HOW TO HELP A VETERAN
FIND FREEDOM FROM ADDICTION

FROM ACQUA RECOVERY
The friends and family of America’s vets understand all too well what it feels like to be consumed with worry and fear for your loved one. When addiction is the foe your vet is facing, it’s even more painful. Addiction is a cunning, baffling, and powerful adversary. Luckily, no one has to face addiction alone — and that includes military families and the loved ones of vets. Helping a veteran find freedom from addiction is possible for anyone, and it may be even easier than you think.

Historically, veterans are among the populations most in need of mental health care — and they are also among the most underserved. Over time, this creates a perfect storm of issues like trauma, depression, PTSD, anxiety, and more within our nation’s vets. Many turn to drugs or alcohol in a desperate attempt to self-medicate. Before long, some find themselves addicted.

Overall, veterans struggle with addiction at rates higher than normal civilians. Conservative estimates place that number around 11%, and some studies have even found that up to 30% of vets from certain segments of the military struggle with substance use disorder.

In short, if you know a veteran who is battling addiction, you aren’t alone.
RECOGNIZE THE SIGNS OF ADDICTION

But how can you tell if your loved one is truly in need of help? There are many signs of alcoholism and addiction that you can look out for.

Rather than trying to calculate the quantity of drugs or alcohol that your loved one is consuming, look at the effects that their behavior is having on their life. Is their career at a standstill or suffering? Are their relationships at a low point? Have they accumulated legal, financial, or health issues because of their drinking or using? Overall, are they the person that you used to know before drugs or alcohol entered the picture?

If you can answer “yes” to any of those questions, your loved one may be in need of treatment for substance use disorder.
Many individuals with a complex personal history opt for residential addiction treatment for veterans. There, they can focus entirely on getting well, with 24/7 support from caring professionals who are experts in healing addiction and its causes.

However, intensive outpatient treatment may be an option for some who prefer to live at home while receiving treatment for several hours a day. Intensive outpatient programs (IOP) are often suggested as a step down from residential addiction treatment, to help those in early recovery get their bearings in a new life.

Sober living can be another way for veterans recovering from addiction to transition back into civilian life with a loving support network by their side.
Paying for Addiction Treatment for Veterans

Addiction treatment for veterans may be more affordable than you think. For example, Acqua Recovery is proud to be in network with TRICARE, TriCare East, and TRIWEST. That means we’ve worked with those providers to set a contracted rate for their clients – a rate that’s often far below what you would pay out of pocket.
Acqua Recovery can help you verify your benefits to determine how much you or your loved one will have to pay for their addiction treatment. Our compassionate admissions team can also answer any additional questions you may have about our addiction treatment program for veterans.

In our sanctuary for healing in Midway, Utah, just outside of Park City, your loved one will renew their sense of belonging in the world, rediscover the joy of life, reconnect with their hopes and dreams, and recover from addiction. Isn’t it time to get started?

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