

# COMMANDING OFFICER'S STATEMENT ON SUBSTANCE ABUSE

The abuse of alcohol and the possession, use, and distribution of illegal or prohibited mind-altering substances negatively affects the individual health and safety of our Marines and Sailors, in addition to the effectiveness, cohesion, good order and discipline of the entire unit.

Drug and alcohol use and abuse is a significant contributor to serious incidents and the death of or injury to Marines and Sailors each year. In addition, drug and alcohol abuse often leads to major health problems, intensification of pre-existing conditions such as PTSD, criminal activity, and acts of domestic violence.

The possession, use, sale, trafficking, or distribution of substances which are intended to produce a psychotropic "high" or enhance physical performance when ingested, smoked, or injected is prohibited. Besides the commonly-known illegal narcotics and illicit drugs (marijuana, ecstasy, heroin, cocaine, methamphetamines, etc.), these prohibited substances are detailed below. This is not an all-inclusive list and additional information regarding contraband substances will be provided when appropriate.

-Controlled substance analogues, natural substances, chemical, propellants, and prescribed or over-the-counter drugs (Vicodin, OxyContin) to induce intoxication, excitement, or stupefaction of the central nervous system.

-Anabolic steroids, androstenedione, human growth hormone (HGH), Ephedrine, dietary supplements that include Depo-testosterone, Diuretics, Boldenone, Anadrol, Dianabol, Erythropoietin, Oxymetholone, and other performance-enhancing drugs.

-The actual or attempted possession, use, sale, distribution, or manufacture of synthetic marijuana, Spice, Salvia, or any derivative, analogue, or variant of these substances.

-Substances labeled "not for human consumption," "plant feeder," or "bath salts" (synthetic cocaine).

-Any tobacco or other product intended to be smoked that is not purchased in a sealed, labeled package and purchased from an established commercial operation.

Leaders will continually educate their personnel regarding the Marine Corps' substance abuse policy plus the specifics contained herein, and will highlight the detrimental effects of substance abuse to their personal and professional goals and the overall health of our Corps. All personnel will immediately report illegal drug activity or observation of alcohol abuse to the chain of command or duty personnel. There will be no excuse for lack of awareness, and there will be zero tolerance for those who choose to violate this policy. Each one of you is vitally important to the Marine Corps and your family. Make the right decisions. Ensure you are thinking clearly when you encounter situations where drugs and alcohol are present. Choose with whom you associate wisely. Protect what you have earned.

Semper Fidelis,



Ralph J. Rizzo Jr

Colonel, U. S. Marine Corps

Commanding Officer

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