

SARP PORTSMOUTH Level 2 - Things to Know

Welcome aboard. The Substance Abuse Rehabilitation Program (SARP) of Naval Medical Center Portsmouth is a multidisciplinary treatment facility staffed by active duty and civilian personnel. SARP provides Substance Use Disorder education and treatment to active duty service members. For over 40 years SARP has contributed to the success of countless men and women by providing tools to help maintain sobriety. We hope the information in this packet will answer many of your questions.

SARP Portsmouth Level 2 is an abstinence-based program for patients who have been diagnosed with Moderate to Severe Substance Use Disorders. The typical length of this program is about four weeks meeting Monday through Friday (18 work days), but may be extended based on individual needs and progress.

DRESS CODE POLICY

Military Bearing

Active Duty personnel will adhere to military grooming standards, regardless of whether in uniform or not, for the entire duration of their treatment at SARP. All lawful orders from staff members and persons of authority will be obeyed promptly, with respect, and without objection or question. The positional authority of SARP staff is both acknowledged and supported as falling under UCMJ guidelines. Further emphasis is added to these rules to remind patients that any observed behavior categorized as harassment or hazing will be reported to NMCP Legal for initiation of UCMJ charges as appropriate and will likely result in termination from treatment and/or legal action.

Civilian Dress Code/Uniforms

Patients may wear appropriate civilian attire during treatment. These are required for all normally scheduled activities during the treatment day.

Appropriate civilian attire is defined as:

Collared shirts and casual dress slacks for men

Blouses, slacks, skirts, or dresses for women

(Skirts and dresses must measure no shorter than one inch above the top of the knee, and shirts must not be sheer, low cut or show the midriff.)

Jeans are allowed as appropriate civilian attire but must not have holes or significant fading.

V-neck tops may be worn, however, the bottom of the "V" may not exceed 1 inch below the collar bone without a standard collared top underneath (either t-shirt or collared shirt).

Leggings/yoga pants, shorts, T-shirts (including uniform component t-shirts: NWU, ACU, ABU, MCCUU), jumpsuits, halter tops, hoodies and tank tops are not authorized attire.

Hats/other items considered as headgear are not authorized.

Flip flops or sandals without a heel strap are not authorized.

UNAUTHORIZED ITEMS

Certain prescription medications (controlled substances, medications containing caffeine, etc.) as well as OTC medications to include Cough syrup Please ensure medications have been authorized for use at SARP.*	Supplements (protein, pre workout)* These will be thrown away if they are brought.
Products containing alcohol (including mouthwash, cologne & perfumes, etc.)	Alcohol or drug paraphernalia*
Weapons (including pocket knives)	Inappropriate civilian attire (leggings/yoga pants, clothing depicting drugs or alcohol and tank tops are not authorized)
Sexually explicit material*	

No electronic devices of any kind are allowed to be used during the treatment day. Patients are required to leave all electronic devices in their vehicles, in a SARP locker (which will be provided), or with their counselor upon arrival for the treatment day.

Please note that lockers require the use of a personal lock to secure them. If you intend to use a locker bring your own lock the first day of treatment.

Unauthorized items found in the patient's possession will be confiscated by staff members and will be returned at the conclusion of the treatment day.

*Items listed in the above chart with * will not be returned and will be disposed of properly.

Any confiscated items that are illegal will not be returned, and your Command representative will be notified.

Tobacco/Vapes (and tobacco products)

Federal Law prohibits all tobacco use, including smokeless tobacco, in any government building. Those caught doing so shall immediately be discharged from treatment. SARP Policy prohibits the use of any tobacco/vape products while actively involved in substance abuse treatment to include while riding/sitting in vehicles.

Patients who are believed to be using tobacco in any form (including vape devices) outside a federal building will be held accountable by their treatment team and may be discharged as non-amenable to treatment

Vaporizers commonly called "vapes" will NOT be allowed and the instruments will be confiscated at the beginning of treatment. If a patient is found in possession of a vaporizer, staff will initiate the SARP policy for contraband. Contraband policy also includes all tobacco products. Patients will **NOT** be authorized tobacco/vape use at offsite 12-Step meetings.

A plan to quit use of tobacco/nicotine products will be included as part of the treatment plan. Patients interested in nicotine replacement should contact their medical provider prior to starting Level II treatment at SARP Portsmouth.

CHECK-IN

Your first day begins at 0700 on Friday. You will check in at Patient Affairs on the first floor.

If TAD orders were not sent ahead by your Command DAPA, they will be turned in at this time. TAD orders are required to attend treatment.

Additionally, you will be screened by the medical department, which consists of a breathalyzer, obtaining vital signs, providing a urine sample, and a brief interview with medical staff.

As part of the admission evaluation, corroborative information from spouse, significant other, parent or command representative (E-7 or above) concerning your past 3-5 days drinking or drug usage will be required. Following the medical assessment, you will begin the orientation process where you will be provided with a written copy of SARP's Patient Rules and Regulations.

MEALS

Lunch is typically from 1130 – 1245. Patients may bring their own lunch or may feel free to dine at the NMCP galley or food court, which is a 10 minute walk from the SARP building. You are responsible for purchasing all meals. It is recommended you bring cash or an ATM card. Credit card machines at the galley are often down and accept cash only. There are Navy Federal ATMs in the main hospital.

RECEIVING MESSAGES

Telephone messages will be accepted through the Patient Affairs Office at either 757-953-9816/9817/9723 during normal business hours. Please note that due to privacy issues, our staff cannot acknowledge a patient's presence at SARP. However, we will take and immediately deliver your messages.

VISITATION POLICY

Command representatives may visit M-F 1130-1245.

Command visits are to be scheduled prior to arrival. The Patient Affairs Office can be contacted at either 757-953-9816/9817/9723 to be connected to the patient's counselor to schedule a command visit.