

Striving to be Drug Free
for a Safe Industry



Fall 2026

NEWSLETTER

Building & Construction Resource Center, Inc.

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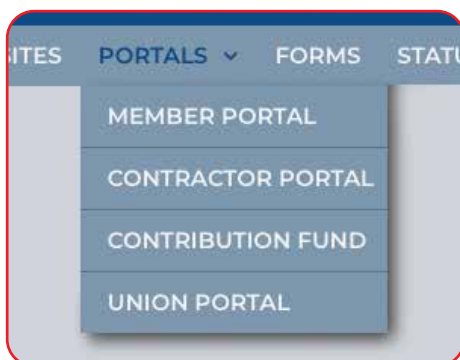
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IMPORTANT:

Any member that runs into issues while trying to complete a BCRC drug screen at a BCRC Collection Site, please contact BCRC as soon as possible so we can direct you to the next step.

Taking further action on your own could result in other penalties within BCRC based on our policy.

If you change your address, cell number or email, YOU MUST notify BCRC of these changes.



≡ Welcome to ≡ THE NEW BCRC WEBSITE!!

Redesigned for Faster
Access, Easier Navigation,
and the **Information You
Need, When You Need It.**

Built to help you find
information faster, access
more resources, and stay
informed - all through a
cleaner, easier-to-use
online experience.



FASTER ACCESS

Quickly access important
information, forms, programs,
testing locations, and
member resources with
improved organization and
streamlined access.



EASIER NAVIGATION

Our clean, modern design
and improved navigation
make it easier to explore the
website, locate important
information, and connect with
BCRC services & Partners.



MORE RESOURCES

Access expanded resources
for employers & employees,
including Drug & Alcohol
information, forms &
documents, collection sites,
training resources, & helpful
industry information



STAY INFORMED

Keep up with the latest BCRC
news, announcements,
program updates, important
notices, and resources -
all conveniently available
online.

VISIT THE NEW WEBSITE TODAY!
WWW.BCRCNET.COM

MEMBER PORTAL



HOME ▾ COLLECTION SITES PORTALS ▾ FORMS STATUS REPORT EAP PAY FOR A TEST

MEMBER PORTAL

CONTRACTOR PORTAL

CONTRIBUTION FUND

UNION PORTAL

To check your current BCRC card status, retrieve your BCRC ID number, last tested date, update your contact information, send your prescription to the MRO, or request to schedule a violation EAP appointment, **please log in or register** to create a Member Portal account at www.bcrcnet.com, navigate to Portals, then click dropdown menu option Member Portal.

Member Log In

Log in with your Member ID, email, or Social Security Number.

Member ID, Email, or SSN:

Username:

Password:

PLEASE READ THE TERMS OF USE POLICY CAREFULLY BEFORE USING THIS SITE.

Use of this site is expressly conditioned on the user accepting the [terms and conditions](#). By using this site, you signify your assent to these terms and conditions. If you do not agree fully with the content of the terms and conditions, you must not use this site. Authorization for use of this site is at the sole decision of the Owner and may be revoked with or without cause at their discretion.

[Terms & Conditions](#)

- ☐ I agree to the terms & conditions
* Agree to the terms and conditions before logging in



Success!



Log In

[Forgot Password?](#)
[Register](#)

If you have an existing Member Portal Account, Log In using those credentials under the Member Log In.

1. Enter your BCRC Member ID Number, Email, or full social security number – if you use your social security number, you will not have to enter your username.
2. Enter your password.
3. Agree to the terms & conditions.
4. Click Log In.

If you do not have an existing Member Portal Account, please click Register.

Member Registration – Identity Verification

1. Enter your BCRC Member ID Number, Last 4 digits of social security number, and Date of Birth – you MUST enter all 3

Create Login Credentials

2. Enter your Username and Email
3. Enter a Password – you must follow the password requirements
4. Confirm Password

Terms and Conditions

5. Agree to the terms & conditions

Welcome, John Doe Member ID: 12345678

Status: Clear

Your drug test status is current and you are cleared to work.

