

INFORMATIONAL WEBSITES

- acsap.army.mil (Army Center For Substance Abuse Program)
- drugabuse.gov (National Institute on Drug Abuse)
- niaaa.nih.gov (National Institute on Alcohol Abuse and Alcoholism)
- samhsa.gov (Substance Abuse and Mental Health Services Administration)
- va.gov/substanceabuse.asp (United States Department of Veterans Affairs)
- afterdeployment.org (wellness organization for the military community)
- alcoholics-anonymous.org
- Al-Anon.Alateen.org (family members/children)
- na.org (Narcotics Anonymous)
- militarymentalhealth.org
- ncadd.org (The National Council on Alcoholism & Drug Dependence, Inc.)
- wvadsinc.com (Wyoming Valley Alcohol and Drug Services, Inc.)
- military.com
- whitehouse.gov (Office of National Drug Control Policy)
- ptsd.va.gov (National Center For PTSD)
- suicidepreventionlifeline.org (National Suicide Prevention Lifeline; 1-800-273-8255)
- militarywarriors.org

Main Office

437 North Main Street
Wilkes-Barre, PA 18705-1613

Phone: (570) 820-8888

Email: wvads@epix.net

Satellite Office

49 South Main Street
Pittston, PA 18640

Phone: (570) 655-3900

wvadsinc.com

Wyoming Valley Alcohol and Drug Services, Inc. is a 501 C-3 charitable organization in the Commonwealth of Pennsylvania and is licensed by the Department of Drug and Alcohol Programs
Member, United Way of Wyoming Valley
Member, Luzerne-Wyoming Counties Drug & Alcohol Program

Specialty Treatment Program For Military Veterans and Members and Their Families



Wyoming Valley Alcohol and Drug Services, Inc.

437 North Main Street
Wilkes-Barre, PA 18706-1613

wvadsinc.com

WHY HAS WVADS, INC. DEVELOPED A SPECIALTY TREATMENT PROGRAM FOR MILITARY VETERANS AND THEIR FAMILIES?

Military veterans and service members are truly American heroes. They have answered the call of service and duty to our country and through their sacrifice, we have all enjoyed the benefits of freedom. In an effort to recognize their untiring efforts on our behalf, we decided to establish a specialty program to assist those military veterans and their families cope with and effectively address drug and alcohol problems which they may have developed. It is our agency's way of saying thank you and to be there for these military heroes. After all, they were there for us so it is now our turn to be there for them. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), there are an estimated 23.4 million veterans in the United States, as well as approximately 2.2 million military service members (including National Guard and Reserve) and 3.1 million immediate family members, which includes 2 million children. A significant proportion of returning service men and women who have fought in wars over the years suffer from Post Traumatic Stress Disorders (PTSD), depression, Traumatic Brain Injury (TBI), combat exposure, physical injuries, and drug and alcohol problems. Additionally, too many die from suicides.

WHAT MAKES THIS PROGRAM SO UNIQUE?

WVADS, Inc. has given much thought in planning and developing this specialty treatment program for military veterans, military members, and their families. The unique features and components to the program are:

- Enhanced access to treatment
- Specialized Intake/Assessment process focusing on drug/alcohol use, trauma, PTSD Questionnaire, case management determination
- Innovative treatment approaches based on understanding of the culture of the military context
- Specialized therapy for co-occurring disorders such as depression and substance abuse
- Inclusion of family throughout treatment process

- Tremors, slurred speech, or impaired coordination
- Isolation from family and friends
- Spending less time in activities and interests that you once enjoyed
- Quick tempered; lower level of frustration; easily agitated
- Decline in school or work performance
- Changes in appetite or sleep disturbances
- Deterioration of physical appearance and personal grooming habits
- Unpredictability; inconsistency; irresponsibility
- Failure to complete tasks that you have started
- Argumentative; fights (either verbal or physical)
- Decreased communication skills
- Attitude changes
- Appears lethargic and unmotivated
- Increased agitation and restlessness
- Difficulty with focus and concentration
- Alcohol blackouts (user is conscious but is unable to remember incidents or events after bout of drinking)
- Easily overwhelmed by life events
- Increased resentments and hostilities
- Unexplained need for money; stealing from family and friends; selling possessions
- Frequently breaks rules
- Excessive need for privacy
- Legal problems
- Using drugs and alcohol to cope with stress
- Changes in tolerance (need to use more of the alcohol/drugs or using less brings individual to lose control)
- Desire to stop, but can't
- Continued use despite negative consequences

WHAT ARE THE BARRIERS TO MILITARY VETERANS AND MILITARY MEMBERS SEEKING HELP?

When individuals use drugs and alcohol, there are predictable internal barriers that arise; ***DENIAL, RATIONALIZATION, MINIMIZATION, and INTELLECTUALIZATION***

Members of the military or discharged veterans have specific barriers that families and significant others should be aware of. When we understand these barriers, we can begin to address them with the individual in an effort to reassure them that help is a phone call away.

- Fears; fear of being seen as weak; fear that asking for help will effect their career or future promotions
- Misconceptions about treatment or rehabilitation
- Belief that abuse of drugs and alcohol is an acceptable coping mechanism for combat exposure
- Feelings of embarrassment
- Negative perceptions about helping agencies
- No one will understand what they are experiencing
- Worry about their treatment becoming public

DOES WVADS, INC. HAVE CASE MANAGEMENT SERVICES TO ADDRESS OTHER CRITICAL PATIENT NEEDS?

