

# 2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

## Performance Enhancing Drugs and Synthetic Cannabinoids – Prevalence of Use in the Military

**Presented by:** COL Marisol S. Castaneto, PhD, F-ABFT, COL, MS, USA  
Heather A. Neuder, PhD

**Offered:** 12 August 2026; 1300-1600 PM ET

**Location:** ZoomGov

**Description:** This session will provide an overview of the Department of War (DoW) workplace drug testing program that is utilized to deter Service members from illicit substance use and prescription misuse across branches of service (including US Coast Guards and cadets). During the workshop, the presenters will provide and cover the methodologies in the detection and identification of drugs included in the military workplace drug testing. In addition, the presenters will cover the pharmacology and metabolism of synthetic cannabinoids and commonly found performance enhancing drugs in the select military population. Towards the latter end of the workshop, the presenters will cover the Army Medical Review Program/Medical Review Officer (MRO) training, and how all these supports the Army Substance Use Disorder Clinical Care and other similar programs across DoW. The workshop will culminate with the presenter providing several case studies or scenarios that MROs may encounter when reviewing urine drug positives. Audience participation is highly encouraged.

**Learning Objectives:** Upon completion of this workshop, participants will be able to:

1. Recognize the role of the DoW workplace drug testing in preventing and identifying illicit use or misuse of controlled substances.
2. Become familiar the prevalence and pharmacology of synthetic cannabinoids and select performance enhancing drugs such as anabolic steroids.
3. Understand the challenges Army Medical Review Officers face when considering authorized use of prescription drugs within the context of workplace drug testing.

### **12 AUGUST 2026, 1300-1600 PM ET**

1300– 1330 Military Drug Testing: Overview

1330–1445 Pharmacology of synthetic cannabinoids and anabolic steroids

1500–1515 BREAK

1515–1530 Performance Enhancing Drugs – what are they?

1530–1600 Army Medical Review Program: Overview

Case studies