Last tested: May 6, 2026



Update Contact Information

Update your address, phone number, and email address.



Send RX to MRO

Upload and manage prescription documents for the Medical Review Officer.



Change Password

Update your account password



URGENT MRO UPDATE

ODAPC Publishes Official Q&A Regarding Marijuana

AAMRO has reviewed the guidance from the Office of Drug and Alcohol Policy and Compliance and the Office of the General Counsel of the U.S. DOT which was released on Friday, May 15th, 2026 in the form of a Question and Answer (Q&A).

QUESTION:

Recently, the Drug Enforcement Administration (DEA) issued an order (Order) that reclassified FDA approved drug products derived from marijuana and marijuana products regulated by a State medical marijuana license from Schedule I to Schedule III drugs under the Controlled Substances Act (CSA). When reviewing a laboratory reported marijuana positive drug test result, can a Medical Review Officer (MRO) deem the test a “negative” if the employee alleges the positive resulted from consuming a State licensed marijuana product?

ANSWER:

- No. Currently, there is no instance when the MRO could verify a laboratory-confirmed marijuana positive drug test result as “negative” when an employee claims the positive was caused by a State licensed marijuana product.
- Even after rescheduling, State-dispensed marijuana does not constitute an FDA-approved drug. Without FDA approval for a controlled substance, it cannot be prescribed.
- A “legitimate medical explanation” requires use of a legally prescribed controlled substance in compliance with Federal laws governing such a prescription.
- Although the MRO may be presented with documentation such as State-issued medical marijuana cards, physician recommendations or certifications, or dispensary records or receipts, these documents do not satisfy part 40 requirements for a “legitimate medical explanation.”
- Marijuana use under State marijuana programs or other non-prescription sources do not qualify as a “legitimate medical explanation”. In addition, marijuana use is not compatible with safety-sensitive functions.

DOT DIABETES

WHAT DRIVERS NEED TO KNOW

Diabetes does not automatically disqualify you from getting a DOT medical certificate. What matters most is **how well it is managed.**



SAFE DRIVERS

Well-managed diabetes helps keep you and others safe.



MEET DOT REQUIREMENTS

Understand the rules so you can stay certified and on the job.



MANAGE & MONITOR

Good control today leads to a healthier tomorrow.



GOOD CONTROL MEANS:

- ✓ Lower risk of complications
- ✓ Better health & more energy
- ✓ Better chance of maintaining your DOT certification

BASICS TO KNOW

Diabetes is a condition that affects how your body uses blood sugar (glucose). Your body either doesn't make enough insulin or can't use it well.



HYPERGLYCEMIA (High Blood Sugar)

- Happens when blood sugar stays too high.
- Symptoms: increased thirst, frequent urination, fatigue, blurred vision, headaches.
- Over time, high blood sugar can damage your eyes, kidneys, nerves, and heart.



HYPOGLYCEMIA (Low Blood Sugar)

- Happens when blood sugar drops too low.
- Symptoms: shakiness, sweating, confusion, dizziness, irritability, hunger.
- Severe low blood sugar can cause loss of consciousness and is a safety risk while driving.

USING INSULIN?



YOU CAN STILL BE CERTIFIED!

If you use insulin, there are additional requirements:

- 1 Your treating clinician (who manages your diabetes) must complete **Form MCSA-5870**.
- 2 Your clinician must give the completed form to you within **45 days** of the date it is completed.
- 3 You must give the form to your Certified Medical Examiner (CME) at the time of your DOT physical.
- 4 The CME will review your information and decide if you meet the requirements for certification.

BEFORE YOUR DOT PHYSICAL



- ✓ Keep your diabetes under control.
- ✓ Follow your treatment plan.
- ✓ Get regular check-ups.
- ✓ Monitor your blood sugar as recommended.

