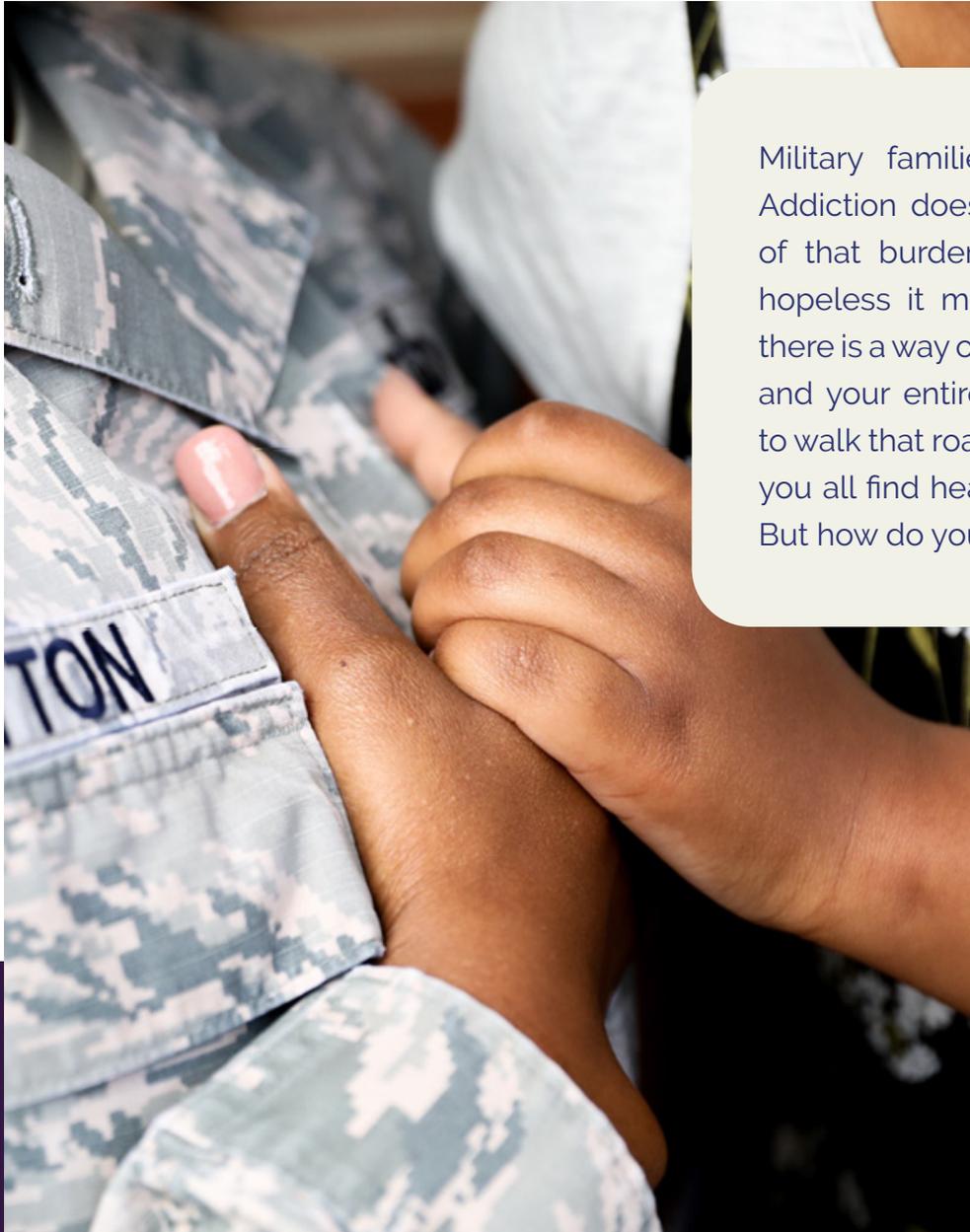
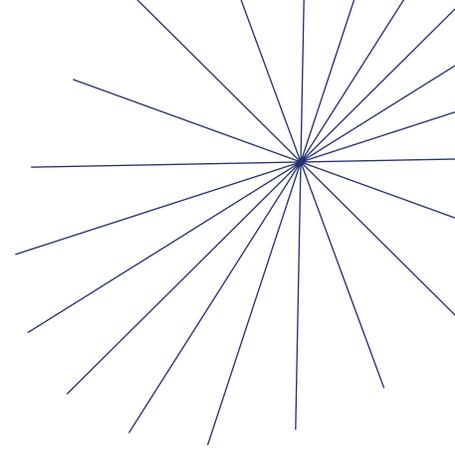


