

# **Substance Abuse Training for Supervisors**

The following template can be used to cover the requirements set forth in MCO 5300.17, chap 2, par 1c(2) and par 1d.



# Substance Abuse Training for Supervisors

# Terminal Learning Objectives

- State the Marine Corps policy on alcohol and drug abuse and dependence.
- Facilitate guided discussions on the risks associated with irresponsible drinking.
- State the importance of recreational activities as alternatives to alcohol and drug abuse.
- State the early warning signs and progressive nature of alcohol and drug abuse.
- State the supervisor's role in setting a positive example, preventing alcohol abuse, identification and referral of abusers and alcohol abuse or dependency recovery.
- Describe the Marine Corps policy on illegal drug use and urinalysis.
- To recognize that alcohol and drug abuse contributes to domestic abuse, financial difficulties, and sexual assault, and that alcohol and drug abuse is a mechanism used to cope with Combat Operational Stress.

# Substance Abuse Policy

- The current Substance Abuse Policy states that the Marine Corps is required to identify, counsel, or treat Marines identified as alcohol or drug abusers or alcohol or drug dependent.
- Under no circumstances will a substance abuse treatment program established under the authority be degrading or employed which acts to segregate or degrade the individual Marine.

# Substance Abuse Policy cont.'

- **ALL** substance abuse incidents, the Marine is assessed, counseled and if warranted disciplined under the UCMJ and referred to the nearest SACC, or other service equivalent for screening in a timely manner.

# Substance Abuse Incidents

- What is a Substance Abuse Incident?
  - Any incident involving.....
  - Reporting of onboard alcohol and or drug abuse problems will be treated like other reports of serious manpower or equipment casualties. The mere fact of reporting incidents will not reflect adversely upon the reporting officer's professional abilities.

# Guided Discussions



# What is MOST important to me?

- Career
- Rank
- Good Health
- Family
- Self-Respect
- Loving and being loved
- Freedom
- Partying
- Good Friends
- Religion
- Making my own decisions



# Risk Related to Quantity and Frequency of Drinking

- Low risk does not mean “no risk” it means less chance of harm or danger
- Risk for health problems begin at 3 standard drinks in a day
- Risk for impairment problems begin with more than 1 drink in an hour
- 70% of all drinkers drink only 10% of the alcohol consumed in the US.
- Anyone can develop alcoholism or a drug addiction. However, those with a family history a high tolerance or unusual pleasure response have an increased risk
- Once I begin making high-risk choices, how much and how often I use becomes the most powerful predictor of what happens to me.

# Guided Discussions

- Risks associated with irresponsible drinking
  - Drinking Contest/Games
  - Drinking & Driving
  - “Pre-Flight”
  - Drinking at inappropriate times
  - Drinking to get drunk
  - Use of alcohol with medications
  - Reporting to work intoxicated or hung-over

Beer



12 oz  
5% alcohol



Wine



5 oz  
12% alcohol



Liquor



1.5 oz  
80 proof alcohol

**1** Standard Drink is 0.6 fluid oz. of 100% alcohol.

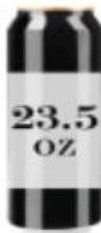
## Equivalency

7% alcohol



4.5 drinks

12% alcohol



4.7 drinks

12 oz. Beer\*

8 oz. Malt  
Liquor\*

5 oz. Wine\*

1 oz. 100 proof  
Liquor\*



\*Lines indicate approximate measurements on a 16 oz cup

# Impacts of High Risk Drinking on the Mission

- Combat Readiness.
- Unit Effectiveness.
- Individual Productivity.
- Takes you away from your job.



# Alternative Activities

- Dispel the misconception that hard drinking makes you a hard Marine.
- Ensure that your Marines understand consumption of alcohol is **NOT** essential to being a Marine.
- No activities that encourage drinking.
- Alcohol abuse constitutes unacceptable behavior.
- The goal is, drinking responsible.

# Alternative Activities cont.'

- Pursue and develop cooperative efforts between military and civilian prevention programs.
- Encourage your Marines to engage in non-drinking events during off-duty hours, i.e., tutoring, mentoring, coaching sports, involvement in youth programs, and volunteer fire and rescue service.

