



# MACS-4 Commanding Officer's

## Policy on Substance Abuse



Substance abuse is a self-destructive form of behavior, and it is the biggest contributor to bad decision making and resulting negative consequences. Substance abuse can destroy your relationships with family, friends, and fellow Marines. Substance abuse is not only harmful to individuals, but violates trust, attacks unit cohesion, and tarnishes the hard work and effort that is put forth every day by our Marines and Sailors.

This Squadron's most precious assets are our Marines, Sailors, and their families. To ensure their safety, **it is imperative that we do the right thing, on and off duty.** Definitions, per MCO 5300.17A, are:

- Drug Misuse - use of any substance, with or without a prescription, with primary goal to alter one's mental state (i.e., alter mood, emotion, or state of consciousness) outside its medically prescribed purpose - includes medications, illicit drugs, or use of commercial products outside of intended purpose (such as inhalants, synthetic cannabinoids, etc.).
- Substance Misuse - use of any substance, including alcohol, in a manner that puts the user at risk of failing in their responsibilities to mission or family, or that is considered unlawful by regulation, policy, or law. This includes substance use that results in negative consequences to the health and/or well-being of the user or others; or meets the criteria for a substance use disorder.

In order to promote the safety and well-being of the members of this command and to be honorable representatives of our country while living overseas, I want to highlight the following **prohibited items specific to our AOR that can also be problematic:**

- Driving while under the influence of alcohol (BAC of 0.03 or higher), drugs, or any other substance that impairs judgment or reaction time
- Consuming alcohol under the legal drinking age (20 in Japan, 21 in South Korea, e.g.)
- Possessing, distributing, manufacturing, purchasing, or using illegal drugs, synthetic drugs, prescription drugs without an active prescription or in a manner not prescribed

Marines and Sailors at all levels will report when, and if, these actions occur. If a Marine or Sailor is of legal age and chooses to drink alcohol, they will conduct themselves responsibly and professionally. When it comes to drinking responsibly, I cannot understate the importance of having a plan and sticking to that plan. If you exercise poor judgement and deviate from your plan, you may bring discredit to yourself, your fellow Marines and Sailors, the Marine Corps, and the United States; it can lead to less than honorable separation.

If you believe you may have a problem with substance abuse, contact your chain of command or the MACS-4 Substance Abuse Control Officer (SACO) to obtain information and resources to help you. Your attempt to seek help will not be viewed negatively. This is an all hands effort and I need the help of every Marine and Sailor to ensure that we do not allow the abuse of alcohol or drugs in our ranks.

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Lieutenant Colonel, USMC

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