# How to Help a Veteran Struggling with Addiction



Military families carry so much. Addiction doesn't have to be part of that burden. Now matter how hopeless it may seem right now, there is a way out for your loved one and your entire family. We're here to walk that road with you, and help you all find healing from addiction. But how do you begin?



**COUNTRY ROAD**  
your road to recovery

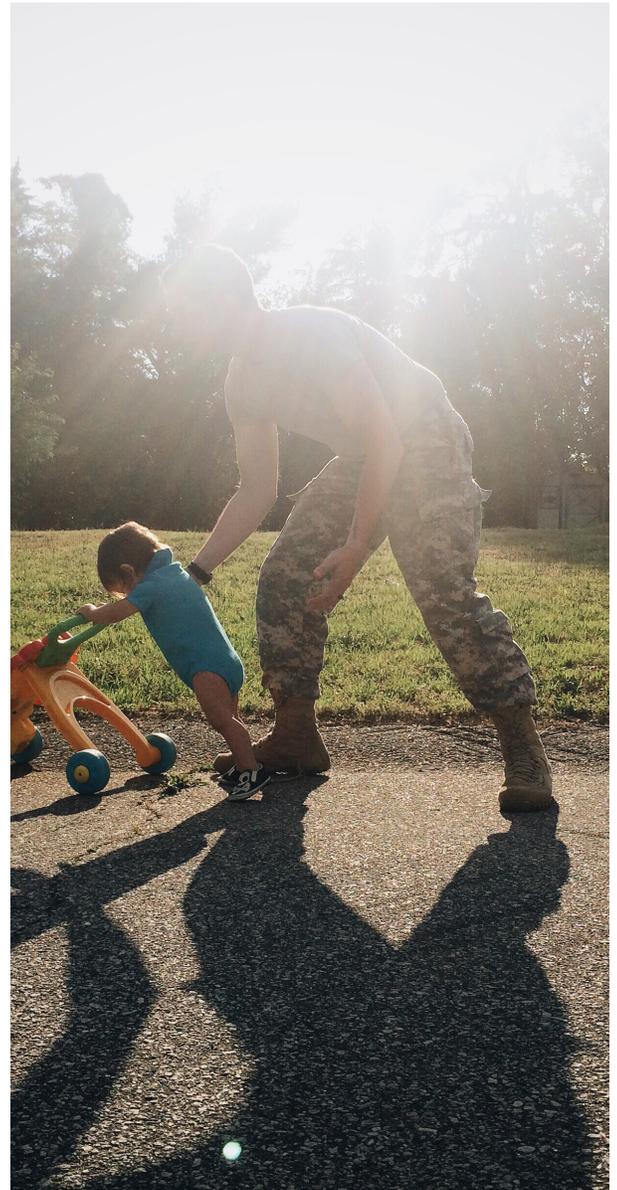


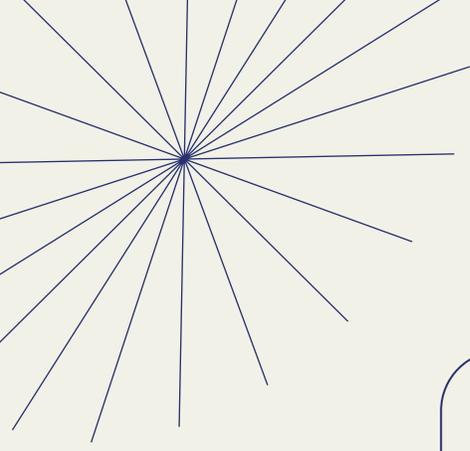
*Sadly, studies show that nearly one half of Americans know someone struggling with addiction.*

