

## SARP Information Sheet

### Who

- Active duty ONLY
- 3 floors and no elevator so must be ambulatory
- Dual Diagnosis accepted, however must be cleared from current active SI/HI/delusions

### Substance-Related and Addictive Disorders

- DSM-5
- 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
- Mild/Moderate/Severe – pick one, do not combine (i.e. mild to moderate)

### IMPACT (Level .5)

- 3 day (20 hour) psychoeducational course
- Early intervention or prevention
- Teaches responsible use
- Generally for no diagnosis
- Located in Portsmouth, Oceana, and Little Creek

### Level 1

- 2 week outpatient program (Monday-Friday) + an intake day
- Teaches responsible use
- Mild alcohol diagnosis or no dx with DUI (if PT chooses Level 1, otherwise no dx is IMPACT)
- Some psychoeducation some process group
- Located in Portsmouth, Oceana, and Little Creek

### Level 2

- 3.5 weeks (Monday-Friday) + an intake day
- Abstinence based
- Moderate substance abuse disorders with safe/sober/supportive home environment and has reliable transportation
- Located at NMCP SARP building
- Appropriate for PT who is local, can sustain abstinence, has good support system, transportation and does not live on a ship

### Level 3

- 35-day (5 week) residential program
- Abstinence based
- Moderate to severe substance use disorders
- Located at NMCP SARP building
- 76 bed facility (officially 72)
- Appropriate for PT who is not local, unlikely to be able to sustain abstinence throughout treatment, rocky home support due to use that may impact treatment, no transportation and/or lives on ship

#### Aftercare Plans

- Continuing care
  - 2 hour group once weekly for one year
- Meetings with DAPA
- AA/NA meetings
- Participation in Navy MORE
- Referrals to other healthcare providers
- Aftercare plans are up to the command. SARP makes recommendations, but a command can decide to alter or discontinue the aftercare requirements

#### Determining Level of Care

- History
  - Previous SA treatment
  - ARIs
- Diagnosis
  - Drug vs. Alcohol
  - Mild vs. Moderate or Severe
- ASAM criteria
- If previous treatment then go up at least one level (general rule)
- If multiple ARIs consider a higher level of treatment. If DUI/DWI generally looking at Level 1 due to seriousness of the offence and likelihood that it's not a first time offender
- Drugs only go to level 2/3 because IMPACT/Level 1 are "responsible use" based
- Mild=Level 1, Moderate/Severe=Level 2 or 3
- ASAM: Risk of withdrawal or acute intoxication, Biological/Medical factors, Emotional/Cognitive/Behavioral factors, Readiness for Change, Risk of Relapse, Supportive/Unsupportive recovery environment

#### Referrals within NMCP

- Can be done via AHLTA or Internal Referral Form found on SharePoint
- AHLTA note must contain rationale for DX and justification for recommendation of LOC
- If a provider does not have the time to complete an assessment, a referral can be submitted requesting SARP complete the evaluation and determine LOC

#### Referrals from outside NMCP

- Require completed DAPA Package emailed to USN NSA HR NAVHOSP PORS VA List NMCP-SARPAdmissions [usn.hampton-roads.navhospporsva.list.nmcp-sarpadmissions@mail.mil](mailto:usn.hampton-roads.navhospporsva.list.nmcp-sarpadmissions@mail.mil)

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