



NAVAL MEDICAL CENTER SAN DIEGO
SUBSTANCE ABUSE REHABILITATION PROGRAM
RESIDENTIAL TREATMENT PROGRAM
POINT LOMA
WELCOME ABOARD PACKAGE



Welcome to the Navy Medical Center San Diego Substance Abuse rehabilitation Program (SARP)! You are scheduled to attend the Substance Abuse Rehabilitation Program (SARP) Residential treatment for substance use disorders (alcohol and other drugs) and co-occurring psychiatric disorder. SARP is a 35 day, 24 hour, 7 day a week treatment program designed to provide structure and support of a residential program to help patients address their alcohol, drug and psychiatric disorders. All patients in this program are required to reside in our berthing at Building 500. Patients in residential treatment should expect to have limited privileges upon arrival with ongoing review for the addition or removal of privileges based on behavior, attitude and participation in treatment. **As of 01 February, 2017 SARP Point Loma is a nicotine-free environment. You will not be allowed to use or have in your possession any nicotine products while in treatment. Please talk to your medical provider prior to arriving at SARP about prescribing nicotine cessation prescription to help you stop using nicotine.** Treatment consists of participation in small group counseling sessions, life-skills workshops, groups for psychiatric disorders (depression, anxiety and PTSD) physical exercise, and attendance at daily self-help/12 step meetings. Patients will also be given daily assignments related to their individual treatment goals throughout treatment.

All Out-Of-Area(outside San Diego County) patients must report one(1) day early. Admission and discharge dates will be provided by SARP scheduling via e-mail confirmation. SARP scheduling phone number is 619-553-0370. Member's command is responsible for providing TAD orders (including follow-on TAD orders after completion of SARP) and round trip travel arrangements. The patient's itinerary must be submitted to SARP scheduling prior to admission to SARP.

Prior to arrival at SARP, the patient will be evaluated by your medical officer. If you are experiencing seizures, sleep disruptions, hallucinations, tremors, sweats, anxiety, agitation, nausea or headaches the patient should report to the nearest emergency room. Patients who arrive with a positive blood-alcohol content (BAC) will have their parent commands contacted by SARP Staff, and will be assessed for admission to the Naval Medical Center Emergency Department. Patients who are taking opiates or benzodiazepines will have their admission delayed to taper them off these drugs. If it is medically indicated for patient to remain on these prescriptions, the prescribing physician must first coordinate care with our medical staff prior to acceptance into treatment. Please call 619-553-0276. Patients should be aware that SARP is a nicotine-free environment and may want to request nicotine cessation aids (such as the nicotine patch) from their medical officer prior to reporting to SARP.

1. PRIOR TO REPORTING FOR TREATMENT.

a. Prior to reporting for treatment, your command representative (SACO, DAPA, CDAR, SAPM, ASAP) will coordinate with SARP to send the following:

1) A copy of your Alcohol/Drug Screening files (ADMITS) from your DAPA/SACO/CDAR/SAPM/ADAPT/ASAP (Required).']

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2) TAD/TDY/PTAD Orders and a copy of your most current Leave and Earnings Statement (LES). If you are separating following treatment, it is important to note that you will be returning to your command for processing or the orders must contain the destination where you are to report after treatment for processing.

3) A round trip flight itinerary (if applicable).

4) TAD Orders to SARP San Diego will be No Cost other than to cover the funds associated with travel and per diem to and from the member's command if located outside of the San Diego area. Billeting and Messing are available.

5) Your SARP Health and Physical Evaluation Screening (SHAPES) form completed by the patient and your primary care provider. This evaluation must be completed within 30 days prior to the SARP treatment date. (1st section completed by patient and 2nd section completed by physician). Not having completed SHAPES PE form upon arrival will delay the check-in process. Completed SHAPES PE forms must be submitted via <https://safe.amrdec.army.mil> in advance.

6) Your command alcohol and drug representative must submit all required documents to SARP via <https://safe.amrdec.army.mil> prior to your arrival.

7) Your command MUST ensure your CAC card is active prior to arrival to treatment.

b. Upon reporting to SARP, you must have with you:

1) \$15.00 per day, access to ATM or credit card for food if member is receiving BAS. If the member is not receiving BAS, a meal card will be issued by the SARP Staff.

2) Your medical record.

3) A minimum one week supply of all prescribed medications.

Please contact us if you have any questions. (619) 553-0370 or email us at usn.nmcsd-sarpscheduling@mail.mil.

