

SARP Information Sheet

Who is eligible?

- Active duty
- At least 18 years of age
- Someone who may have a problem with alcohol or drugs, and who may have other mental health problems as well
- Can self-refer to us, can come to us by referral from medical or mental health providers, or can be referred to us by a Service Member's command
- Cannot be in acute withdrawal from alcohol or drug use
- Cannot be on prescriptions for opiates or benzodiazepines and must be tapered off prior to check-in for treatment (unless medically indicated to remain on a controlled medication and the prescribing physician coordinates care with SARP medical staff prior to treatment)
- If actively suicidal or homicidal, or experiencing psychotic symptoms, cannot enter or remain at SARP until symptoms are sufficiently managed

Substance-Related and Addictive Disorders

- A problematic pattern of drug use leading to clinically significant impairment or distress, as manifested by at least two of the following, occurring within a 12-month period
- Mild: Presence of 2–3 symptoms
- Moderate: Presence of 4–5 symptoms
- Severe: Presence of 6 or more symptoms

Prime for Life (Level .5)

- 2-day psychoeducational course (completed online)
- Early intervention or prevention
- Teaches responsible use
- Generally for no diagnosis
- This level of care constitutes a service for individuals who, for a known reason, are at risk of developing substance-related problems, or a service for those for whom there is not yet sufficient information to document a diagnosable substance use disorder

Outpatient Treatment (Level 1)

- 2-week program
- Teaches responsible use
- Mild alcohol diagnosis or no dx with significant stressors
- Psychoeducational group
- This level of care provides weekday treatment for 10 days focusing on patient's use of alcohol or drugs and making behavioral changes to reduce risk. It is not abstinence based. Patients have daily group counseling and workshops and are exposed to 12 step meetings.

Intensive Outpatient Treatment (Level 2.5)

- 4-week program
- Abstinence based
- Moderate substance use disorders with safe/sober/supportive home environment, reliable transportation
- This level of care provides weekday treatment for 21 days focusing on abstinence from alcohol or drugs. Patients participate in daily group counseling and workshops, and attend required 12 step meetings.

Residential Treatment (Level 3)

- 35-day (5 week) residential program
- Abstinence-based
- Moderate to severe substance use disorders
- 100 bed residential facility
- This level of treatment provides 24 hour, 7 days a week services in a living support setting. Patients reside in SARP Point Loma's Building 500 throughout the course of treatment. However, this is not an inpatient ward. General medical personnel are on staff to support a range of substance use services, but patients requiring admission for significant medical issues or for management of severe psychiatric symptoms such as elevated risk of harm to self or others will be transferred to Naval Medical Center San Diego's main hospital.

Aftercare

- Patients who complete Intensive Outpatient or Residential Treatment are required to participate with their treatment team staff in preparing an individualized aftercare plan to assist them in maintaining an abstinence-based lifestyle upon leaving SARP
- Aftercare is intended to foster access to, and reinforce attendance/participation in, services available in the community surrounding the patient's command
- Prior to completion of treatment, patients attend an Aftercare Workshop, during which patients learn about the importance of aftercare and services that will help them in maintaining sobriety and building health lifestyles
- At the end of treatment, SARP sends End of Treatment letters to the patient's commanding officer and Drug and Alcohol Program Advisor (DAPA) or service equivalent containing recommendations for aftercare services; commands are responsible for approving, monitoring, and supporting aftercare plans
- Aftercare services are specific to each patient, but can include 12 Step Recovery Programs, Alcoholics Anonymous (AA)/Narcotics Anonymous (NA) classes, Celebrate Recovery, Self-Management and Recovery Training (SMART), other abstinence-based programs, and referrals to other healthcare providers for

For questions and referrals, send completed Patient Admin Request Form (found by returning to the previous webpage) to:

usn.san-diego.navmedcensanca.list.nmcsd-sarppladmin@health.mil

You may also call reach SARP at:

Substance Abuse Rehabilitation Program (SARP) Point Loma
140 Sylvester Road, Building 500 San Diego, CA 92106-4408
Quarterdeck: 619-553-0084
Scheduling: 619-553-0577