



Soldiers Role during Self-Referral Process

Step 1: The Soldier/Airman will inform the Commander that he or her wants to self-refer for counseling and treatment of substance abuse.

Step 2: The Soldier/Airman will be counseled by the Commander and complete the following documents. All documents can be found on MDNG Counterdrug website at <http://www.mdcounterdrug.org/pto>.

- a) Maryland Substance Abuse Self-Referral Checklist (this needs to be signed by the Soldier/Airman, Commander, and Prevention Coordinator)
- b) Soldier/Airman will read the Limited Use Policy and sign (the Commander also needs to sign this document)
- c) Complete the Authorization for Release of Medical and Mental Health Information form
- d) Complete Report of Unfavorable Information for Security Determination form
- e) Complete Developmental Counseling form

Step 3: Soldier/Airman will meet with the Prevention Coordinator. During this meeting, Prevention Coordinator will outline a counseling/treatment program.

Step 4: Soldier/Airman will remain in contact with the Prevention Coordinator on the progress of their treatment at 30, 60, 90, and 180 days.

Step 5: Depending on the treatment plan, the Commander could issue another urinalysis to Soldier/Airman if treatment is not completed.

Step 6: The Soldier/Airman will follow up with the Commander/Prevention Coordinator once treatment is completed.

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