

Q&A on Substance Abuse in the Military

Q: Is it OK to use your expired prescription for a new or existing condition?

A: No. A Service Member is required to keep a copy of their prescription for 6 months after being treated for a medical condition.

Q: Is it OK to use any marijuana product, including hemp or CBD oil?

A: No. Even though it may be legal where you live, the military has a ZERO tolerance policy.

Q: Is the legal blood alcohol concentration (BAC) for operating a motor vehicle the same on base as in the civilian sector?

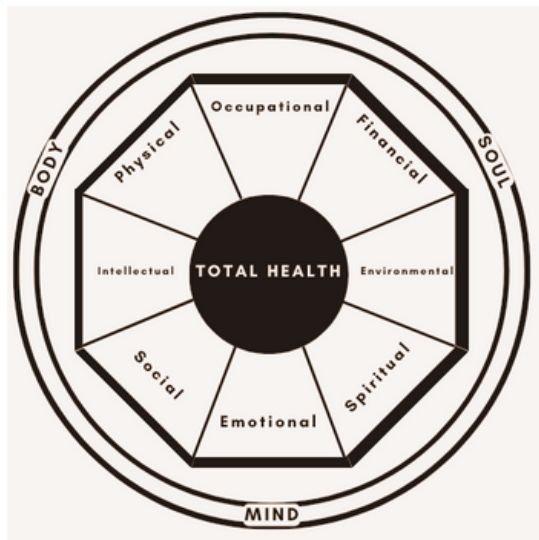
A: No. The BAC for operating a motor vehicle in Idaho is .08 or less. On base the level is .05 or less.

Q: If I come to work hungover, is this a punishable offense by UCMJ, ICMJ regulations?

A: Yes. A Service Member can be given an Article 15 under Article 134 Paragraph 35c for being incapacitated.

Q: Is the Substance Abuse Program mission & objective to catch and get rid of Service Members who abuse drugs & alcohol?

A: No. The ASAP mission is to increase individual fitness, resilience, and overall unit readiness.



TOTAL HEALTH
1-800-479-7006

For additional information about the Substance Abuse Prevention Program please contact:

Morgan Proud
Prevention Coordinator
208-272-3276
morgan.proud@dystech.com

Gowen Field 4250 Cessna St, Bldg 270
Boise, ID 83705
1-800-479-7006



Scan for our Resources of Care booklet!

Substance Abuse Prevention Program

Alcohol and substance abuse is preventable and treatable, and begins by recognizing the signs and symptoms, and asking for help.

ASAP is committed to helping you answer any questions you have about alcohol & drug use.

Please give us a call.

208-272-3276



Mission of the Substance Abuse Prevention Program

Our mission is to **strengthen the overall fitness and effectiveness of the Military's total workforce and enhance the combat readiness of its personnel.**

ASAP Enrollment:

- Self Referral
- Positive U/A
- DUI / Drug
- Command Referral

Risk factors for alcohol and substance abuse:

1. Family history of alcoholism & addiction
2. Abuse, neglect, or other traumatic experience in childhood
3. Alcohol / drug use in teenage years
4. Mental disorders such as anxiety or depression

Signs & Symptoms of Alcohol / Drug Abuse

- Had times when you ended up drinking more or longer than you intended
- More than once wanted to cut down or stop drinking, or tried to, but couldn't
- Spent a lot of time drinking, being sick, or getting over the aftereffects
- Wanted a drink so badly you couldn't think about anything else
- Found that drinking, or being sick from drinking, often interfered with taking care of your home or family, caused job problems, or school problems
- Continued to drink even though it was causing trouble with your family or friends
- Given up or cut back on activities that were important or interesting to you, in order to drink
- More than once, been in a situation during or after drinking that increased your chances of getting hurt
- Continued to drink even though it was making you feel depressed or anxious, or adding to another health problem, or having a memory blackout
- Had to drink more than you once did to get the effect you want. Or found that your usual number of drinks had much less effect than before
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure.

Limited Use Policy

AR 600-85 Chapter 10 Section 11

The Limited Use Policy's purpose is to encourage Service Members abusing drugs and / or alcohol to self-refer so that they can get the help they need. Self-referral is the preferred method of identification for substance abuse.

If a Service Member self-refers and seeks help, the Limited Use Policy **limits the negative consequences of their drug and alcohol abuse.**

If a Service Member is caught by law-enforcement rather than through self-referral, they could:

- Lose benefits (education incentives, etc.)
- Have to repay a bonus
- Be discharged



Scan for a complete list of Crisis Prevention Points of Contact!