

UNITED STATES MARINE CORPS
Marine Corps University
Corporals Noncommissioned Officers Program

CPL 0208
Jan 99

STUDENT HANDOUT

Substance Abuse

LEARNING OBJECTIVE:

- a. TERMINAL LEARNING OBJECTIVE: Given a scenario, and with the aid of and in accordance with the references, recognize physical and behavioral indicators of substance abuse. (CPL 24.3)

- b. ENABLING LEARNING OBJECTIVES (CE): Given a scenario, without the aid of, but in accordance with the references identify:
 - (1) Definitions of key terms. (CPL 24.3a)
 - (2) Marine Corps policy on substance abuse. (CPL 24.3b)
 - (3) Marine Corps objective concerning substance abuse. (CPL 24.3c)
 - (4) Phases of the Marine Corps Substance Abuse Program. (CPL 24.3d)
 - (5) Elements of the Marine Corps Substance Abuse Program. (CPL 24.3e)

OUTLINE

1. DEFINITIONS:

- a. Substance Abuse: This is the misuse or wrong use of a legal or illegal substance such as drugs or alcohol.

- b. Alcohol Abuse: This is any use of alcohol that does any of the following:
 - * Adversely affects individual performance.
 - * Debilitates physical or mental health.
 - * Interferes with financial responsibilities.
 - * Deteriorates personal relationships.
 - * Leads to the violation of military regulations or civil laws.
 - * Contributes to disorderly conduct.

- c. Alcohol Dependency: This is a medically recognized disease that has the following characteristics:

- * It is manifested by the continued abusive use of alcohol.
- * It is characterized by the development of psychological and/or physical dependence.
- * It has recognizable symptoms and predictable behavior.
- * It is a progressive disease that, if left untreated, may be life threatening.

d. Drug Abuse: This is the illegal, wrongful, or improper use of any narcotic substance, marijuana, or dangerous drug, or the illegal or wrongful possession, transfer or sale of the same. It includes the use of prescriptions in a manner not intended by the physician or by someone other than the person it was intended for. It also includes the misuse of over-the-counter drugs and chemicals, including those which are not intended as inhalants.

e. Substance Abuse-Related Events: Marines with a substance abuse-related problem can be brought to the command's attention through situations that are called events. These events should result in referral of the Marine to the local Substance Abuse Control Center (SACC). The outcome of the SACC evaluation of the event will be used for counseling and assistance of the Marine to resolve the reasons causing the event. These events can include the following:

- * A recurrent event resulting in failure to fulfill a role such as obligations at work, school, or home, such as absence, neglect/abuse of children/ spouse, or poor performance.
- * Recurrent involvement in situations that create a physical hazard to themselves and others, such as operating machinery or motor vehicles in an unsafe manner.
- * Recurrent legal problems, such as indebtedness.
- * Persistent or recurrent social or interpersonal problems.
- * A recurrent problem of excessive drinking on off-duty hours.

f. Substance Abuse-Related Incidents: A substance abuse-related event that results in a violation of the UCMJ, will be considered a substance abuse-related incident. These incidents are separated into alcohol and drug use incidents.

(1) Alcohol-Related Incident: This occurs when, in the commander's judgment, the ingestion of alcohol was a contributing factor to an event that resulted in a violation of the UCMJ.

(2) Drug-Related Incident: A drug-related incident of drug use or wrongful use of a substance occurs when, in the commander's judgment, the preponderance of the evidence establishes that the Marine used, abused, possessed, manufactured, or trafficked a controlled substance, chemicals, or a prescribed or over-the-counter drug or pharmaceutical compound.

2. MARINE CORPS POLICY: Substance abuse is contrary to the effective performance of Marines and to the Marine Corps mission, and will not be tolerated. In particular, the Marine Corps will not tolerate the possession, use, sale, or distribution of illegal drugs and believes a drug free environment is essential to mission accomplishment. Accordingly, all Marines, regardless of rank, determined as having used or possessed illegal drugs will be processed for administrative separation for misconduct. No one is accepted in the Marine Corps who has an alcohol need. This policy is established to eliminate illegal drug use in the Marine Corps.

3. MARINE CORPS OBJECTIVE: The Marine Corps objective is to eliminate substance abuse in the Marine Corps by influencing positive behavioral changes before disciplinary or adverse administrative action becomes necessary. This requires a total leadership commitment of all leaders to combat the constant debilitating threat posed by substance abuse to both Marines and mission accomplishment. We can accomplish this goal by doing the following:

- * Being alert to symptoms of the disease of alcohol dependency.
- * Concentrating on the early identification of alcohol involvement.
- * Motivating our Marines to consume alcohol responsibly.
- * When appropriate, provide treatment/rehabilitation.