3 MONTHS OF RECORDS



For the maximum 12-month certification, drivers using insulin generally need:

At least 3 months of electronic glucose monitoring records

These records help show your blood sugar is stable and you are managing your diabetes safely.

Note: The exact certification length is determined by the Certified Medical Examiner based on FMCSA regulations.

BRING WITH YOU



- ✓ Blood sugar monitoring device or logs
- ✓ Medications & insulin (with doses)
- ✓ Form MCSA-5870 (if using insulin)
- ✓ Treatment plan from your clinician
- ✓ List of hypoglycemic episodes (if any)
- ✓ Healthy snack in case of low blood sugar

IMPORTANT TO KNOW



- ✓ Uncontrolled diabetes or complications (vision, heart, nerves, kidneys, etc.) can affect your certification.
- ✓ Severe hypoglycemic episodes may require additional evaluation.
- ✓ Always be honest with your medical examiner. Your safety comes first.

Notice: Federal Drug Testing Custody and Control Form (CCF)

- BCRC WILL WORK WITH QUEST TO ORDER ALL DOT CONTRACTORS THE REVISED CUSTODY AND CONTROL FORMS (CCF) IN THE FALL OF 2026.
- PLEASE USE UP ALL OLD CHAINS AS WE NEED TO USE THOSE FIRST!
- YOU CAN USE ALL OLD FORMS UNTIL MAY 30TH 2027.



On May 4, 2026 the Department of Health and Humans Services (HHS) announced that the Office of Management and Budget (OMB) has approved the revised 2026 Federal Custody and Control Form (CCF). The 2026 Federal CCF may be used as a paper or electronic form. The effective date of the revised Federal CCF is April 27, 2026 and the expiration date is April 30, 2029.

What is different about the 2026 CCF?

The revised CCF includes the following changes:

In Step 1F (copies 1-5): Removed drug analytes and checkboxes and changed "Drug Tests to be Performed" to "Other tests to be performed (specify):"

In Step 4 (copy 1): Moved the "Split Specimen Device Expiration Date" field to the right.

In Step 5 (copies 2-5): Lengthened the email address line and moved it to the right, Replaced the two date fields for "Daytime Phone No" and "Evening Phone No" with a single field "Phone No" and moved it to the left, and Moved the "Date of Birth" field to the left, reworded as "Birthdate" and moved the text under the line.

As a collector, do I need to complete Step 1F?

No. The laboratory will know the drug testing panel based on the account number on the CCF. You as the collector do not need to enter the drugs to be tested.

As a collector, can I still use the 2023 version of the CCF?

Yes, DOT-regulated employers and their service agents (collectors, laboratories, Medical Review Officers (MROs)) are authorized to use the 2023 version of the CCF until May 31, 2027. Between April 27, 2026 and May 30, 2027, if the 2023 CCF is used, a memorandum for the record (MFR) is not required.

As of May 31, 2027 if the 2023 CCF is used, a MFR must be completed per §40.205(b)(2). We recommend that you coordinate delivery of the revised 2026 CCF with the laboratory when your existing supply of the 2023 CCFs is about to run out.

Where can I view the 2026 CCF?

On ODAPC's web page <https://www.transportation.gov/odapc/documents#Drug>

Last updated: Wednesday, July 1, 2026



Responding to Others in Distress

It can be challenging to know exactly what to say or do when someone tells you they are stressed, having a difficult day, or struggling with their mental health. A conversation can be life changing! Feeling seen, heard and supported may be exactly what someone needs.

The most effective way to prevent suicide is to increase awareness of the warning signs and to intervene by reaching out to the person in distress.

ASKING ABOUT SUICIDE DOES NOT PUT THE IDEA IN SOMEONE'S MIND. INSTEAD IT WILL LET THAT INDIVIDUAL KNOW YOU ARE THERE FOR THEM.

NOTICE THE WARNING SIGNS

Pay special attention when behavior is new, increasing, or connected to a painful event, loss or major change.