## What is Addiction?

Sadly, studies show that nearly one half of Americans know someone struggling with addiction. Still, there are many misconceptions and misunderstandings about what addiction actually is. Addiction is not a matter of will power — or lack thereof. You probably already know that all of your love and efforts alone can't cure it. Instead, addiction is a brain disease that causes people to continue to drink or use drugs even when they know it is causing negative consequences. It's not that your loved one doesn't realize or care that their addiction is affecting you and your family. The very nature of addiction means that awareness alone is not enough.

Addiction is considered a chronic disease, like asthma or diabetes. It is caused by a variety of factors, including genetics and lifestyle. For that reason, finding relief from addiction is not ever a simple solution. However, we know more about how to treat addiction than ever, and lifelong sobriety is possible — with the right help.



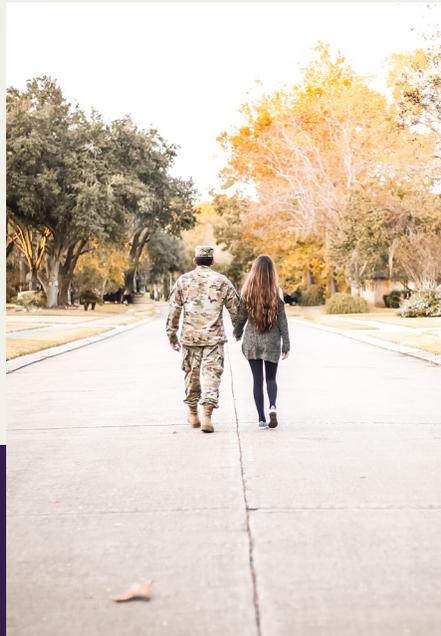


## Signs Your Loved One Needs Help

Given the definition of addiction, your loved one could benefit from professional help if they keep drinking or using despite experiencing negative consequences. For example, are they having trouble at work? Is your relationship on the rocks? Are you experiencing financial difficulties because of their substance abuse? It can be hard to crack through the denial that comes with addiction, but the facts of life don't lie.

It's important to focus more on the nature of the substance abuse and its effects than the quantity of substances being consumed. Although "binge drinking" for men is defined as five or more drinks within two hours, for example, even one drink

may be too many for some. No one should ever wait to get help because they think that their problem "isn't bad enough" yet. Those who wait to hit some imaginary rock bottom before getting clean and sober are often robbed of that chance.



# What Happens in Rehab?



Modern addiction treatment is focused on healing the disease from the inside out. First, patients must clear their bodies of the chemicals they have been consuming. In residential addiction treatment, alcohol and drug detox is a carefully managed process overseen by experienced medical professionals. For many people struggling with addiction, attempting detox alone can be dangerous or even deadly.

Once stabilized, patients begin the work to learn more about and heal what caused their addiction — and how to stay clean and sober. We know today that addiction is most frequently the symptom of deeper trauma or mental and emotional disorders like depression and anxiety. People in pain self-medicate for relief, and end up trapped in a vicious cycle. In residential addiction treatment, caring professionals work with patients to develop a treatment plan that will address their individual issues, needs, and goals.