4. PHASES OF THE SUBSTANCE ABUSE PROGRAM: The Marine Corps Substance Abuse Program is divided into two phases which are designed to help us reach our goal of eradicating this problem in our Corps.

a. Proactive Phase: This consists of the measures taken by a commander to preclude substance abuse. It addresses the promotion of a drug-free environment, education, prevention, and deterrent measures.

b. Reactive Phase: This occurs after an event or incident of substance abuse. Inclusive in this phase are identification, early intervention, discipline (if appropriate), treatment/rehabilitation, and return to full duty or separation. Identification of a substance abuse event or incident should lead the commander to respond by taking action. The appropriate action will depend on the event or incident and the degree of the Marine's involvement.

5. ELEMENTS WITHIN THE TWO PHASES OF THE SUBSTANCE ABUSE PROGRAM:

a. Elements of the Proactive Phase: There are four elements within the proactive phase: the promotion of a drug-free environment, education, prevention, and deterrent measures. These elements will be discussed in detail below:

(1) Drug-Free Environment: In the light of the current influence that drug use has on society, there is an overwhelming responsibility for leader to set and instill standards that promote a drug-free environment. Some of the ways that we can encourage this are:

(a) Change Existing Attitudes: Change existing attitudes about drugs and the misuse of alcohol. Your Marines have come from a wide variety of backgrounds. Many of them have lived in environments where drug trafficking, drug use, and the misuse of alcohol were a part of everyday life. We must instill in them the belief that the use of drugs and the misuse of alcohol is harmful not only to them, but also to the team effort that we as Marines enjoy. An essential step in achieving our objective is to change the attitude of Marines toward these issues. Leaders are responsible for setting the example of conduct and for ensuring that all Marines are aware of the sincerity of the Marine Corps' commitment toward preventing substance abuse and related substandard performance and misconduct, regardless of grade or length of service of the Marine. It must be understood that alcohol abuse manifest behavior that often leads to the disease of

alcohol dependency. All Marines must recognize the adverse impact of irresponsible drinking and drug abuse on themselves, their fellow Marines, their families, and their organization. In short, leaders must reinforce the policy that alcohol abuse and drug use are not tolerated and that Marines who do such things are to be held accountable for their actions.

(b) Develop Peer Pressure: Developing peer pressure amongst your Marines by building a “tight unit” will encourage Marines to avoid substance abuse -- looking out for one another. This will also prevent outsiders, or newly joined Marines, with substance abuse habits from introducing these habits into your unit. Part of this can be done by creating a positive atmosphere. While alcohol is legal, readily available, and commonly used at social gatherings, military leaders must create a positive atmosphere which will allow control of alcohol abuse. Prohibition of legal consumption of alcohol; however, is not an option that commanders can realistically use to prevent alcohol abuse, except in certain situations such as for personnel on duty or embarked on ships of the Navy.

(c) Quality of Life: As leaders, we must also be concerned about the quality of life that is available to Marines. This is particularly true during overseas deployments where Marines are without transportation, family, or the opportunity to pursue their normal interests. Leaders should encourage unit camaraderie by scheduling activities after normal working hours and on weekends to break up the monotony of deployment life and offer an alternative to the temptations of drugs as an escape.

(2) Education: In order to make responsible decisions, leaders must possess knowledge and be thoroughly familiar with the Marine Corps policies concerning drug abuse. Additionally, leaders must be aware of their role in ensuring that all Marines in their command are properly educated. An aggressive education program must be pursued at the lowest level to ensure that all Marines are kept informed of the physical dangers and serious consequences they will face due to illegal drug use in the Marine Corps. This effort must encompass all leadership ranks from NCO up. The primary purpose of the substance abuse education program is to provide objective and factual information to Marines that will bring about a modification and/or strengthening of individual attitudes to conform with expected Marine Corps behavior. An effective training program may cause Marines in need of treatment to request screening and treatment voluntarily. These Marines will be assisted without prejudice in overcoming their substance abuse problem.

(a) Where: The substance abuse education program is accomplished at the following locations:

- * Initial Substance Abuse Orientation (recruit training and Officer Candidate School).
- * Unit Sustainment Training.
- * Marine Corps Schools.
- * Overseas Substance Abuse Awareness Orientation.

