

Important Notes:

- The Limited Use Policy is not a “Get Out of Jail Free Card” for a Unit urinalysis. Once a Soldier is notified of a urinalysis, it is too late to self-refer.
- Identification from emergency treatment (such as hospitalization from overdose) is considered a form of self-referral.
- Identification following a traffic accident or criminal offense (such as DWI) is **NOT** considered a self-referral.
- The rest of the Unit will not be informed of information given to authorized individuals regarding drug or alcohol use.

It takes Courage to Ask for Help

Robert Morris

Chaplain

Tel: 208-272-6468

Ashley Green

Risk Reduction Coordinator

Tel: 208-272-8398

Morgan Proud

Prevention Coordinator

Tel: 208-272-3276

Frequently Asked Questions:

Q: If a Soldier self-refers after a urinalysis, does the Limited Use Policy still apply? A: No, the Limited Use Policy does not apply if a Soldier self-refers after they have knowledge of a drug test.

Q: Can a Soldier tell a Chaplain about their substance use in confidence?

A: Yes, the Chaplain will not notify Command unless the Soldier gives permission. However, in order for a self-referral to occur and the Limited Use Policy to apply, the Soldier must allow the Chaplain to notify Command.

Q: Can a Soldier seek help for substance abuse outside of the Army National Guard?

A: Yes, but self-referrals can only be made to the authorized individuals listed in this brochure. The only instance in which a self-referral will take place in an outside organization is during emergency treatment (such as hospitalization from overdose) not following a traffic accident or criminal offense (such as DWI), and the Soldier's Commander must be notified.

Q: If a Soldier self-refers for one drug, but the results of a drug test show they have been using multiple substances, does the Limited Use Policy apply?

A: No. In order for the Limited Use Policy to apply the Soldier must self-refer for every substance they are using. For instance, if a Soldier self-refers for marijuana but tested positive for heroin, the Limited Use Policy would not apply because they did not admit their heroin use.



Idaho Army National Guard Substance Abuse Program



You have support! Limited Use Policy

If you or a friend are struggling with alcohol or drugs, consider getting protection through the Limited Use Policy. Talk with your Chaplain, Risk Reduction Coordinator, Prevention Coordinator or Chain of Command today.

What is the Limited Use Policy?

AR 600-85 CHAPTER 10 SECTION 11

The purpose of the Limited Use Policy is to encourage Soldiers 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 Soldier self-refers and seeks help, the Limited Use Policy, **limits the negative consequences of their drug and alcohol abuse.**

If a Soldier is caught by law enforcement or through a drug or alcohol test, rather than through self-referral, he/she could:

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



Scan to learn more about the Idaho National Guard Service Member & Family Support

Limited Use Policy Protects a Soldier by:

- Prohibiting the use of Protected Evidence against the Soldier in courts-martial, UCMJ action, and unfavorable characterization of service
- Limiting the characterization of discharge to “Honorable” should separation occur

Limited Use Policy Does NOT Protect a Soldier if:

- The urinalysis comes back positive for a drug that the Soldier did not self-refer for
- The Soldier is caught for drug use or possession of drugs after the self referral
- The Soldier is involved in other illegal activities

The Limited Use Policy is there to protect Soldiers and assist them in getting the help that they need.

The Limited Use Policy is not intended to protect a Soldier who is trying to avoid disciplinary action.

How to Self-Refer:

1. Soldier voluntarily self-refers to:
 - Commander
 - Military Chaplain (must sign form to release confidential info to Commander)
 - Officer or NCO in Chain of Command
 - ARNG ASAP Office (ADCO/PC)
2. Soldier must NOT have prior knowledge or awareness of a pending urinalysis or alcohol test. If they have been ordered to drug test or are aware of the test, they will not qualify.
3. Soldier must provide Commander with all facts and circumstances of drug use.

Does the Limited Use Policy Apply when?

A Soldier has been feeling depressed for a few weeks and began using marijuana on a regular basis. They spoke to their Commander about their substance abuse problem and announced that they wanted to get help. The next day, they were chosen for a random drug sample which came back positive for marijuana.

Yes! The Limited Use Policy applies.