

Alcohol Update

We are still waiting for the updated BUMEDINST 5300.8. It will clearly spell out all updated items of the changes that have been submitted since 1992. The latest message that provides some clarification regarding responsibilities and waiver packages is NOMI

The major changes that you need to be aware of are those occurring in the treatment arena. Most places no longer offer Level I (PREVENT course), II (CAAC), and III (4-16 week inpatient ARC) treatment. The focus is on a shorter period of initial treatment in the outpatient setting with a much stronger emphasis on aftercare. This parallels the civilian sector and data regarding the importance of a strong aftercare program to minimize relapse. In our community, relapse = death (hopefully only of a career. . . .)

The new treatment levels are:

- I. IMPACT - educational course similar to current PREVENT
- II. OUTPATIENT - for those diagnosed with alcohol abuse
- III. INTENSIVE OUTPATIENT - for those diagnosed with alcohol dependence
- IV. DORMITORY - for junior enlisted who are assigned to a barracks with a "buddy" system
- V. INPATIENT (MEDICAL) - for those at risk of withdrawal - when cleared transferred to Level III.

IMPACT is *not* adequate for aviation personnel. Either OUTPATIENT or INTENSIVE OUTPATIENT will satisfy the aviation requirements for treatment of alcohol abuse/dependence.

Some other comments:

In the case of a relapse your command is *REQUIRED* (IAW BUMEDINST 5300.8) to submit a recommendation for revocation of waiver if already granted. This is not optional. This does not preclude submission of another waiver after retreatment and starting back at square one. These waivers are given on a case-by-case basis and only after a *minimum* of 6-12 months of renewed sobriety.

As in other cases, please call if you have a question.