(b) What: The following information should be provided during the education program:

1. Inherent Health Risks: By educating Marines about the inherent health risks, as well as the serious consequences that can result if they are caught, we can help them make more informed decisions concerning the use of illegal drugs.

2. Unit Performance Risks: The education process is and must be continuous, both to ensure that new members are fully educated, and to reemphasize to present members the importance of not allowing drugs to affect unit performance and overall safety.

3. Civil Punishments: The consequences for use of illegal drugs vary from state to state. Possession amounts in one state may equal distribution amounts in another. The same holds true for foreign countries. Since we can expect to deploy as Marines, we must inform our subordinates of each country's law regarding possession and use of illegal drugs. Laws in Okinawa, for example, are extremely severe, and Marines caught using or distributing drugs are subject to imprisonment in Japanese prisons. This can result in a lengthy trial process and relatively long sentence where the Marine is forced to live without benefit of usual American democratic rights or English speaking prison-mates. It is in the best interest of the Marine that he is briefed before, and upon arrival in Okinawa, about the harsh punishments above and beyond those that the Marine Corps can impose.

(3) Prevention:

(a) Alcohol Abuse Prevention: The control exercised over local command policies by the commander concerning the base club and exchange operations, social gatherings, and command recreational activities can be the most effective method of implementing a proactive program. The consumption of alcohol is not essential to the development of unit cohesion and Marine Corps pride. Camaraderie can and should be developed through team work and play in more appropriate activities. All activities that encourage Marines to drink alcoholic beverages should be avoided. Parties or social functions where alcohol is the only beverage available are prohibited. Commanders should institute policies which support responsible consumption of alcohol. These include, but are not limited to ensuring the following:

- * Activities are not emphasized which offer alcoholic beverages at reduced prices.
- * Suitable nonalcoholic beverages are readily available at all social functions.
- * Food is available whenever alcoholic beverages are served.
- * Drinking contests and other games which encourage irresponsible drinking are not allowed.
- * Alcoholic beverages are not offered as a prize.
- * Alcohol is not included in the "pro-rated" cost of command-sponsored functions.
- * Alcoholic beverages are not sold/served to Marines who fail to meet local country, state, or county minimum age requirements for purchase/consumption of alcohol, except as otherwise authorized.

- * Military club and exchange operations will reflect policies designed to deter alcohol abuse without infringing on the privilege of responsible alcohol consumption.

(b) Drug Abuse Prevention: Prevention education on illegal drug use should be part of the training for Marines providing information to clarify personal values, health effects of substance abuse, improvement of problem solving and decision making skills, and understanding alternative lifestyle choices from drug abuse. Prevention education must be credible and interesting, deal with relevant issues, have a practical value to the Marine, and be presented in an unbiased and open manner. Commanders will ensure continuous preventive drug abuse education to all Marines. The following considerations will be used in the establishment of this requirement:

- * Preventive drug education and training will be part of the command's Professional Military Education (PME) program.
- * The subject of illegal drug use will be scheduled for discussion as often as required to meet the needs of the organization.
- * Military supervisors are to receive preventive substance abuse education at least annually.

(4) Deterrent Measures: These measures must be legal, cost effective, reasonable, and applied irrespective of grade. Care must be taken to ensure that deterrent programs not include or become harassment. These measures should emphasize the positive aspect on the quality of life, as well as the life threatening aspects and legally punitive measures that can result from substance abuse. In many cases, prevention and positive deterrent measures overlap. Presenting deterrent measures in a positive manner increases the probability of acceptance and compliance. Although deterrent measures are in the Proactive Phase (Marines are deterred from substance abuse for fear of being caught), if substance abuse is found through one of the deterrent measures, the actions you take are a part of the Reactive Phase. The following are some of the deterrent measures which your commander may take:

(a) Law Enforcement Agencies: Organizations such as the Naval Criminal Investigative Service and local law enforcement agencies work through undercover operations and investigations to identify distributors and users for arrest and prosecution.

(b) Random Inspections: Random inspections of unit areas combined with the use of dogs can deter Marines from retaining drugs in their vehicles or in the barracks.

(c) Know Your Marines: The most effective method is to know your Marines. Generally one can recognize changes in behavior and personality that signal either a personal problem or worse yet, a drug problem. An active and interested leader can do a great deal to prevent young Marines from falling to the temptations that are often present around military bases. A few of the many physical, recognizable indications of substance abuse are:

- * Irresponsible acts.
- * Violent crime.

