

**NAVAL MEDICAL CENTER SAN DIEGO
SUBSTANCE ABUSE REHABILITATION PROGRAM
OUTPATIENT (OP/IOP) TREATMENT PROGRAM
WELCOME ABOARD PACKAGE**

It is the command representative's responsibility to review this packet with the service member prior to them departing for treatment.

SARP Phone Numbers:

Scheduling: 619-553-0577 Primary Care: 619-553-0276 Quarterdeck: 619-553-0084

Welcome, you are scheduled to attend treatment at SARP (Substance Abuse Rehabilitation Program) for either Outpatient (OP), a 14 Day /Two week treatment program or Intensive Outpatient (IOP), a 28 Day/4 Week Program.

SARP treatment consists of participation in small group counseling sessions, life-skills workshops, psycho-educational workshops and physical and mindfulness exercises. Attendance at a self-help/12 step meetings (online or in person) are also required. Service members will also be given daily assignments related to their individual goals throughout treatment. While in treatment, all patients will be held accountable for in complying with the patient Standards of Conduct (SOC).

A. COMMAND REPRESENTATIVE

1. Prior to arrival at SARP, the service member must be evaluated by your medical officer.
 - a. SARP Health and Physical Evaluation Screening (SHAPES) form must be completed by the service member's primary care provider. This evaluation must be completed within 30 days prior to the SARP treatment date. (Pages 1-2 completed by patient and 3-4 completed by his/her physician). Required laboratory work and Tuberculin skin testing (QFT lab may be completed as a substitute) must be completed before member gets admitted to SARP (see page 4 of rev.03-2011 SHAPES PE form). Not having a completed SHAPES form and/or completed laboratory tests upon arrival will delay the check-in process and treatment may need to be re-scheduled.
 - b. Service members who are taking opiates, benzodiazepines, or other controlled medications may have their admission delayed to taper off these medications. If it is medically indicated for service member to remain on a controlled medication, the prescribing physician must first coordinate care with SARP medical staff prior to acceptance into treatment. Please call SARP medical (listed above).
2. If service members arrive with a positive blood-alcohol content (BAC), the member's command will be contacted by SARP and member will be assessed for admission to the Naval Medical Center Emergency Department.
 - a. If stationed locally, the command will be required to escort and or transport the patient back to the command and conduct a fit for duty with the command's medical department. The patient must be cleared by medical prior to returning to treatment. The patient's use will be reassessed the next day and may warrant an elevation to a higher level of care.
 - b. Patients are not to consume any alcohol from day intake is completed through what is outlined in after-care recommendations.
3. In order to ensure the patient completes the required assignments and treatment related evening and weekend activities, it is important for the service member ***not be*** scheduled to stand duty or watch while in the Outpatient (OP/IOP) Treatment Program. If the command cannot support for the service member to be excused from duty, it is recommended for the treatment to be rescheduled. For cancellations or rescheduling, it is the command DAPA's responsibility to notify SARP at 619-553-0577 two working days prior to appointment date or treatment date.

The first day of treatment for the Outpatient Program (OP/IOP) Program will commence on a Wednesday at 0700 for all patients and check in with the Quarterdeck at SARP Point Loma located onboard Submarine Naval Base Point Loma; 140 Sylvester Road San Diego, CA 92106.

Upon reporting for treatment, you must bring:

- a. Copy of the Alcohol/Drug Screening files from your (DAPA/SACO/DCAR/SAPM/UADC (Required for all programs)
- b. TDY/TAD Orders (If you are to be separated following treatment, it is important to note that you will be returning to your command for processing)

- c. SARP Health and Physical Evaluation Screening (SHAPES) form completed by your primary care provider. This evaluation must be completed sometime during the 30 days prior to the SARP treatment date. (Pages 1-2 completed by patient and 3-4 completed by his/her physician) Not having a completed SHAPES form and laboratory tests upon arrival will delay the check-in process and treatment may be re-scheduled.

ARRIVAL FOR TREATMENT (TRANSPORTATION ARRANGEMENTS): Please coordinate any transportation needs with your command DAPA or representative. If out of area, please ensure you have transportation available in order to attend the activities assigned during evenings and weekends (self-help meetings)

Based on your individual treatment recommendations, below are the two programs:

1. **Outpatient:** A 14 day / two week program conducted from the Wednesday of check in through Tuesday of the following week from **0730 – 1400**. This program is designed for patients diagnosed with a substance use disorder (typically mild), who have experienced consequences as a result of their alcohol use that may continue to worsen if not addressed. Treatment involves small group counseling sessions, life-skills workshops, psycho-educational workshops and physical and mindfulness exercises and attend a minimum of six (6) total self-help/12-step meetings (one must be attended on the weekend). Additionally, patients will be recommended to continue abstinence for 90 days after completion of treatment.
2. **Intensive Outpatient:** A 28 day / four week program conducted from the Wednesday of check in through Tuesday of the fourth week from **0730 – 1400**. This program is designed for patients diagnosed with a substance use disorder (typically moderate or severe or who have comorbid mental health concerns), who require the structure and support to abstain from substances and maintain a sober lifestyle. Treatment involves small group counseling sessions, life-skills workshops, psycho-educational workshops and physical and mindfulness exercises and attend a minimum of 20 total self-help/12-Step meetings (one to two on the weekends.) Additionally, patients will be recommended to be enrolled in a 12- month Continuing Care Program after completion of treatment.

PRIVATELY OWNED VEHICLES / OTHER TRANSPORTATION:

- a. **Parking:** Parking can be found in the parking garage located across SARP Point Loma Building 500 or any unmarked lot within the vicinity of the clinic.
- b. Please park only in authorized spaces. Those choosing to park illegally will be subject to being ticketed and towed. SARP is not responsible for any patient vehicle ticketed or towed.

