



About Us

We are an agency specializing in the DOT Return to Duty Process and have over 15 years of experience conducting RTD SAP Evaluations. Just Breathe Counseling, Consulting, and Coaching, PLLC supports employees, employers, and C/TPAs throughout the process. Services are provided in English or Spanish.

Return to Duty Process

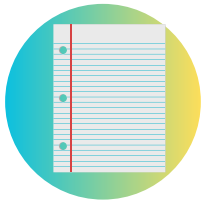
If you are an employee in violation of the DOT regulations for drug or alcohol testing, you must be removed from safety-sensitive duties immediately. The following process must be completed to return to DOT safety-sensitive work as required by DOT regulation 49 CFR Part 40. Evaluations can be conducted in-person or virtually.



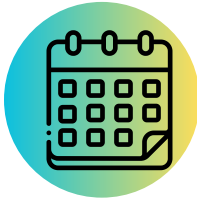
1. To begin the RTD Process, you must meet with a qualified DOT Substance Abuse Professional (SAP). I, Graciela Martinez-Vela, am a qualified SAP. I will conduct an evaluation to determine the educational and/or treatment recommendations. I will provide appropriate documentation to the company's Designated Employee Representative (DER), who will employ you.




2. You must comply with the recommendations I provide to be eligible to return to duty. Upon completion of my recommendations, you must provide me with supporting documentation that you have completed my recommendations. I will then conduct a follow-up evaluation to determine your eligibility for a Return to Duty Drug and/or Alcohol Test that will be directly observed. Your DER will determine whether to proceed with an RTD Drug and/or Alcohol test.



3. As the SAP, I will provide documentation to the DER regarding your eligibility for an RTD test via a follow-up report. You MUST have a negative return-to-duty drug/alcohol test result before returning to safety-sensitive duty, which is still at the employer's discretion.



4. You are subject to unannounced and directly observed follow-up testing for 1 to 5 years. The SAP determines this after you complete your follow-up evaluation and provide it to the DER.

 By Appointment (In-Person or Virtually)

 956-220-7002 Call or Text
(Available via What's App)

 gracielav@return2duty.com



**Same Day Appointments Available.
Call for More Details**

**Graciela Martinez-Vela,
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MS, LPC, LCDC, NCC, NCAC I**