COMMANDANT OF MIDSHIPMAN INSTRUCTION 5350.1C CHANGE TRANSMITTAL 1

From: Commandant of Midshipmen

Subj: MIDSHIPMEN ALCOHOL AND DRUG ABUSE PREVENTION AND CONTROL

Encl: (1) Revised Enclosure (5)

1. Purpose. To publish change 1 to the basic instruction.

2. Action

   a. Remove enclosure (5) of the basic instruction and replace with enclosure (1).

   b. Enclosure (5) has been incorporated into the basic instruction and posted on the web.

R. L. SHEA
By direction

Distribution:
Non-Mids (Electronically)
Brigade (Electronically)
AFTERCARE PLAN LETTER

From: Commandant of Midshipmen, United States Naval Academy
To: Midshipman XXXXX

Subj: PERSONALIZED AFTERCARE PROGRAM PLAN

Ref: (a) Director, Substance Abuse Rehabilitation Program, Annapolis ltr 5350 of DD MMM YY ICO Midshipman
(b) OPNAVINST 5350.4D

1. You are enrolled in the command Aftercare Program through DD MMM YY as a part of your ongoing treatment for alcohol abuse/dependency per reference (a).

2. You will adhere to the following minimum requirements:
   a. Abstain from all alcohol use for the duration of Aftercare.
   b. Participate in monthly follow-up appointments with SARP (Annapolis) for the duration of Aftercare.
   c. Participate in monthly Aftercare meetings with the ADEO for the duration of Aftercare.
   d. Participate in three Alcoholics Anonymous meeting per week for the duration of Aftercare. (If considering Aviation) Additionally attend one per week for the two years following Aftercare.
   e. Refrain from returning to an abusive drinking lifestyle while in the military.

3. Your commitment to this plan is vital to your long-term health and recovery. Furthermore, per reference (b), failure to adhere to the guidelines cited above will be considered a "Treatment Failure" and may result in adverse administrative action and possible processing for separation.

W. D. BYRNE, JR.

Copy to:
ADEO

Enclosure (5)