

## Level 3 - 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 3 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 five weeks, but may be extended based on individual needs and progress.

### **WHAT TO BRING**

The following tables outline what items you need to bring and what is prohibited. Failure to bring some of these items could delay your admission. You will have a locker that is 76" high, 36" wide, and 24" deep. The locker is split in half - one side open storage for hanging items, and the other side has four shelves. You are welcome to bring your own pillow and warm blanket for your bed.

**\*\*\* LEVEL III patients are not authorized to drive and/or leave POV on base while in treatment. \*\*\*\***

<b>REQUIRED DOCUMENTS</b>
TAD Orders approx. 35 days/5 weeks
Current LES
Flight Itinerary (overseas only)
<b>CLOTHING</b>
See civilian clothes parameters listed below – free laundry is available on site
1-2 sets of military attire - Dress Uniforms are not required
<b>HEALTH and COMFORT ITEMS</b>
Money for Meals and other personal items Recommend bringing cash or an ATM card. Credit card machines at the galley are often down and accept cash only. Donation baskets are passed around at AA meetings for anyone who would like to contribute.
Prescription Medications for 35 days ***Please make sure prescriptions are cleared by medical provider before coming to SARP. Some medications are not authorized (controlled substances)***
Blankets/ Sheets/Pillow Racks are twin sized if you desire to bring your own linen otherwise linen will be provided at check-in.
Towel and washcloths
Coffee Cup with Lid / Water Bottle (Optional)
Alarm Clock (non-radio)
Soap/shampoo/conditioner/toiletries (please note unauthorized items below)
Laundry Detergent
Shaving Items
Swimsuit/swim trunks for PT use only (one piece for females)
Shower Shoes

Mesh Laundry Bag
Padlocks (recommend 2)
Envelopes and Notebook (Optional)
Pens (Optional)
Watch cap, gloves, umbrella, rain jacket, etc. (cold weather)
Hangers for dress cloths
MP3 players
Phone card if you are calling somewhere outside the US. All calls within the US (including Alaska and Hawaii) are free.

## **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 stay 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, command and personal visits, group therapy, workshops, etc.

Appropriate civilian attire is defined as:

Collared shirts and casual dress slacks for men

Blouses, slacks, skirts, or dresses for women

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

Leggings/yoga pants, T-shirts, hoodies and Tank Tops are not authorized attire.

Hats/other items considered as headgear are not authorized.

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).

The wearing of jeans with holes or significant fading, uniform component t-shirts (NWU, ACU, ABU, MCCUU), tank tops, jumpsuits, halter-tops, or shorts are not appropriate attire. T-shirts may be worn during liberty, but may not have any provocative or suggestive writing or logos. Additionally, female 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. Shorts are authorized seasonal wear for liberty only and must be no shorter than one inch above mid-thigh; flip flops or sandals without a heel strap are not authorized as liberty attire. Flip Flops are only authorized when transiting to and from the bathroom in the berthing, same floor area.

Exceptions to the dress code include:

1. Physical Training – MWR facility approved personal workout clothes
2. During In-House Meetings, all personnel may wear appropriate casual attire
3. Off-site activities, including 12-Step Meetings, all personnel may wear appropriate casual attire. The treatment team may request or authorize military uniforms for therapeutic reasons at any time for active duty patients.

**\*\*\*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.
Alcohol & products containing alcohol (including mouthwash, cologne & perfumes, etc.)	Alcohol or drug paraphernalia*
Personal hygiene items containing alcohol, All aerosol cans (hairspray, deodorant, body spray, air freshener, starch cans, etc.) Liquid bleach	Inappropriate civilian attire (leggings/yoga pants, clothing depicting drugs or alcohol and tank tops are not authorized)
Sexually explicit material*	Food*
Weapons (including pocket knives)	Radios, tape/CD/iPod/DVD players, TV's, computers, cell phones, pagers, DVD's or flash drives with movies stored and video games

**No electronic devices of any kind are allowed to be used during the treatment day. Nor will you be authorized to purchase any electronic devices while in treatment. Limited use of MP3 players without internet capability is authorized during designated PT time.**

**Level III patients will not have access to their cell phones and are encouraged to write down any important information stored on their phone they may need during treatment**

**Level II patients are required to leave all electronic devices in their vehicles or with their counselor upon arrival for the treatment day.**

Unauthorized items found in the patient's possession will be confiscated by staff members and will not be returned until you are released from treatment.

\*These items will not be returned and will be properly disposed

**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.

Nicotine ITPs (Individual Treatment Plan) will be included as part of the treatment plan. Nicotine replacement/cessation program will be available in SARP’s Medical Department for those requiring assistance, however patients interested in nicotine replacement should contact their medical provider prior to admission to SARP Portsmouth as the process to acquire these items may take 2-3 days.

### **CHECK-IN**

ALL Active duty personnel entering the program must be escorted by the DAPA or E7 or above. If you are coming from overseas a flight itinerary needs to be sent in advance to SARP. Personnel coming from overseas are not exempt from requiring an escort unless pre-approved by SARP Medical. Arrangements for transportation to and from SARP is the responsibility of the command for the personnel entering treatment. SARP does not have the ability to provide transportation to and from commands/airport.

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

At this time, you will turn in your orders, LES, medications, vitamins, and tobacco patches.

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 (unless you are arriving MEDEVAC or being directly admitted from a medical treatment facility). 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**

Everyone enrolled in Level 3 will 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 galley are often down and accept cash only. There are Navy Federal ATMS in the main hospital.

Galley Hours:

0600 – 0800: Breakfast

1100 – 1300: Lunch

1630 – 1730: Dinner

Average cost per day - \$14.00

**RECEIVING MAIL AND MESSAGES**

The mailing address at SARP is:

Your Name/Group #

NMCP/SARP

620 John Paul Jones Circle

Portsmouth, VA 23708

Telephone messages will be accepted through the Patient Affairs Office at either 757-953-9816/9817/9723 during normal business hours. After hours and weekends, messages will be accepted at (757) 953-9981. 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 visits- M-F 1130-1245

Command visits are to be scheduled prior to arrival. You may contact the Patient Affairs Office at either 757-953-9816/9817/9723 to be connected to the patient's treatment team to schedule your command visit.

Normal visiting hours are:

Saturday/Sunday- 1230-1745

Anyone may visit during weekend and holiday visiting hours and all visitors must check in at the DDO Desk upon arrival to SARP. The visitation policy will be covered in greater detail during your Welcome Aboard Indoctrination on your first day at SARP.