



1 SMALL ACT



RESOURCES

SELF-REFERRAL

SELF-REFERRAL: Seeking Help Early is a Sign of Strength

The Navy's non-disciplinary self-referral process allows you to seek help and remain an active duty Sailor. The intent of a self-referral is to provide you with a means of intervening in the progression of alcohol abuse early enough to get help before a problem becomes more advanced and difficult to resolve without risk of disciplinary action. More information, including contact info for the Drug and Alcohol Deterrence office, is available on the DAD website. Refer to **OPNAVINST 5350.4E** for details and official policies.

As of Summer 2023, Sailors can now self-refer through their chain of command. NAVADMIN 166/23 and its corresponding Fact Sheet can step you through the process.

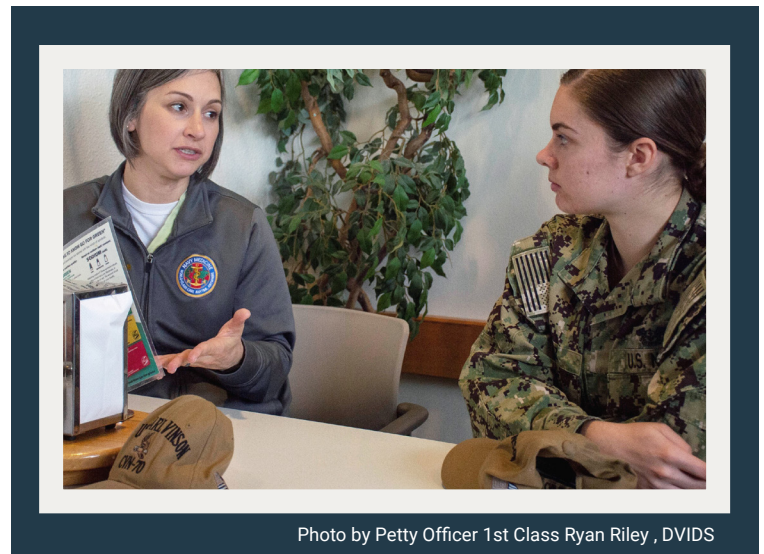


Photo by Petty Officer 1st Class Ryan Riley, DVIDS

The following list answers some frequently asked questions about self-referral.

WHAT EXACTLY CONSTITUTES A SELF-REFERRAL? A self-referral is an event personally initiated by the member. A member may initiate the process by disclosing the nature and extent of their problem to one of the following personnel who is actively employed in their capacity as a qualified self-referral agent: Drug and Alcohol Programs Advisor (DAPA); Commanding Officer, Executive Officer, Officer-in-Charge, or Command Master Chief (CMD/CM)/ Chief of the Boat (COB); Navy Drug and Alcohol Counselor (or intern); Department of Defense medical personnel, including Licensed Independent Practitioner (LIP); Chaplain; or Fleet and Family Support Center Counselor.

WHEN SHOULD SOMEONE CONSIDER SELF-REFERRING? A member should consider self-referring if they desire counseling and treatment to address potential, suspected, or actual alcohol abuse or misuse.

WHAT COULD MAKE A SELF-REFERRAL INVALID, IN WHICH CASE THE MEMBER WOULD NOT BE SHIELDED FROM DISCIPLINARY ACTION? To be valid, the self-referral must be made only to one of the qualified self-referral agents listed above; it must be made with the intent of acquiring treatment, should treatment be recommended as a result of the screening process; and there can be no credible evidence of the member's involvement in an alcohol-related incident (ARI).

WHAT DO WE MEAN BY "NON-DISCIPLINARY?" This means that a member may not be



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disciplined merely for self-referring and participating in the resulting process of screening and treatment, if recommended. It doesn't mean that a member is necessarily shielded from the possible administrative consequences of treatment failure or the administrative or disciplinary consequences of refusing to participate in treatment recommended by the post-referral screening process.

DOES MAKING A SELF-REFERRAL COUNT AS AN ARI? No.

WILL OTHER PEOPLE KNOW IF I SELF-REFER? Yes. The member's chain of command, and others on a need-to-know basis, will be informed.

Will a self-referral mean that the Navy looks at other parts of my life/job performance? Alcohol use issues are complex, and evaluation and treatment require a holistic view. Relevant information on the member's work and personal life may be required as part of the screening and treatment processes.

CAN I RE-ENLIST IF I'VE SELF-REFERRED? Yes.

WHAT ARE THE LEVELS OF ALCOHOL TREATMENT? If treatment is recommended, the command will coordinate with the appropriate SARP facility based on availability, locality, and type of treatment needed. Levels of treatment are: Level 0.5 Early Intervention/ Education Program; Level I Outpatient Treatment; Level II Intensive Outpatient/Partial Hospitalization (IOP) and Level III Inpatient Treatment.

WILL I LOSE MY SECURITY CLEARANCE FOR SELF-REFERRING? No. Your security clearance may be jeopardized if your screening recommends treatment and you subsequently refuse that treatment.

SPREAD THE TRUTH: PSYCHOLOGICAL HEALTH TREATMENT AND SF86 QUESTION 21
Download this infographic to share with your shipmates so they know what does NOT need to be reported when answering question 21 on the SF86

WHERE TO GET HELP:

- Your local Navy chaplain, Fleet and Family Support Center (FFSC) or medical
- **988 Suicide & Crisis Lifeline:**
Call: 988, press 1
Text: 838255
- **Chat online:** <https://988lifeline.org/chat/>
- Military OneSource: call (800) 342 9647 or visit www.militaryonesource.mil
- Sailor Assistance and Intercept for Life (SAIL)
- Crisis Text Line: text 741741

For access to more resources:



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