

SACC PREVENTION NEWS

A quarterly newsletter brought to you by Substance Misuse Prevention Program (SMPP)

928-269-5634

01 APR 2022

Top Stories This Quarter:



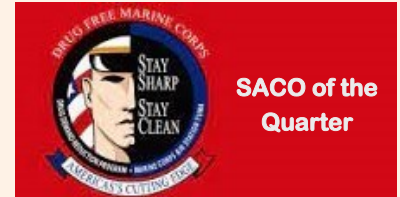
Spreading Awareness



Let's get Informed
About Binge Drinking



Scheduled Classes



DDRP Announces the
SACO of the Quarter

April is Alcohol Awareness Month

April is Alcohol Awareness Month and the Alcohol Abuse Prevention Program (AAPP) is gearing up to spread awareness at MCAS Yuma about alcoholism. The Alcohol Awareness Month is a national awareness that was established in 1987 by the National Council on Alcoholism and Drug Dependence (NCADD) to help reduce the stigma associated with alcoholism. NCADD focuses on encouraging communities to reach out to the American public and military families each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

To inform service members of community resources AAPP will be hosting an informational booth with games and activities at Marine Corps Exchange from 1000-1130 on April 6. Other activities include: An Alcohol Free Weekend Observance, along with banners throughout MCAS Yuma. If you or someone you know need help with a substance use problem please contact the Substance Abuse Counseling Center at 928-269-5634 Mon.-Fri. from 0700-1600.

For more information contact:

Nadia Orozco, Alcohol Prevention Specialist

(928) 269-3079

Or visit Ncadd.org



OWN YOUR LIMITS

Let's Get Informed About Binge Drinking

There are many risks of drinking too much, however, drinking is still seen as a fun activity. But as we learn in [The \(Drinking\) Limit Does Exist](#), it can be a slippery slope from one drink to binge drinking. In the U.S., binge drinking means drinking an amount of alcohol in two hours that causes your BAC level to reach 0.08% or higher. BAC refers to the amount of alcohol in your bloodstream.

- For women, that is *usually* [four standard drinks in two hours](#)
- For men, that is *usually* five standard drinks in two hours

Key word: “usually.” [Alcohol affects everyone differently](#) based on many factors. For some, it may take more drinks to raise their BAC to 0.08%. For others, especially those on prescription medications or other drugs, it may take a smaller amount of alcohol to reach a binge drinking level. It's best to monitor how alcohol affects you personally. Don't assume you can have four or five drinks in two hours and be under 0.08% just because others can.

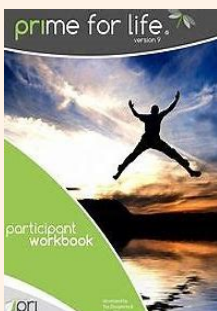
Why do people binge drink?

There are many reasons that people may push their limit. Perhaps they had a rough day and want to let off steam, or they are celebrating a promotion or graduation. Other reasons could be deeper rooted – people may rebel and drink because they were told not to, or they challenge their buddy shot for shot to prove something. No matter the reason, binge drinking is risky.

It's easy to get carried away when you're out with friends, or even having a chill night in. Remember that your body can only handle a certain amount of alcohol. If you want to check your drinking, take this anonymous and confidential [drinking habits quiz](#)!

Prime for Life Class

Concerned about your drinking? Or simply want to be more informed about alcohol use and misuse? The Prime for Life class is an engaging evidence-based program designed to help participants prevent alcohol related incidents and alcohol and drug problems. Participants will learn about the risks associated to the quantity and frequency of alcohol and drug use. This class is offered once a month. No referral needed! The class is open to all active duty service members, spouses, dependents, civilians, and Dod personnel. For more information or to register for the next class call 269-3079/269-5634. **Upcoming classes:**



Apr. 15, 0800-1230

May 13, 0800-1230

Jun. 17, 0800-1230

DRUG DEMAND REDUCTION PROGRAM (DDRP)