Yes. WVADS, Inc. is one of the few out-patient treatment programs nationally who employ a full-time Case Manager. The role of the CM is to assist patients in addressing other issues they might be facing; housing, child care, food, education, recreation, medical, other employment opportunities. The CM will assist the patient and family by arranging appointments with other community services, and linking individuals with resources in the community.

In conclusion, case management is a multi-step process that assesses, plans, implements, coordinates, monitors and evaluates the options and services required to meet the patient's health and human service needs. It is characterized by advocacy, communication, and resource management and its goal is to enhance and augment the recovery process of the patient. All patients we serve have access to our agency's Case Manager.

HOW SIGNIFICANT IS THE PROBLEM OF DRUG AND ALCOHOL IN MILITARY VETERANS AND MEMBERS?

A study of Army soldiers screened 3-4 months after returning from deployment to Iraq (Operation Iraqi Freedom) showed that 27% met criteria for alcohol abuse and were at increased risk for related harmful behaviors; drinking and driving, using illicit drugs, and suicides.

- Drug and alcohol use frequently accompanies mental health problems and was involved in 30% of the Army's suicide deaths from 2003-2009, and in more than 45% of non-fatal suicide attempts from 2005-2009.
- Significant increase in prescription drug abuse in the military, most especially with opiates/narcotics.
- The Millennium Cohort Study, the largest prospective study in military history, is following a representative sample of U.S. military personnel from 2001-2022. Findings from this study suggest that Reserve and National Guard personnel and younger service members who deploy with reported combat exposures are at increased risk of new-onset heavy weekly drinking, binge drinking, and other alcohol related problems. Results further suggest an increase in smoking initiation and relapse among those deployed.
- More than 2 in 10 military veterans with PTSD also have serious drug and alcohol problems.
- Some veterans try to cope with their Post Traumatic Stress Disorder (PTSD) symptoms by drinking heavily, using drugs, or smoking heavily.
- War veterans with PTSD and alcohol problems tend to be binge drinkers. Binges may be in response to bad memories and combat trauma.
- According to the Pentagon, the number of troops diagnosed with substance abuse disorders has significantly increased over the years, including hospitalizations for these problems.
- According to the National Council on Alcoholism and Drug Dependence, Inc. (NCADD), more women are serving in our military than at any point in U.S. history. This gender shift creates new challenges identifying and treating returning

veterans' drug and alcohol problems. Expanded access to education, counselor/treatment, peer support, and recovery support services designed to address the unique needs of military women are needed now more than before.

- On their post deployment health assessment forms, soldiers report alcohol problems at a rate of 12%. Shockingly, only 0.2% of these troops were referred for treatment.

WHAT SPECIFIC SERVICES WILL BE AVAILABLE TO FAMILIES OF MILITARY VETERANS?

The agency will address the following:

- Work with families on identifying stressors that impact and effect positive treatment outcomes
- Will provide counseling for children to assist them in attempting to understand the components of addiction and to help them gain insights into what their parent is going through
- Help the family reconnect with their loved one and if deployment is a reality, we will assist the family in discussing the Deployment Cycle Phases
- Work with the family in increasing their understanding of the "Invisible Wounds" of their loved one
- Assist the family in identifying initiatives and strategies designed to enhance the recovery process of their loved one; Al-Anon, workbooks, journals, articles, etc.

WHAT ARE THE SIGNS AND SYMPTOMS OF A DRUG AND ALCOHOL PROBLEM?

Remember, you only have to identify with 2-3 of these signs to have a problem. Early detection is a key to improved treatment outcomes. Like all diseases, the longer it progresses out of control, the more consequences there will be. Get help today. There is nothing shameful about having drug and alcohol problems.

- Engaging in secretive or suspicious behaviors
- Lying, making excuses, deceit, alibis about drinking and drug use

- Prompt interventions
- Partnerships/affiliations with other community agencies to insure that we are addressing multi-faceted needs of the veteran
- Promotion of emotional health and suicide prevention
- Education/information activities and programs aimed at augmenting and enhancing resiliency skills, decision-making and problem solving skills, conflict resolution skills, enhanced coping skills and strategies
- Trained staff who understand the unique challenges facing military families
- Assessment of traumatic stress factors

HOW DO I ACCESS THIS PROGRAM?

It is a very simple process. You just need to call our agency at (570) 820-8888, and we will schedule you and/or your loved one for a confidential assessment/evaluation with a member of our highly trained clinical team. We have over 175+ years of addiction experience and our agency is recognized statewide, nationally, and internationally for its effective treatment and prevention/education programs. Call today to join the thousands of patients who are now leading a drug free sober life.

HOW DO I PAY FOR THIS PROGRAM?

WVADS, Inc. is approved by most 3rd party health insurance plans for both our out-patient individual counseling program, as well as our 72-hour partial hospitalization program "Stepping Stones" (intensive treatment approach in an out-patient setting). Additionally, we are a member provider of the Luzerne-Wyoming Counties Drug and Alcohol Program and the United Way of Wyoming Valley. Through these affiliations, we have access to funding for those under-insured or uninsured patients and families who are not able to afford the cost of care. Additionally, we are a HealthChoices provider with the Penna. Medicaid program. Since our beginning in 1973, we have never turned anyone away from treatment who needed our help.