

## It takes Courage and Strength to ask for help



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## Frequently Asked Questions:

**Q: If a Soldier self-refers after a urinalysis, does the Limited Use Policy still apply?**

A: No, the Limited Use Policy does not apply if a Soldier self-refers after they have knowledge of a drug test.

**Q: Can a Soldier tell a Chaplain about their substance use in confidence?**

A: Yes, the Chaplain will not notify Command unless the Soldier gives permission. However, in order for a self-referral to occur and the Limited Use Policy to apply, the Soldier must allow the Chaplain to notify Command.

**Q: Can a Soldier seek help for substance abuse outside of the Army National Guard?**

A: Yes, but self-referrals can only be made to the authorized individuals listed in this brochure. The only instance in which a self-referral will take place in an outside organization is during emergency treatment (such as hospitalization from overdose) not following a traffic accident or criminal offense (such as DWI), and the Soldier's Commander must be notified.

**Q: If a Soldier self-refers for one drug, but the results of a drug test show they have been using multiple substances, does the Limited Use Policy apply?**

A: No. In order for the Limited Use Policy to apply the Soldier must self-refer for every substance they are using. For instance, if a Soldier self-refers for marijuana but tested positive for heroin, the Limited Use Policy would not apply because they did not admit



## Nebraska National Guard Substance Abuse Program



## Limited Use Policy

A conversation with your Unit Commander, Chaplain or other authorized individual

## How to Self-Refer:

1. It is best for Soldiers to admit concerns to their Unit Commander (or an authorized individual listed below) and advise them of a potential substance abuse problem.

### Authorized Individuals:

- Chaplain
- Any Officer or NCO in Chain of Command
- Alcohol & Drug Control Officer
- Prevention Coordinator

2. Soldiers need to self-refer before they are ordered to submit to a drug test by their Unit Commander or are aware of a drug test pending.

3. The rest of the Unit or fellow Soldiers ranking below the Soldier will not be informed of information given to authorized individuals regarding drug or alcohol use.

## What is the Limited Use Policy?

If a Soldier self-refers and seeks help, the Limited Use Policy **limits the negative consequences of their drug and alcohol abuse.**

If a Soldier is caught by law enforcement or through a drug/alcohol test, rather than self-referring, they could:

- Lose benefits (education, incentives, etc.)
- Have to repay a bonus
- Be discharged
- Lose credibility with their Unit, peers, Family, etc.



The Limited Use Policy prohibits the use by the government of protected evidence against a Soldier in actions under the UCMJ or on the issue of characterization of service in administrative proceedings. Additionally, the policy limits the characterization of discharge to “Honorable” if protected evidence is used.

## Does the Limited Use Policy apply?

Example: A Soldier had been feeling depressed for a few weeks and began using marijuana on a regular basis. He spoke to his Commander about his substance abuse problem and announced that he wanted to get help. The next day, he was chosen for a random drug sample which came back positive for marijuana. **Yes! The Limited Use Policy does apply in the Soldier’s case.**



### IMPORTANT NOTES:

The Limited Use Policy is not a “Get Out of Jail Free Card” for a Unit urinalysis. Once a Soldier is notified of a urinalysis, it is too late to self-refer after that point.

It does not protect a Soldier from charges of future drug use or possession of drugs nor previous charges of illegal activities prior to self-referral.

Identification from emergency treatment (such as hospitalization from overdose) is considered a form of self-referral. Identification following a traffic accident or criminal offense (such as DWI) is NOT considered a self-referral.