

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

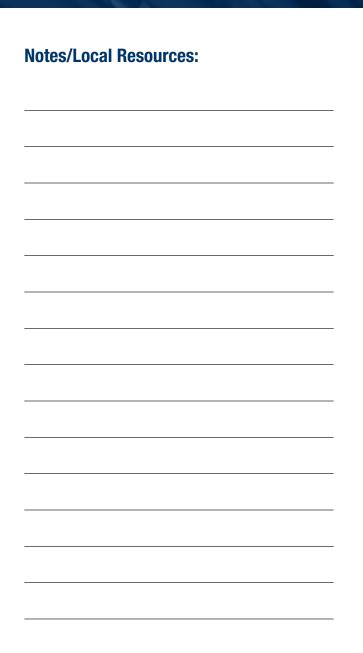
Veterans-For-Change

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.









Referral Resources Page

DoD and VA Specific Resources

Family Fleet Services www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/ FleetAndFamilyReadiness/FamilyReadiness/

FleetAndFamilySupportProgram/index.htm

Army Family Advocacy Program

www.myarmyonesource.com/familyprogramsandservices/familyprograms/familyadvocacyprogram/default.aspx

Marine Corps Community Services www.usmc-mccs.org/family

USAF CONUS Family Advocacy Program Directory www.militaryhomefront.dod.mil/dav/lsn/LSN/BINARY_RESOURCE/ BINARY_CONTENT/1905341.pdf

Military One Source www.militaryonesource.com

My HealtheVet www.myhealth.va.gov

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

afterdeployment.org www.afterdeployment.org

inTransition Program www.health.mil/InTransition/default.aspx 1-800-424-7877

External Resources

SAMHSA's National Helpline

Provides 24-hour free and confidential information and treatment referrals in English and Spanish;
Call 800-662-HELP or 800-487-4889 (TDD)

SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website
Contains resources about mental health, substance abuse and treatment; www.samhsa.gov/treatment/



Substance Abuse Affects Families





- One of the most important signs of a substance use disorder is using drugs or alcohol even when using them causes severe physical, psychological and emotional pain
- Substance abuse can get worse over time, hurting the person using drugs or alcohol and the entire family
- Substance abuse is a serious problem:
 - It affects people of every race, ethnicity, gender and location.
 - In 2008, more than 23 million people needed treatment for alcohol or drug abuse in the United States.
- Estimates of drug dependence cost the United States approximately \$67 billion annually in crime, lost work productivity, foster care, medical care and other social problems.
- Substance abuse is an illness that can be treated. Millions of Americans and their families are in healthy recovery from substance use disorder.

Does Your Family Member Have a Substance Abuse Problem?

When your family member has been drinking or using drugs does he or she do any of the following (check all that apply):

Embarr	ass you'
--------	----------

Blame	VOL	for	things?
Diamo	you	101	umigo:

	Drook promises?	
ш.	Break promises?	

_					_
	I)rive	under	the	intli	ience'

- Make bad decisions?
- Behave badly?

If one or more of these are true for your family member he or she may be abusing drugs or alcohol.

1. Are the men in your family drinking more than 14 drinks a week or four drinks on one occasion?

	Yes
--	-----

■ No

2. Are the women in your family drinking more than seven drinks a week or three drinks on one occasion?

П	Vac



If one of these is true for your family member, talk to him or her about contacting a health care provider.

Help is available and possible for your loved one!



What Are the Possible Effects of Substance Abuse On My Family?

Substance abuse **causes** stress on the family which can lead to many family problems.

- Health effects: Substance abuse can increase the risk for HIV, fetal alcohol syndrome, premature death, injury and increased risk taking.
- Effects on children: Children whose parents have a substance use disorder have an increased risk of the following problems:
 - Substance use: They are four times more likely to develop a substance use disorder than children who aren't in that environment.
 - Conduct problems: They may be more frustrated and have an increased risk of aggressive behavior and crime.
- Academic problems: They may have learning difficulties, lower concentration and disruptiveness.
- Emotional problems: They may be angry and develop poor self-esteem, withdrawal and sadness.
- Marital problems: When a family member has a substance use disorder, divorce is seven times more likely than in families who are free from substance abuse.
- Emotional abuse or violence: More than 50 percent of family abuse stems from substance abuse.
- Legal problems: Substance abuse can lead to problems such as unpaid bills, driving under the influence and crime.
- Financial problems: Substance abuse may lead to loss of a job and money because of the expense of a substance. A family member may forget or ignore paying bills because of substance abuse.

Reminders for Families

- Substance use disorder is called a "family disorder" because it affects the entire family and close friends, even if only one person has it.
- It's not your fault!
 - It is a disorder
 - You didn't cause it
 - You can't make it stop
 - You need and deserve help for yourself and your family members
- People with a history of substance use disorder in their families are more likely to have a substance use disorder when they choose to drink or do drugs. You can't get it if you don't drink or use drugs.
- You are not alone!
 - One in four children under age 18 live in a home where alcohol misuse or alcohol addiction is hurting the family
- Thousands live with parental drug abuse
- A lot of people come from families with a substance use disorder

Remember The Seven Cs

I didn't Cause it
I can't Cure it
I can't Control it
I can take better Care of myself

by Communicating my feelings

Making healthy Choices

and Celebrating myself



ACTION STEPS

- 1. Ask for help: If someone close to you abuses alcohol or drugs, the first step is to be open about the problem and ask for help for yourself, your family and your loved one.
 - Children who have alcohol or drug abuse in the family can get help by talking with adults like teachers, doctors or school counselors. Support groups are also helpful.
- 2. Get help for your loved one: Treatment is effective! Getting a loved one into care and finding support services for your family are the next steps toward recovery.
 - Family support and motivation are the most important things in making treatment work.
- 3. Find out about treatment options: There are many treatments that work for addiction. Talk to your health care provider about these treatments. Stopping alcohol or drug abuse is the first step to recovery and most people need to stop.
- 4. Talk with children: It is important to talk with children about what is happening in the family and to help them talk about their fears and feelings. Children need to trust the adults in their lives and to believe that they will support them.