



what is a SACO?



provides YOU substance abuse training

collects UA to ensure you're operationally ready



helps you if you come to work under the influence

connects you to the right resources



I am your confidant. I share only to the CO and the counselor, if needed.

Stop by my office, you don't need to have an incident to see me.



guides you through your aftercare

I AM HERE FOR YOU!

TALK 2 ME

- You think or believe you have a problem with alcohol or drugs and you would like to check it out...**TALK TO ME**
- You had an alcohol or drug related incident...**TALK TO ME**
- You had a domestic dispute with your loved ones and alcohol or drugs are involved...**TALK TO ME**
- You can't sleep at night and you need alcohol or drugs to help you fall asleep...**TALK TO ME**
- You're stressed and feel overwhelmed and use alcohol or drugs to calm you down...**TALK TO ME**
- You want to cut down on your drinking...**TALK TO ME**
- You felt bad or guilty after a night of drinking...**TALK TO ME**
- You feel annoyed when your friends criticize your drinking...**TALK TO ME**
- You drink first thing in the morning to calm your nerves or get rid of a hangover...**TALK TO ME**

I WILL CONNECT YOU TO THE RIGHT PERSON TO ADDRESS YOUR NEEDS