

Additional resources for veterans and their families:

New York State Office of Alcoholism and Substance Abuse Services

www.oasas.ny.gov | 518-473-3460

NYS Division of Veterans' Affairs:

<http://www.veterans.ny.gov/index.html> | 1-888-VETSNYS (838-7697)

US Department of Veteran Affairs :

<http://www.va.gov/> | 800-273-8255

SAMHSA's Center for Substance Abuse Treatment

www.samhsa.gov/about/csats.aspx | 240-276-1660

Substance Abuse and Mental Health Services

www.samhsa.gov | 877-SAMHSA-7

National Institute on Drug Abuse

www.nida.nih.gov/nidahome.html | 800-662-HELP

National Council on Alcohol & Drug

Dependence

www.ncadd.org | 800-NCACALL

Al-Anon and Alateen (Listed in phonebook)



There is hope. We are here to help. If you or your loved one needs help for alcohol or substance use disorders or problem gambling, call the OASAS Hope Line at **1-877-8-HOPENY (1-877-846-7369)** for a referral to appropriate services, including programs specifically tailored to meet the needs of veterans. Help is available 7 days a week, 24 hours a day.

There is Help!

- Substance use disorders can be treated effectively. Millions of people enjoy recovery from addiction and alcoholism, including many veterans.
- There are specialized treatment programs for veterans. These programs understand what veterans have experienced and what their needs are.
- Recovery can begin at any time, the earlier the better. People do not have to hit "rock bottom" to get help.
- The OASAS system of care supports over 900 treatment providers throughout the state. You can get help right in your community.
- Asking for help is not a sign of weakness. It is a sign of courage - the courage of a warrior.



Veterans: The Long Journey Home and the Need to Heal

How to know if your loved one is struggling with an addiction



New York State Office of Alcoholism and Substance Abuse Services
veterans@oasas.ny.gov

Welcome Home...

For family members and friends of returning Veterans, you may have no idea of what to expect when your loved one comes home.

This can be a very exciting, yet stressful time for you as well as for the person who has been serving.

It is important to remember that you and your family are not alone and that help and support are available.



Substance Use Disorder and PTSD

According to the U.S. Department of Veterans Affairs, almost 1/3 of Veterans seeking treatment for substance use disorder (SUD) also have post traumatic stress disorder (PTSD) and more than 2 of 10 Veterans with PTSD also have SUD. If your loved one continues to be troubled or distracted by his or her experiences for more than three months or you are concerned about their drinking or drug use, learn more about the available options for seeking treatment.

How to know when there is a problem

Knowing the signs can be the crucial first step to getting your loved one the help they need:

- **Isolation** - Individuals who start depending on drugs, alcohol, and certain other activities may start avoiding others who do not share these activities. Avoiding family gatherings and social functions is also common.
- **Loss Of Interest** - Loss of interest is another big indicator that your loved one may have an addiction or another type of problem. When someone is no longer interested in the same things and seems to lose all interest in enjoyable things this is a sign that help is needed.
- **Changes In Mood Or Behavior** - When a loved one starts to develop a substance use disorder it is common to see changes in mood and behavior. Sometimes these changes can be drastic or occur rapidly, but at other times this may be more gradual. Extreme mood swings, argumentative behavior, defiance, and a lot of anger or hostility may all be signs of an addiction.
- **Self Destructive Behavior** - If a loved one has shown signs of self destructive behavior then this may mean a substance use disorder needs to be addressed. Self destructive behavior can include extreme risk taking, legal problems including arrest and incarceration, and even unsafe sexual practices.
- **Financial Problems** - Money problems can happen to anyone, but someone with a substance use disorder typically seems to have chronic financial problems that never stop. Substance misuse is not an inexpensive activity.

What you can do:

- Educate Yourself About Addiction
- Seek Professional and Specialist Help
- Stage an Intervention
- Persevere but Set Boundaries
- Offer support during & after treatment
- Get support for yourself

