



Holland Pathways
YOUR PATH TO RECOVERY



Find the Freedom You Fought For

—
A Veterans Guide to
Addiction Treatment



Far too many veterans suffer from substance use disorder and/or mental health issues that are caused by (or exacerbated by) their service. These veterans deserve expert help in identifying and healing their wounds of war. At Holland Pathways, we're dedicated to walking that path with you — the path to true freedom.

The Facts: Veterans & Addiction

If you are a veteran struggling with substance abuse, you aren't alone: According to the National Institute on Drug Abuse, more than 10% of veterans have been diagnosed with a substance use disorder. Of course, the number is much higher than that when you consider the many who are suffering in silence.

In many ways, military service is a perfect environment for igniting substance abuse or making an existing problem much worse. Military culture makes binge drinking and drug use a way of life for many active duty service members. According to one 2005 CDC study, for example, nearly 50% of active-duty military personnel admitted to binge drinking in the past month. Again, the actual number was probably even higher.



More concerning than that is the fact that more than half of those same drinkers also admitted to dangerous activities when drinking. Drunk driving, drinking on the job, and even committing crimes while drunk were all reported in the study.

At the same time, many active duty service members are prescribed opioids or amphetamines for the first time during service, which can lead to off-label use.

Despite strict regulations meant to curb substance abuse during active duty service, substance abuse continues to run wild in the military. Between 2004 and 2006, for example, reported instances of substance abuse in active duty military personnel went up 100 percent. However, during that same period there was no increase in treatment referrals from commanders. Service members are struggling, and there isn't much in the way of help.



For many, the problem gets worse after service as the challenges of reintegrating to civilian life and the memories of service continue to cause mental health problems. Nearly 1 in 3 veterans will struggle with PTSD at some point in their life, according to the VA. (Less than 1 in 10 civilians will face it.) Far too many turn to drugs and alcohol in an attempt to self-medicate and numb the pain.

According to one government study, 20% of veterans who struggle with PTSD will also struggle with addiction. Yet another study found that among the Iraq and Afghanistan vets who struggled with substance abuse, more than 90% also had at least one mental health disorder at the same time. Addiction and mental health challenges like depression, anxiety, and PTSD go hand in hand.





The Process: Addiction Treatment for Veterans

Addiction treatment for veterans heals those mental health challenges from the inside out, making it easier to effectively address damaging substance abuse habits. Each veteran entering drug and alcohol rehab meets with a team of expert clinicians to discuss their own challenges and goals, and to develop a customized treatment plan to address them.



For example, studies have shown that PTSD can be effectively treated through a combination of talk therapy and medication when appropriate, with EMDR (eye movement desensitization and reprocessing) showing promise as well. Trauma can be explored and healed in one-on-one counseling and group therapy sessions with other vets can help ease the isolation and loneliness of depression.

Every day in addiction treatment for veterans includes a mix of such treatment methods, with plenty of time scheduled in to relax, rest, and process your healing work. At Holland Pathways, for example, our residents spend time jamming in music therapy, shooting hoops on our basketball court, chatting over breakfast, or hanging out with our therapy dog Finnley. Our welcoming residential community offers so many spaces for relaxation and connection.

The Bottom Line:

Paying for Addiction Treatment



If addiction treatment sounds like it could be helpful for you or a loved one, there's one last piece of good news: It could be more affordable than you think. Veterans in particular can often take advantage of their VA benefits or supplementary military insurance like TRICARE or Humana Military in order to get their treatment covered. Every insurance plan is unique, so contact our admissions experts to discuss what kind of coverage your plan offers. Our team has years of experience helping veterans secure affordable addiction treatment, and they'll work with you, your insurance provider, and/or the VA to put together a financial plan that works for your budget — even if it's not at Holland Pathways.



The Decision:

Do I Need Addiction Treatment?

You might still be wondering, Do I really need to go to rehab? Consider this: Addiction treatment is not a punishment or a last resort. Taking the time to heal yourself from the inside out could be the greatest gift you ever give yourself — and everyone you love.

If your drinking or drug use is having a negative impact on your life, but you still can't seem to get clean and sober, you don't have to do it alone. When you're ready, our team of caring experts is here to walk alongside you.

If there's even a small part of you that thinks that your life could be better on the path of recovery, addiction treatment can take you there — to a place where you can enjoy the freedom you fought for.



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