



## DEPARTMENT OF THE NAVY

COMMANDING OFFICER  
NAVAL BASE SAN DIEGO  
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SAN DIEGO, CALIFORNIA 92136-5084

NAVBASESANDIEGOINST 5350.1B  
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### NAVBASE SAN DIEGO INSTRUCTION 5350.1B

Subj: DRUG AND ALCOHOL TREATMENT AFTERCARE PROGRAM

Ref: (a) OPNAVINST 5350.4D  
(b) NAVPERS 15560D

Encl: (1) Aftercare Program Regimen

- Purpose. To outline requirements for monitoring the care of service members returning to Naval Base San Diego after completing Outpatient (OP), Intensive Outpatient (IOP) or Residential alcohol treatment programs.
- Cancellation. NAVSTASANDIEGOINST 5350.1A. This instruction revises terminology and provides updated guidance per references (a) and (b).
- Aftercare Program Plan (APP). Personnel who successfully complete OP, IOP or residential rehabilitation shall remain in an aftercare status for the duration of their Naval career (active and inactive duty). During the first year, the member will be in a formal command sponsored Aftercare Program Plan (APP), directly monitored by the Command Drug and Alcohol Program Advisor (DAPA). The APP is specifically designed for each member by the treatment facility to which they were assigned. Residential and non-residential counseling / rehabilitation facilities shall provide the written APP to the member's Commanding Officer (CO) concurrent with completion of the OP, IOP or residential alcohol treatment program. A copy will be provided to the Command DAPA.
- Aftercare Regimen. Members who complete OP, IOP or residential treatment will remain in a formal command monitored aftercare regimen for not less than one year. The Command DAPA will develop the command sponsored aftercare regimen within the guidelines of the aftercare plan provided by the treatment facility. The aftercare regimen may include but is not limited to the requirements listed in enclosure (1).
- Responsibilities. The following responsibilities are established in an effort to conduct a successful aftercare program.

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- a. The CO (or designated representative) will:
- (1) Ensure a Command DAPA is designated;
  - (2) Support the member's efforts in an aftercare plan;
  - (3) Evaluate the member's progress quarterly;
  - (4) Make a success/failure determination on the individual at end of the formal one year aftercare program. Notification of the determination will be provided in writing to the member, denoting completion or extension; and
  - (5) May order individuals into an Impact class when:
    - (a) Individuals are identified as alcohol abusers and are awaiting screening for treatment;
    - (b) Pending any form of related treatment; and/or
    - (c) Deemed necessary by the CO.
- b. Department Heads/Staff Assistants will:
- (1) Support the member's aftercare plan;
  - (2) Monitor his/her job assignments and performance;
  - (3) Ensure the member is held accountable for his/her compliance with the aftercare requirements;
  - (4) Attend member's quarterly progress meetings; and/or
  - (5) Ensure periodic fitness reports/evaluations are not prejudicial based upon involvement in a counseling/rehabilitation program.
- c. Command DAPA will:
- (1) Be designated by the CO;
  - (2) Conduct initial re-entry interview with members;
  - (3) Develop the member's command sponsored aftercare regimen within the guidelines of the aftercare plan provided by the treatment facility;

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(4) Conduct weekly meetings with all members assigned to aftercare;

(5) Coordinate members quarterly progress meetings;

(6) Maintain all records of members during the formal command sponsored aftercare program; and/or

(7) Forward a copy of the aftercare regimen and records to the gaining command, for members transferring.

d. Individual will:

(1) Comply with all requirements of his/her aftercare regimen;

(2) Attend weekly aftercare meetings with the Command DAPA;

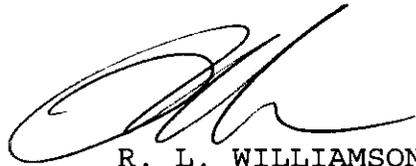
(3) Maintain an open relationship with the chain of command;

(4) Attend quarterly progress meetings; and/or

(5) Fulfill all instructions issued by the CO.

6. Rehabilitation failure. Per reference (a), an alcohol or drug incident occurring at any future time in a member's career (active and inactive) will normally be viewed as a corresponding rehabilitation failure. This may subject the violator to processing for administrative separation per reference (b).

7. Aftercare Program Completion Statement. At the formal program exit interview, a letter from the CO will be presented to the individual for his/her successful completion of the aftercare program.



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Date: \_\_\_\_\_

AFTERCARE PROGRAM REGIMEN ICO

NAME: \_\_\_\_\_ SSN: \_\_\_\_\_

Note: (CO or designated representative mark the applicable items).

This program regimen is in effect for the period of \_\_\_\_\_ to \_\_\_\_\_.

- a. \_\_\_\_\_ Weekly meeting with Command DAPA.
- b. \_\_\_\_\_ Participate in a 12-Step Program, meeting \_\_\_\_\_ times per week for \_\_\_\_\_ weeks.
- c. \_\_\_\_\_ Surveillance urinalysis test, \_\_\_\_\_ times per week for \_\_\_\_\_ weeks.
- d. \_\_\_\_\_ Spiritual Fitness Division work shop (coordinate through Chaplains Office).
- e. \_\_\_\_\_ Continuing Care meetings at SARP commencing \_\_\_\_\_ until completion.
- f. \_\_\_\_\_ Counseling at Family Advocacy commencing \_\_\_\_\_ until completion.
- g. \_\_\_\_\_ Counseling at Fleet Mental Health commencing \_\_\_\_\_ until completion.
- h. \_\_\_\_\_ Counseling at Family Service Center for:
  - \_\_\_\_\_ Stress Management commencing \_\_\_\_\_ until completion.
  - \_\_\_\_\_ Anger Management commencing \_\_\_\_\_ until completion.
  - \_\_\_\_\_ Personal Counseling commencing \_\_\_\_\_ until completion.
  - \_\_\_\_\_ Marital Counseling commencing \_\_\_\_\_ until completion.
- i. \_\_\_\_\_ Co-dependency (CODA) meetings for family members commencing \_\_\_\_\_ until completion.
- j. \_\_\_\_\_ PREVENT (36 hour course; E1-E4).
- k. \_\_\_\_\_ Other: \_\_\_\_\_

(Note: Additionally, a follow-on Aftercare Treatment Plan will be specified in an enclosure to the Program Exit Statement for members completing a Residential Program.)

\_\_\_\_\_  
Member

\_\_\_\_\_  
NBSD Command DAPA