Fact Sheet: Vermont DMV's Total Abstinence Program
Updated Requirements & Regulations

This fact sheet aims to outline recent changes and requirements of your participation in the Vermont DMV's Total Abstinence Program. Since the Program began, all DMV commissioners have required every participant to completely abstain from alcohol or drug use, regardless of whether you are operating a vehicle. The Legislature recently adopted these requirements into law.

Key Points
- Vermont Act 41, effective from June 1, 2023, mandates that all participants must maintain total abstinence at all times while participating in or applying for the Total Abstinence Program.
- "Total Abstinence" is defined as "refraining from consuming any alcohol or drugs, at any time [regardless of whether or not you are driving a vehicle.]"
- "Drug" is defined in 18 V.S.A. § 4201as both:
    - Any regulated drug that is used in a manner that is inconsistent with its prescription label.
    - Any substance or combination of substances which may impact an individual's nervous system, brain, or muscles in such a way that could impair their ability to operate a vehicle safely to the slightest degree.
- It is important to note that under this Program, marijuana is considered a *prohibited* "regulated drug," regardless of your membership in Vermont's marijuana registry.
- The new Vermont law bars you from consuming both alcohol and drugs:
    - In any amount, at any time;
    - No matter when you entered the Program;
    - Whether or not you are driving a vehicle; AND
    - No matter what the basis was for your prior DUI convictions, whether it was alcohol, drugs, or both.

A copy of Act 41 and 23 V.S.A. § 1209a(b)(1) can both be found at our website (dmv.vermont.gov/enforcement-and-safety) as well as the Legislature's website (legislature.vermont.gov).

We are grateful for your continued compliance with the rules, regulations, and laws of the Program.

Respectfully, Wanda