2. TRANSPORTATION ARRANGEMENTS.

a. Medical Evacuation (MEDEVAC). If you are traveling via MEDEVAC, rotary flight (military asset), you should expect to arrive at SARP on Saturday or Sunday. Traveling by MEDEVAC may take several days. Access to your luggage may be limited. Bringing a carry-on bag with a change of clothes and toiletries is recommended.

b. Commercial Air. Upon arriving in San Diego, contact Yellow Cab, cab company at (619) 444-4444. This cab company has been authorized to drive on Navy Region Southwest military installations. Any other cab company can drop you off at the front gate, but you will then need to walk 1.5 miles to SARP. If you have any questions or problems contact SARP Scheduling Office at (619) 553-0370, Monday through Friday (0630 - 1530) or, if after working hours, contact the Quarterdeck at (619)553-0084. All personnel traveling via commercial air must report with round-trip transportation. **SARP does not have an available driver for airport transport.**

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c. **Privately Owned Vehicles:** Residential patients are NOT authorized to drive to treatment or have privately owned vehicles on base.

3. **LOCATION.** The Point Loma Substance Abuse Rehabilitation Program (SARP) is located in Building 500 (Bishop Hall) on Naval Sub-Base Point Loma (NBPL), San Diego, California.

Mailing Address:

Substance Abuse Rehabilitation Program
Naval Submarine Base, Point Loma
140 Sylvester Road, Building 500
San Diego, CA 92106-4408

Note: *Building 500 is physically located on Rosecrans St. Quarterdeck Phone #: (619) 553-0084*

Directions:

To reach Building 500 from Interstate Highway 8 (West), exit at Rosecrans St. Continue south on Rosecrans St. through the NBPL Main Gate. Once through the gate, continue straight for approximately 1.5 miles, passing by the base Subway restaurant, through one Stop sign, until reaching the clinic on the left side of Rosecrans St., directly across the street from a Five-story parking garage and the Autoport gas station.

Note: *Use of GPS must be discontinued after entering NBPL main gate as the system will direct you to a different location.*

4. **MATERIALS.** SARP will supply bed linens, but all patients will need to bring the following:

- a. Towels, washcloths
- b. laundry detergent
- c. Alarm clock (**without radio/CD capability**)
- d. Three padlocks with keys or combo
- e. Two sets minimum of **military branch specific** PT gear
- f. If prescribed corrective lens/contact lens, one additional pair of eye glasses for back up.
- g. Appropriate civilian attire for attendance at self-help meetings in the civilian community.
- h. Small amount of cash to buy personal items. If you are receiving SEPRATS/COMRATS/SEARATS, please make sure you have enough cash to pay for your meals of approx \$15.00 a day.

5. **RESTRICTED MATERIALS.** The following items are prohibited and will be confiscated upon reporting:

- a. **No playing cards, card games, poker chips or other gambling items**
- b. **Electronic equipment (video games, TV's, DVD Players, laptop computers, tablets, speakers, stereos etc.)**
- c. **Electronic devices with internet, video and/or photography capability**

- d. Electronic Reading Devices (Kindles, iPads, etc)
- e. Cell or Smart Phones (e.g. iPhone, Blackberry, Android, etc.). All cell phones will be confiscated and secured until time of discharge.
- f. Any weapons or ammunition (guns, knives, etc.)
- g. Alcohol
- h. Illicit drugs and/or invalid prescriptions
- i. Any tobacco products
- j. Drug-related paraphernalia
- k. Clothing depicting drugs, alcohol or sexual content
- l. Pornography or any material depicting sexual or sexualized content
- m. Non-prescription medications to include cough syrup or any over the counter medications.
- n. Nutritional or herbal supplements
- o. Energy drinks of any kind to include energy flavored water enhancers (e.g. Mio Liquid Water Enhancer)
- p. Aerosols (e.g. hairspray, deodorant, air freshener etc.
- q. Cameras and/or video cameras
- r. Alarm clocks with CD/radio capability
- s. Cologne, aftershave or perfume
- t. Mouthwash containing alcohol
- u. Light/Rave gloves
- v. E-cigarettes
- w. Laser pointers

PLEASE NOTE: SARP staff is not responsible for loss or damage to electronic items, including cell phones. Patients assume all risk for personal electronics and other items included in Restricted Materials list.