- * Auto accidents.
- * Spouse/child abuse.
- * Absenteeism.
- * Aggressive behavior.
- * A change in behavior, even one that is for the good. For example, a usually bored, sleep person may become more alert and thereby improve performance by using amphetamines or a nervous, high-strung Marine may become more cooperative and easier to manage when he is on barbiturates.
- * Unusual degrees of activity or inactivity.
- * Sudden and irrational flare-ups involving strong emotion or temper.
- * Significant changes in personal appearance (for the worse) as the Marine may become indifferent to his appearance and health habits.
- * Furtive behavior regarding actions and possessions (fear of discovery).
- * Sunglasses worn at inappropriate times and places (to hide dilated or constricted pupils).
- * Long-sleeve garments worn constantly, even on hot days (to hide needle marks).
- * Financial problems.

Remember, just because a Marine exhibits one or more of these indicators, does not prove that they are abusing substances. For example, a married lance corporal might have financial problems if he had a child with serious medical needs that could only be filled off base. In this case, although the military will pay for many of the medical bills through CHAMPUS, the Marine would still have to make up the difference of what CHAMPUS didn't pay for. Further, a Marine could change his behavior for the good, not because he is on barbiturates, but simply because of your "superior leadership abilities."

(d) Identification Means: Aggressive identification measures offer the single best method of reducing drug abuse in the Marine Corps. Speedy detection prevents escalation of drug use to a point where treatment/rehabilitation is necessary and the Marine becomes a liability to the unit and fellow Marines. There are many methods available to identify drug users.

1. Urinalysis Program: The most common of these is the urinalysis program, whose purpose is to deter, identify, and confirm illegal drug use as early as possible. Testing begins at the earliest available time following accession into the Marine Corps. By identifying drug users early, the Marine Corps can remove them from the Marine Corps before they can influence others.

2. Health and Welfare Inspections: These can be announced or unannounced inspections of billet and work areas.

3. Random Vehicle Checks: These can be at the gate or somewhere else on base.

4. Review of Records: The review of copies of duty logs, military/civilian police records and logs/PMO blotters provided to the command, and any other incident reporting system for alcohol-related incidents.

5. Review of Emergency Medical Treatment Facility Records: The command can review the records of on-base or off-base emergency medical treatment facilities for alcohol-related injuries and incidents of alcohol abuse requiring emergency medical attention.

b. Element of the Reactive Phase: There are two elements within the reactive phase: drug related and alcohol related. These elements will be discussed in detail below:

(1) Drug Related: The Marine Corps policy concerning drugs states that, the distribution, possession, or use of illegal substances is not tolerated. This policy is crystal clear in its meaning and intent. If the incident or event is drug related, the commander takes the following actions:

(a) Determine that a drug abuse related incident or event has occurred. An incident of illegal drug abuse is confirmed if the commander determines that a preponderance of the evidence establishes that the Marine has wrongfully used, possessed, manufactured, distributed, imported, exported, or introduced a controlled substance in violation of the UCMJ.

(b) Take appropriate legal or administrative actions against the Marine. These actions may include the following:

- * Denial of base driving privileges.
- * Eviction from government quarters for married personnel, to include their families.
- * Unmarried Marines may be forced to move on base into a BEQ.
- * Appropriate SRB entries.
- * CMC directed/special fitness report (for sergeants and above).
- * NJP or court martial.
- * Mandatory administrative separation processing.

NOTE: It is theoretically possible for a Marine to be identified as a drug abuser and still be retained in the Marine Corps. This would occur when the Marine did not receive a discharge as a result of legal action taken against him. In this case, the Marine must be processed for administrative separation. The Marines on the administrative separation board then have the option of recommending to the Commanding General (CG) that the Marine be either separated or retained. The CG then has the option to either accept or overrule the recommendations of the administrative separation board. Even in the extremely rare situations where a Marine is actually retained, he faces promotion restrictions and his record is flagged if he tries to re-enlist.

(2) Alcohol Related: Alcohol abusers will be held accountable for their actions. Alcohol is never a rationale for inappropriate conduct. Marines must understand that once they have consumed a single beer, all of their decisions and actions are alcohol-related. If the incident or event is alcohol related, the commander takes the following actions:

(a) Determine that an alcohol related event or incident has occurred.

