

## HELPFUL RESOURCES:

**Military One Source:** 800-342-9647

<https://www.militaryonesource.com>

**Army Center for Substance Abuse**

<http://acsap.army.mil>

**Veteran Resources :**

VA - <http://www.va.gov>

Centers - <http://www.vetcenter.va.gov>

**Free Mental Health Self Assessment**

[www.military.mentalhealthscreening.org](http://www.military.mentalhealthscreening.org)

**Free Alcohol Use Self Assessment**

<http://www.alcoholscreening.org/>

**Free Drug Use Self Assessment**

<http://www.drugscreening.org/>

**Family Assistance Center/Support Program:**

334-271-7283

**Staff Judge Advocate Office:** 334-274-7471

**Employer Support of the Guard and Reserve:**

334-271-7288 [www.esgr.org](http://www.esgr.org)

**HRO/Employee Assistance:** 334-271-7216

**Education Services:** 334-213-7580

**Chaplain Hotline:** 334-213-7534

**Emergency Center Operation:** 334-213-7753

**Director, Psychological Health:** 205-568-8660

The **National Suicide Prevention Lifeline** is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. The lifeline number will connect to a special **VA suicide crisis line** staffed by mental health professionals and will refer callers to crisis centers in their area. If you need help, please dial **1-800-273-TALK (8255)**.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

[www.cdc.gov/ncipc/dvp/suicide/default.htm](http://www.cdc.gov/ncipc/dvp/suicide/default.htm)

**PTSD info. line:** 1-802-296-6300

[www.samhsa.gov](http://www.samhsa.gov)

**Substance abuse referral help line:**

1-800-662-4357

## Limited Use Policy

- Encourages service members to self refer for substance abuse problems. Commanders are not required to initiate separation actions on Soldiers who self-refer.
- To facilitate the treatment and rehabilitation of identified abusers who demonstrate the potential for rehabilitation and retention.
- Limits the negative actions that can be taken against a service member who self refers and admits drug use or alcohol abuse.
- Protects the service member from charges of admitted use and prohibits the use of certain types of urinalysis test results in court-martial, UCMJ, or for an unfavorable characterization of service. These test results are Protected Evidence.
- Is not a "Get out of Jail Free Card" for a unit urinalysis. Once a service member is notified of a urinalysis, it is too late to self refer for that test.
- Does not protect a service member regarding future drug use or possession of drugs.
- Does not protect against other illegal activities associated with previous use such as stealing, assault, etc.

**NOTE:** A member can still be administratively discharged, but will still receive an Honorable Discharge.

\* For more information on Limited Use Policy contact PR&O office or refer to AR600-85.



Prevention Treatment and Outreach  
NATIONAL GUARD

## JOINT SUBSTANCE ABUSE PREVENTION PROGRAM (JSAP)

1750 Cong W L Dickinson Drive

Montgomery, AL 36109

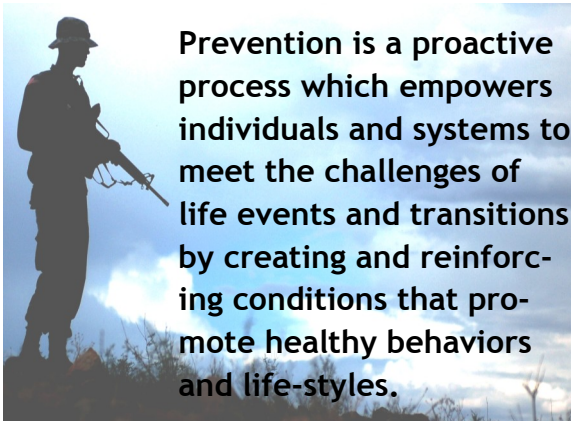
(334) 274-6304

FAX (334) 274-6300

[www.alabamacounterdrug.com](http://www.alabamacounterdrug.com)



# PREVENTION



Prevention is a proactive process which empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and life-styles.

Our mission for the Prevention, Treatment and Outreach (PTO) Initiative is to provide prevention training, treatment referrals/resources, and outreach to military families; that would positively impact retention efforts and enhance combat readiness.



# TREATMENT

The abuse of alcohol and drugs has a detrimental effect on attaining and maintaining combat readiness.

Soldiers must realize the risks they take affect everyone in their unit.

Without treatment, alcohol and drug abuse leads to addiction. If you need assistance, please call us today. Treatment resources are available for service members and their families.



# OUTREACH



Prevention Training is the key to mission success. For more information, please call:

**SGT Randy Dodd**  
Prevention & Education  
Program Coordinator

Office: (334) 274 - 6304  
Cell: (334) 558 - 8163

[randell.dodd@ng.army.mil](mailto:randell.dodd@ng.army.mil)



<http://www.alabamacounterdrug.com>

Website contains Treatment Facility Locator with addresses, numbers, and acceptable methods of payment. Many are subsidized and operate on a sliding fee scale.