6. **SEARCH.** In order to maintain a safe and constructive treatment environment, all bags and effects will be searched upon arrival and every time a patient enters the facility thereafter. Additionally, all patients will undergo, without advance notice, a Health and Safety Inspection, which will include a thorough inspection of personal effects. **Any unauthorized items will be confiscated and may result in treatment failure for not abiding to SARP policy regarding restricted materials.**

7. **BERTHING.** Patients scheduled at Point Loma are scheduled for Residential treatment. Patients in Residential treatment are required to berth at Building 500 for the duration of their treatment and will not receive liberty. Berthing consists of four-person bunk bed rooms, a lounge, and free

laundry facilities. **There is no place to secure valuables other than the lockers you will be provided.** Safeguarding of personal belongings is the responsibility of the owner. Therefore, bringing or purchasing valuables while you are in treatment is strongly discouraged. Personal belongings must be neatly stowed in the lockers provided. Irons and ironing boards are provided.

8. **MESSING.** While in treatment, patients are strongly encouraged to eat three meals a day in the base galley (Dolphin Inn). A meal pass will be issued to military personnel not currently receiving Separated, Commuted or Sea Rations (SEPRATS/COMRATS/SEARATS). Personnel issued a meal pass will not be charged for their meals. All other personnel (enlisted drawing SEPRATS/COMRATS/SEARATS and officers) will be required to pay for their meals (approximately \$15.00 a day). The Naval Sub-Base Point Loma Galley (Dolphin Inn) is located adjacent to our facility. Meal payments could be made in cash or credit card. ATM access is available.

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.**

c. Galley (Dolphin Inn) Meal Prices and Times. The following prices and times apply (prices are subject to change):

<u>Meal</u>	<u>Price</u>	<u>Monday thru Friday</u>	<u>Weekends and holidays</u>
Breakfast	\$2.55	0630-0730	0730-0830
Lunch	\$4.65	1100-1230	1100-1230
Dinner	\$4.65	1630-1800	1630-1730

9. **UNIFORMS REQUIREMENTS.** For all treatment programs, a clean uniform of the day and proper grooming standards are required. Active duty personnel must have a military issued complement of uniforms in their possession during TDY/TAD status to this facility (see below for specific requirements). **All personnel are required to have proper physical training attire in their possession (to include running shoes, shorts, and sweatshirt or t-shirt. The PT uniforms are to be military branch specific PT gear.)** The following uniform requirements are the minimum for patients in treatment:

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 and Sailors** serving with Marine components who are authorized to wear Marine Corps uniforms, all ranks are required to have two complete sets of serviceable Marine Corps Combat Utility Uniform (MCCUU) appropriate for the season. Service Bravo/Charlie uniforms are optional and not required.

1) Marines assigned to Point Loma will adhere to the same Marine Corps Combat Utility Uniform (MCCUU) regulations as the local Marine Corps installations. The seasonal uniform change will occur in synchronization with the change to, and from, daylight savings time (DST) in the United States. Any Sailor assigned to a Marine Corps command and authorized to wear

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the MCCUU will be required to observe these requirements as well.

a) Summer Season. Uniform of the day will be Desert MARPAT MCCUU with sleeves rolled up.

b) Winter Season. Uniform of the day will be Woodland MARPAT MCCUU with sleeves down.

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). Dress blues are optional.

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.*

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.*

10. **CIVILIAN ATTIRE AND GROOMING.** Personnel must have appropriate civilian clothes for attendance at off-site civilian self-help meetings after hours. Your participation in community self-help meetings necessitates that you bring appropriate, casual, civilian attire sufficient for the duration of your stay. Tank tops, cut-off shorts/shirts, or any clothing with reference to drugs, alcohol, tobacco, sex, profanity or violence will not be permitted. Additionally, military standards of grooming, courtesy and behavior are mandatory at all times. The wearing of earrings by active duty male personnel is prohibited at SARP. Tongue and body piercings are not authorized.

11. **ALCOHOL, TOBACCO AND MEDICATIONS.** The following restrictions apply:

a. Alcohol or drug use. The consumption of alcoholic beverages or use of any non-prescribed drugs and inhalants is strictly prohibited for all patients at SARP. Patients arriving at SARP can expect to submit to breathalyzers and toxicology screening at random and scheduled intervals throughout treatment. Any evidence of a patient using drugs (including non-prescribed prescription drugs) or drinking alcohol or having knowledge of these activities while in treatment will result in command notification and termination from the SARP program as a treatment failure.

b. Tobacco. SARP Point Loma is a nicotine-free environment. The possession of and use of tobacco products while in treatment is prohibited. The use of e-cigarettes is also prohibited. The only authorized nicotine products authorized will be issued by primary care. Tobacco cessation classes and medical support are available to all patients upon request. Quitting tobacco use will be strongly encouraged during your stay at SARP.