MESSING: While in treatment, the nearest galley is adjacent to SARP Point Loma. Due to traffic and distance from off base food and drink establishments, there are limited areas to eat on base and patients are encouraged bring their own lunch.

- a. **Maintaining SEPRATS/COMRATS.** All patients are required to submit a copy of their most recent Leave and Earning Statement (LES) via their command representative for verification if BAS is being drawn. Personnel already drawing SEPRATS/COMRATS/SEARATS must send a copy of their most current LES in order to continue receiving SEPRATS/COMRATS/SEARATS.
- b. **Budgeting SEPRATS/COMRATS.** For personnel drawing SEPRATS/COMRATS/SEARATS who demonstrate the inability to budget money to pay for their meals, SEPRATS/COMRATS/SEARATS will be cancelled and a meal pass will be issued. **In accordance with the Department of Defense Financial Management Regulations Manual, the issuing of meal passes to members who are drawing SEPRATS/COMRATS/SEARATS is prohibited.**

UNIFORMS AND GROOMING: For all treatment programs, a clean uniform of the day and proper grooming standards are required. Active duty personnel must have a military issued compliment of uniforms in their possession during TDY/TAD status to this facility (see below for specific requirements). The following uniform requirements are the minimum for patients in treatment to include official service specific designated or prescribed Physical Training (PT) uniform. Command/Unit specific PT Uniform is not authorized:

- a. For **Navy** personnel, all ranks are required to have three sets of the Navy Working Uniform (NWU). Navy Service Uniforms are optional.
- b. For **Marine Corps** personnel, all ranks are required to have three sets of Battle-Dress Uniform (BDU). Class Charlie Uniform is optional.

- c. For **Army** personnel, all ranks are required to have three sets of the Army Combat Uniform (ACU). Class B uniform is optional.
 - d. For **Air Force** personnel, all ranks are required to have three sets of the Airman Battle Uniform (ABU). Service blues with long or short sleeves are optional.
 - e. For **Coast Guard** personnel, all ranks are required to have three sets of Operational Dress Uniform (ODU). Undress blues are optional.
- 1) **Note:** The summer uniform season is from the first Monday in April through the last Sunday in October. The winter uniform season is from the last Monday in October through the first Sunday in April. There is no optional period.
 - 2) **Note:** Evening and early morning temperatures can drop into the 40's. Appropriate civilian and workout attire (including a jacket and athletic sweats) is recommended.

Restricted Items: In order to maintain a safe and productive treatment environment, ALL Patients are subject to search to include inspection of any bags, backpacks or any items brought into treatment. Any restricted items will be confiscated. Restricted items include the following items. The below list can be amended at any time at the direction of the Department Head.

- a. Any weapons or ammunition (guns, knives, etc.)
- b. Alcohol
- c. Illicit drugs and/or invalid prescriptions
- d. Loose tobacco and/or rolling paper
- e. Drug-related paraphernalia
- f. Clothing depicting drugs, alcohol or sexual content
- g. Pornography or any material depicting sexual or sexualized content
- h. Energy drinks of any kind to include energy flavored water enhancers (e.g. Mio Liquid Water Enhancer)
- i. Cameras and/or video cameras
- j. E-cigarettes

BREATHALYZER, TOBACCO / NICOTINE PRODUCTS

- a. **Breathalyzer & Urinalysis:** You will be required to submit to various urine and breathalyzer examinations randomly. Any dance club, nightclub, bar or other establishment whose primary revenue comes from the sale of alcohol, cannabis or any illicit drugs are off limits. If you have any doubts about whether an establishment is off limits or not, consult with your counselor. Violation of this policy will be dealt with on a case-by-case basis and can result in probation and/or termination from treatment.
- b. **Tobacco:** SARP is a tobacco-free facility. Tobacco cessation classes and medical support are available to any patient upon request.
 - (1) Smoking and use of smokeless tobacco products is permitted only in designated areas and as your schedule permits. Smoking and use of smokeless tobacco products to include vaporizers/electronic cigarettes is not permitted inside SARP buildings, government vehicles, during scheduled recreation activities or those hours intended for treatment. Violation of this policy will be reviewed on a case-by-case basis and may result in written warning, probation and/or disenrollment/termination from treatment.

TELEPHONES AND INCOMING CALLS

- a. The use of government telephones for conducting personal business is prohibited. Personal phone calls may be made as schedule permits during the day.
- b. Callers may contact the SARP Front Desk, Commercial (619) 553-0084 and leave a message. Messages will be given to the appropriate personnel for disposition. Presence at this command will neither be confirmed nor denied to callers due to patient confidentiality.
- c. Patients may not use phones located in any office without the presence of a staff member.
- d. Cellular phones must be turned off while participating in a treatment event.

MEDICAL, LEGAL AND PERSONAL APPOINTMENTS: It is required for patients to resolve outstanding legal issues prior to commencing treatment. If this proves not to be feasible, you or your command should attempt to obtain postponement of court dates or other legal appointments. SARP is not prepared to facilitate transportation to appointments arising from pre-existing legal problems. Medical and other personal appointments conflicting with treatment schedule is highly recommended to be rescheduled as well.

REGULAR LEAVE: Regular leave will not be granted during treatment. If you wish to take leave post-treatment, you must make all necessary arrangements with your parent command prior to reporting for treatment.

ORIENTATION: You will receive an orientation to treatment on your first day that will provide specific details to include treatment rules and regulations, expectations, treatment team assignment and location and times of required activities.

Your treatment program is important to us and we look forward to your arrival. Please contact us if you have any questions at 619-553-0577 or email the administrative staff at usn.san-diego.navmedcensanca.list.nmcsd-sarp-admin@health.mil.