At Country Road, for example, we offer a variety of specialized tracks for people with specialized needs. Our veterans track, for example, focuses on a variety of underlying issues that your loved one may be facing:

**Trauma**  
**PTSD (Post-Traumatic Stress Disorder)**  
**TBI (Traumatic Brain Injury)**  
**Depression**

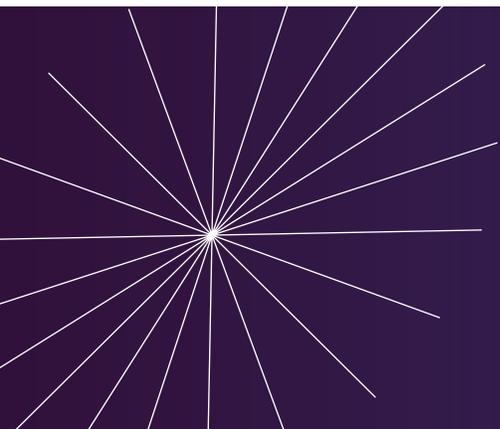
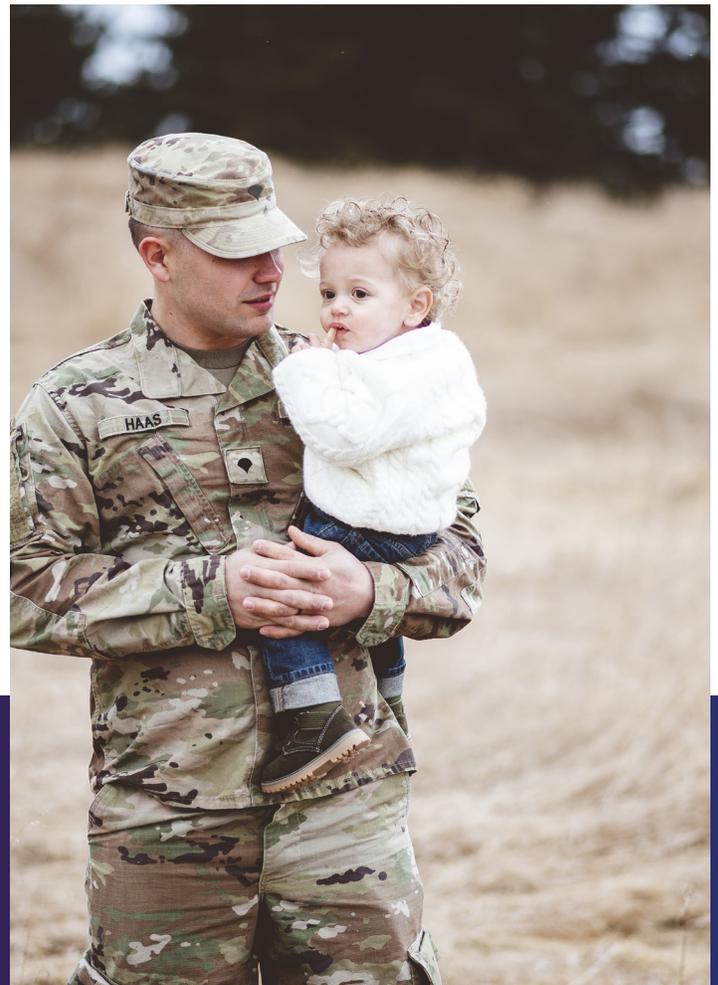
**Anxiety**  
**Chronic Pain**  
**Bi-polar Disorder**  
**Borderline Personality Disorder**  
**And More**

Over a 90-day stay, clients will learn how to heal and treat the issues underlying their addiction, as well as relapse prevention strategies and life skills that will set them up for success in life after treatment. Our aftercare programming means each client leaves with a clear roadmap for next steps in recovery.



## Family Programming

At the same time, we offer resources and support to help family members of those in treatment as well. Addiction hurts everyone it touches, and you deserve education and healing just as much as your loved one. Our family programming will help get you started on your own road to recovery, alongside your loved one.





**Battling addiction as a family is exhausting and heartbreaking. You don't have to do it alone any longer. It's time to start a new road — a road to recovery.**

## Starting the Road to Recovery

If it sounds like addiction treatment could be helpful for your veteran, we are here to help. Even before approaching the topic with them, you should feel free to call us to walk through your options and how to have the conversation. We also can verify your insurance in the meantime, so you're prepared with all of the information that you'll need.