c. Prescription / Non-Prescription Medications. The SARP Medical Division must approve all prescription and non-prescription medications brought into the facility immediately upon check-in. **You must have at least a one week supply of any maintenance medication (i.e. medication for high blood pressure etc.) prescribed by your doctor. Narcotics, tramadol and**

benzodiazepines are not allowed at SARP (except under very exceptional circumstances and coordinated with our medical staff prior to arrival). Please talk to your medical provider about tapering off any opiates or benzodiazepines prior to arriving at SARP. Non-prescription medications, vitamins and other nutritional supplements not approved by the SARP Medical Division may be confiscated. SARP Medical Division will coordinate the prescription, acquisition and administration of any and all medications, vitamins and supplements throughout your stay at SARP. This process and its policies will be discussed in greater detail upon arrival.

12. **TELEPHONE AND INCOMING CALLS:**

a. Outgoing Calls. The use of government telephones for conducting personal business is prohibited. Pay phones are available for local and long-distance calls during the day and only as the schedule permits. Patients should consider purchasing a phone card to utilize these pay phones. Patients may not use phones located in any office without the presence of a staff member.

b. Incoming Calls. Callers may contact the SARP Quarterdeck, (619) 553-0084, and leave a message. Messages will be posted on the Quarterdeck. In accordance with policy under the Privacy Act, it is important to realize that your presence at this command will neither be confirmed or denied to callers due to patient confidentiality. Therefore, it is very important that you explain this policy to potential callers prior to their call. **Family members in need of emergency contact with a patient at SARP should contact the American Red Cross Armed Forces Emergency Services hotline at 1-800-696-3873.** If you anticipate a possible family emergency ensure your family members have been provided with this phone number, a point of contact at your parent command and our Quarterdeck number as listed at the beginning of this paragraph.

c. Cellular Phones. Cell phones are not allowed in treatment and will be confiscated upon arrival, locked in secured storage and returned to patient at time of discharge.

13. **EVENINGS AND WEEKENDS.** SARP has an evening and weekend staff component to provide continued treatment activities including small groups, workshops, recreational activities and staff accompanied out-in-town meetings.

14. **VISITORS.** Visitors are restricted to official command visits or immediate family members or a religious leader (i.e. Pastor, Rabbi, and Priest). Friends and roommates are not authorized. Command visits are highly encouraged and can be arranged by contacting the patient's Senior Counselor at 619-553-0370. Family members are allowed to visit in the patient's 4th and 5th weekend of treatment for 4 hours on a Saturday or 4 hours on Sunday (not both) (Week 3 and Week 4 patients, respectively). Visitors must be approved, in advance, by the patient's treatment team with an approved plan and associated request chit. **All visitors must check in at the Quarterdeck prior to and after any visitation.**

15. **MAIL.** Please do not have any packages mailed to SARP. Packages to patients will not be accepted. You may receive mail while in treatment at SARP. Allow 2 weeks to receive any mail. The mailing address is:

Your name
C/O SARP
140 Sylvester Road
Building 500
San Diego, CA 92106-4408

16. **LEGAL 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.

17. **ADVANCEMENT EXAMS.** Patients will not be released to take advancement exams except in extenuating circumstances. The parent command should utilize BUPERSINST 1430.16, Chapter 4, paragraph 401E and the appropriate NWAE NAVADMIN to support substitute exam ordering.

18. **POST TREATMENT / DISCHARGE COORDINATION.** SARP will communicate with each patient's parent command prior to discharge at the end of treatment, ensuring that the discharge date/time and post-treatment transportation arrangements are agreeable to the parent command. Unless the parent command dictates otherwise, local SARP patients should expect to be picked up by a command representative and returned directly to their command after discharge. SARP does not recommend leave immediately after treatment. SARP patients from out of the area will be required to provide their full travel itinerary to their Senior Counselor so arrangements can be made with the parent command to facilitate the itinerary. **Patients cannot be discharged without coordination with the parent command.** Parent commands should establish contact with SARP during treatment to assist in facilitating this process. SARP Scheduling can be contacted by phone at (619) 553-0370 and will connect the command with the appropriate SARP representative. Additionally, SARP will coordinate continued care with medical and mental health providers in the vicinity of your command. Please bring details of existing appointments and/or details about providers you have been seeing with you when you come to treatment.

Any questions or comments that you have should be addressed first with your Drug and Alcohol Program Advisor (DAPA - SACO or equivalent) or your physician. You can also contact the SARP Scheduling Office at (619) 553-0370 or Quarterdeck at (619) 553-0084.

WE LOOK FORWARD TO YOUR ARRIVAL!