DDRP and Substance Abuse Control Officers Section

SACO of the QUARTER FY2022, 2nd QTR: CWO2 ANDREW S. GENDRO

"WATCH DOGS"



Let's congratulate CWO2 A. Gendro for exceptional performance of duty while servicing as a SACO at VMU-1, from 1 January 2022 to 30 March 2022. Throughout this period, CWO2 Gendro demonstrated unwavering dedication to mission accomplishments showing his ingenuity and "can do" attitude. He meticulously maintained client's records and submitted over 400 drug testing samples to NDSL, Great Lakes with zero fatal discrepancies thus maintaining the integrity of the unit's drug testing program. His effort greatly contributed to the unit's ability to consistently test over 10% of its total strength monthly as required by MCO5300.17A. CWO2 Gendro goes above and beyond of his duties by monitoring the Marines under his supervision while in aftercare at SACC to improve their quality of life ensuring the Marines are operationally ready. During the recently concluded Commanding General Inspection, CWO2 Gendro produced 2 best practices that will be distributed to other MCAS Yuma SACO to utilize. An encrypted digital case files for Marines who are receiving substance abuse counseling and a cover letter for all drug testing events to ensure all Marines attached to the squadron are drug tested at least once per fiscal year as required by the Marine Corps Order. CWO2 Gendro demonstrate a thorough understanding of the relevance of the program to his squadron. The deft way in which he executes his duties and responsibilities mitigate potential risks to the Marines as well as his seniors. As a reflection of his contribution, he was selected as SACO of the Quarter. CWO2 Gendro's initiative, perseverance, and total dedication to duty reflected credit upon himself and were in keeping with the highest traditions of the Marine Corps and United Naval Service.

JOB WELL DONE!

Fiscal Year 2022 SACO of the Quarter recipients:
First Quarter: SSgt Cory Mundorff (H&HS)



Do you really know MARIJUANA? In the first six months of this fiscal year 2022, MCAS Yuma has seen an increase in THC drug testing positives. The 16 drug positives were collected from 8 active duty Marines. Five for Delta THC8, and 11 for Delta THC9. These are 2 different cannabinoid compounds. We also have 2 drug positives for cocaine from 2 active duty Marines. Delta THC9s were added to the drug testing panel early in 2020 due to the popularity of THC recreational use.



What are THC8 and THC9? What's the difference? According to The Discover Magazine, THC9 is a major cannabinoid that can be found in cannabis. It is derived from marijuana plants specifically. THC8 is minor cannabinoid that requires a great deal of effort to extract and it is synthesized entirely from CBD with the use of a solvent. The effects are different, however. THC9 is more potent than THC8. THC9 produced paranoid delusions, mental fog, impaired motor skills, and increased feelings of anxiety. The effects are rapid and instantaneous. THC8 reported to provide a much easier experience like calm and clarity. The effects are gradual. The route of administration is pretty similar. They can be smoked, inhaled through vaping, or consumed in edible form. There are also a wide variety of lotion, tinctures, capsules, and other products. Most common products are called Everest, Planet Delta, Tre House, Moonwlkr, Delta Effex and Area 52.



Marijuana, in any form, is still prohibited for all service members. According to MCAS Yuma CID, in 2020, majority of the THC products used by the Marines who tested positive for marijuana were from marijuana cigarettes (28%), vaping (27%), ingested sweets (18%), and brownies, chocolate bars with THC, and gummies (9%). Compared to 2021, majority were from vaping (42%), marijuana cigarette (33%), edibles (17%), and brownies (8%).

So, what can happen if you test positive for any illegal drugs while in the Marine Corps? We already know, illegal drug use can lead to separation from the Marine Corps. There are other things you can lose:
- Veterans benefits, Education benefits, Right to bear arms. (MARADMIN 652/18) and Security Clearance.

Visit www.toomuchtolose.org. This is a DoD created education campaign for all U.S. Military. The campaign is to inform service members on the facts and risks related to illegal substance abuse and misuse of prescription medications.