(b) Evaluate the individual to determine the degree of alcohol abuse involvement through an evaluation either by a Substance Abuse Counseling Center (SACC), Level III, or medical officer to determine to what degree, if any, the Marine is physically and/or psychologically dependent (commanders are required to defer to professional evaluation when making this determination) and the Level of appropriate treatment.

(c) Discipline or take administrative action if the event or incident involved misconduct or substandard performance of duty or if a violation of the UCMJ has occurred. These actions may include the following:

- * Required appropriate entries in the SRB after all incidents.
- * Required appropriate entries in the SRB after all civil or military convictions for DUI.
- * Required adverse fitness reports (for sergeants and above).
- * Prompt, appropriate disciplinary action (NJP or court martial).
- * One year revocation of base driving privileges for DWI/DUI.
- * Required participation in organized education treatment program. Refusal to cooperate with treatment is grounds for separation.

(d) Provide expeditious treatment at a level commensurate with the diagnosed extent of abuse. There are three levels of the Marine Corps Substance Abuse Program. The command SACO is the unit coordinator and liaison for the use of these program levels.

1. Marine Corps Substance Abuse Unit Level Program (Level I): This is conducted at the regiment, group, battalion, squadron, company or barracks level. This level is designed to deal with isolated incidents of minor alcohol abuse. Unit commanders are responsible for the conduct of this program and will be assisted by unit SACO and other personnel within the unit. This program encourages Marines to be personally responsible for actions. At a minimum, it will consist of basic alcohol abuse prevention education, appropriate disciplinary or administrative measures, firm command counseling, a deterrent measures element, and a rudimentary screening process. Case files will be established for all Marines attending Level I and will be maintained for 12 months following completion of treatment (whether this is Level I or Level III). It will consist of the following:

- * A document section which has one copy of all documents pertaining to the Marine's alcohol abuse/alcohol dependency.

- * A client history which is a summary of the document section by event. It includes an entry for every event which indicates an incident of abuse or any incident which could affect the Marine's progress or lack thereof.

2. Substance Abuse Counseling Center (SACC) Program (Level II): This program is conducted at base, station, division, wing, FSSG, FMF headquarters, or depot level to provide in depth screening and evaluation for possible alcohol dependency and outpatient treatment, to include aftercare, for those having alcohol related problems. All Marine Corps SACCs are required to be accredited to insure that all SACCs provide minimal the level of prescribed services for all Marines with substance abuse problems. A Marine is referred to Level II when he is involved in an alcohol related incident in which his blood alcohol level is .05% or greater, when involved in an incident of spouse or child abuse where alcohol was involved, or when the Marine becomes involved in a second or subsequent alcohol related incident. A Marine may be referred to a Level II program more than once. Level II is normally outpatient care of 14 days or less or in-patient care of 30 days or less. It consists of in-depth screening and evaluation for possible substance dependency. If it is determined during the course of the treatment at Level II that a dependency exists, the patient will be entered into the Level II program as soon as a bed space becomes available. As in Level I, case files are maintained on patients. If a case file from Level I still exists, the file continues into the Level II program. Following completion of a Level II program, a Marine will remain in a continuing care status for 12 months with a continuing care program specifically tailored for that individual Marine.

3. Navy Residential Treatment Program (Level Three): Every Marine who is diagnosed as substance abuse dependent will be ordered into a Navy Level III facility. Marines will be treated locally whenever possible to allow for family and command participation in their recovery program. They will be sent to a non-local facility only when a local bed is not available within a 6 week time frame. Normally, Marines who have been diagnosed as alcohol dependent will be provided one opportunity for treatment at a Level III facility; however, this restriction can be waived in cases where the Marine has demonstrated personal responsibility and accountability for continued recovery following a successful completion of the first Level III treatment. Following completion of a Level III program, a Marine will remain in a continuing care status for 12 months with a continuing care program specifically tailored for that individual Marine.

NOTE: Military dependents diagnosed as alcohol dependent may receive treatment on a space available basis. When space is not available, emergency services are provided to stabilize the situation and arrange referral to a local civilian program for treatment.

(e) Return to duty those Marines who successfully complete an appropriate treatment program.

(f) Process for administrative separation those Marines who do not successfully complete or refuse appropriate treatment programs or who are unable to achieve/maintain accepted Marine Corps standards of performance and/or conduct after treatment.

REFERENCES: MCO P5300.12, The Marine Corps Substance Abuse Program
NAVMC 2750, War on Drugs
Marine Corps Values and Leadership User's Guide for Discussion Leaders