

SARP PORTSMOUTH Level 2.5 - 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 2.5 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 30 days but may be extended based on individual needs and progress. Check-in is on Tuesdays at 0700. The course of treatment is five days a week, 0745-1600 (M-F).

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 attire is defined as clean, neat and orderly appearance. Patient's dress and appearance should not draw undue attention, nor should appearance detract from the therapeutic environment. Any items of apparel or accessories that are disruptive to the therapeutic environment are strictly prohibited. Items that suggest, advertise, or promote illegal or disruptive activities or situations are not allowed. Examples include but not limited to the following categories: prejudice/discrimination, tobacco, prescribed drugs, sexual content, violence, self-harm or suicide, drugs, alcohol, extremist ideologies and gangs.
- Jeans are allowed as appropriate attire but should not have holes or significant fading due to wear.
- 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).
- Attire should not reveal undergarments. Tank tops, halter tops, leggings/yoga pants, undershirts worn as outerwear, and shorts or skirts that extend less than an inch above the knees are not appropriate attire.
- Hats/other items considered as headgear are not authorized.
- Flip flops or sandals without a heel strap are not authorized.

Exceptions to the dress code include:

1. Physical Training, when personal workout clothes are approved for all patients.

UNAUTHORIZED ITEMS

Certain prescription medications (controlled substances, medications containing caffeine, etc.) as well as OTC medications to include Cough syrup All medications must be approved by the SARP Medical Provider while enrolled in the program.*	Supplements (protein, pre workout)* must be approved by SARP Medical.
Products containing alcohol (including mouthwash, cologne & perfumes, etc.)	Alcohol or drug paraphernalia*
Weapons (including pocket knives)	Inappropriate civilian attire (plain undershirts worn as outer shirt, clothing depicting drugs or alcohol and tank tops are not authorized).
Sexually explicit material*	

Cell phones will be collected by treatment team upon arrival and returned at the end of the treatment day. Use of any other electronic devices must have the approval of the treatment team.

Lockers will be made available to secure personal items (PT gear, shoes, backpacks, etc.). You will be responsible to provide your own lock.

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 be evaluated and may potentially be discarded.

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.

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 Tuesday. You will arrive with an escort E-7 or above and wait to be greeted by medical staff, Room 111, 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.

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 5 minute walk from the SARP building. You are responsible for purchasing all meals. It is recommended you bring cash or an ATM card. There are Navy Federal ATMs in the main hospital.

RECEIVING MESSAGES

Telephone messages will be accepted through the Patient Affairs Office at either 757-953-9982/9985/9817 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.