONSTRATING INTOLERANCE TO DRUGS IN OUR NATION’S SCHOOLS, WORKPLACES AND COMMUNITIES. PEOPLE ACROSS THE COUNTRY SHOW THEIR COMMITMENT TO LEADING A HEALTHY, DRUG-FREE LIFESTYLE BY WEARING OR DISPLAYING A RED RIBBON.



The National Take-Back Day aims to provide a safe, convenient, and Responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medication.



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# PREVENTION WORKS

# NOVEMBER is . .



**WHY THC GETS YOU HIGH  
AND CBD DOES NOT?**

**KNOW THE DIFFERENCE BETWEEN THC  
CANNABINOIDS AND CANNBIDIOLS AND  
HOW IT CAN AFFECT YOUR CAREER.**



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# DECEMBER is . .



ENJOY TIME WITH FRIENDS AND FAMILIES RESPONSIBLY AS THE HOLIDAY SEASON APPROACHES.

TAKE ACTION AGAINST IMPAIRED DRIVING.



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