- Talking about wanting to die, feeling hopeless, having no reason to live, being trapped, in unbearable pain, or a burden
- Looking for a way to die or making a plan
- Increasing alcohol or drug use; acting anxious, agitated or reckless
- Sleeping too little or too much; withdrawing or feeling isolated
- Showing rage, seeking revenge or having extreme mood swings

TAKE IMMEDIATE ACTION

If the person talks about wanting to die, feels hopeless, or is looking for a way to die:

- If danger is imminent, call 911.
- Stay with the person. Move to a private, secure place and remove weapons, sharp objects or other lethal means when it is safe to do so.
- Contact the EAP/Assistance Program or HR for guidance and share helpful background information.
- Call 1-800-662-HELP The National Help Line.

WE'RE HERE TO HELP

Your Assistance Program provides confidential mental health support and resources.

www.allonehealth.com/member-support

Adapted from AllOne Health:
National Council for
Suicide Prevention

ASK

Be direct. Use the word suicide.

- Have you had thoughts of suicide?
- Do you have a plan to take your life?
- Have you thought about when or how you would do it?

LISTEN

Let the person talk without interruption. Listen without judgment and make them feel heard.

Avoid minimizing, shaming, arguing, preaching, jumping to conclusions, trying to convince them it is "not that bad," or promising to keep suicidal thoughts secret. You do not need to solve everything or have all the answers.

RESPOND

Stay calm, acknowledge that their pain is real, and connect them with help. Go with them to an ER or mental health clinic when appropriate. In an emergency, call 911 and do not leave them alone.

Helpful words:

"You are not alone - I'm here for you"

"I care about you and want to help"

"We will get through this together"

Quick grounding

Sit together. Ask them to name 3 things they see (including colors/textures), then 3 sounds they hear. If comfortable, breathe slowly together while you count each inhale and exhale.

FOLLOW UP

A crisis may be only the beginning. Check in regularly, encourage healthy self-care, and remind the person about available Assistance Program resources. Continued connection can reduce loneliness and help recovery.



ANNUAL HOLIDAY

Coloring Contest

Name: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Grade: _____ What do you want to be when you grow up? _____

Parent / Guardian Signature: _____

PLEASE CIRCLE THE
APPROPRIATE AGE GROUP:

0-2 YRS 3-5 YRS

6-8 YRS 9-13 YRS

BCRC is having our Annual Holiday Coloring Contest! We will be judging four age groups. The winner from each age group will win a \$25.00 gift card. The winner will also have their first name & winning picture printed in our semi-annual newsletter!

Parents or Guardians, please complete the entry form. One winner will be chosen on October 27, 2026.

All submissions should be dropped off or mailed in to the BCRC office (6050 Southport Rd., Ste.B, Portage, IN 46368), no later than October 23, 2026.

Additional copies can be printed off our website www.bcrcnet.com under the "News and Events" tab at the top of the home page.

Parents/Guardians by signing this, you understand that if your child wins, BCRC will publish your child's FIRST NAME, AGE and a copy of their winning project in the semi-annual newsletter.

If you have any questions or concerns, please call (219) 764-9500.



TRICK-OR-TREAT



Striving to be Drug Free
for a Safe Industry



6050 Southport Road, Suite B
Portage, IN 46368

BCRC texting service, (219) 355-2810
add us to your contacts!



ALLONE[®]
HEALTH
(800) 456-6327 • www.allonehealth.com

Striving to be Drug Free
for a Safe Industry



Building & Construction Resource Center

(219) 764-9500 • (877) 988-5400
6050 Southport Road, Ste B • Portage, IN 46368
Email: info@bcrncnet.com
Hours: Monday-Friday 7:00 a.m. - 4:30 p.m.

THE OFFICE WILL BE CLOSED ON:
September 7, November 26, December 24, 2026

COMPLETE BCRC INFO

Including Collection Site Locations & Hours
On the web at www.BCRCNET.com