# Early Warning Signs of Alcohol Abuse

- Neglecting responsibilities at work or home.
- Alcohol in dangerous situations.
- Repeated legal problems because of drinking.
- Alcohol use is interfering with relationships.
- Using alcohol to relax or de-stress.
- Needing more alcohol to feel the same effects.
- Showing up to formations or meetings wreaking of alcohol.

# Self Reflection

## YES or NO

- Feeling good and having fun by using alcohol is an important part of my life
- I think to myself 'I need to cut down on my drinking'
- When something good or bad happens to me, I usually want to drink or use
- I would feel like I lost something important if I never got to drink again
- I have integrated alcohol into my life, its like a hobby for me.
- Alcohol help me function at my best.
- For me games concerts or other events are opportunities to drink
- I only find parties interesting if there is alcohol there
- If people express concern about my alcohol choices, I feel defensive or actively defend the choices
- To avoid future problems I changed something in my lifestyle to protect my use instead of changing my alcohol use



# Self Reflection

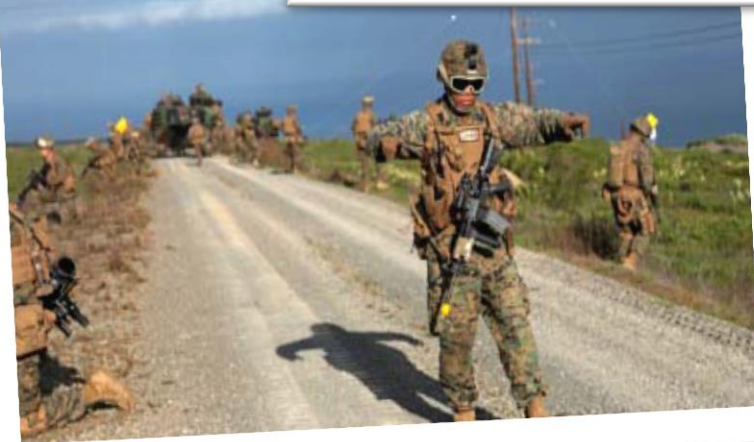
## YES or NO

- I have tried to cut back on my drinking but could not always do it
- Sometimes when I start drinking it is like something inside me takes over and I end up using more than I wanted to
- I sometimes have such an overwhelming desire to drink that I cant think of anything else of a time or until I drink
- I sometimes have an irresistible urge to continue drinking once I start
- I sometimes drink at times and places I know it could cause me problems
- I do not think it is possible for me to drink just a little

# Early Warning Signs of Drug Abuse

- Bloodshot eyes, pupils larger or smaller than usual.
- Deterioration of physical appearance or grooming.
- Work performance.
- Unexplained financial problems.
- Lack of motivation; appears “spaced out”.
- Appears fearful, anxious or paranoid.

# Supervisor's Role



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- Set a positive example, “Ductus Exemplo”.
- Create a positive environment.
- Explain up front what is expected.
- ID and refer abusers and alcohol abuse or dependency recovery to the nearest SACC.
- If warranted discipline **ALL** offenders under the UCMJ by consulting with the Command Staff Judge Advocate.

# Supervisor's Role

- Recognize that alcohol and drug abuse contributes to many of the “**BOOM**” incidents.
- Suicides
- Sexual Assault
- Domestic abuse
- ARIs/DUIs
- Financial difficulties
- Etc., etc.



# Marine Corps Policy on Illegal Drugs



# Marine Corps Policy on Illegal Drugs

- MCO 5300.17 (Marine Corps Substance Abuse Program) states:
- Possession, use, trafficking or distribution of illegal drugs or drug paraphernalia is contrary to the effective performance of Marines and to the Marine Corps mission, and **WILL NOT BE TOLERATED.**
- The wrongful use, possession, manufacture, distribution, or introduction onto a military installation, vessel, vehicles, or aircraft used by or under control of the armed forces by any person, of natural substances (e.g. fungi), chemicals (e.g. chemicals wrongfully used as inhalants), propellants, or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement, or stupefaction of their own central nervous system, or that of another, is prohibited.

# Marine Corps Policy on Urinalysis

- MCO 5300.17 states:
- **ALL** Marines are screened annually, regardless of rank, for the presence of drugs. Additionally, unit commanders will direct the SACO to test at least ten percent of their population monthly.





# Bottom Line is the Mission

- Substance Abuse hinders us from being America's expeditionary force in readiness.

