The New High: Substance Abuse, Veterans, and the Military

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Objectives

• Identify current patterns of substance abuse among veterans and military personnel
• Identify current treatment options for substance use disorders (SUD) in veteran/military population
• Identify the factors of military experience (both combat and non-combat) that contribute to the development of substance use disorders
Overall Goal

• That clinicians may understand how “military life” becomes a “way of understanding the world” that dramatically shapes how men and women who have served conceptualize their emotional problems and conceptualize the solutions to those problems
Substance Abuse and the Military

• The Uniform Code of Military Justice
The Scope of the Problem

- Alcohol
- Cannabis
- Opioids
- Synthetic Drugs (e.g., Bath Salts, Spice)
Treatments

• DoD/VA Endorsed Evidence-Based Treatments
• Dual Diagnosis treatments (e.g., Seeking Safety)
• Psychopharmacology
Military Life and SUDs

• “Affective Intensity” and the Volunteer Military
• PTSD/TBI and Self-Medication
• Chronic Pain and its Long-Term Effects
• “Garrison Life”: pre- and post deployment
SUDs, Veterans, and the Military

Drug Facts

• http://www.drugabuse.gov/publications/by/6/drugs-abuse (General)
• http://www.drugabuse.gov/publications/drugfacts/spice-synthetic-marijuana (Spice)
• http://www.drugabuse.gov/publications/drugfacts/synthetic-cathinones-bath-salts (Bath Salts)
SUD Treatments

• http://www.healthquality.va.gov/Substance_Use_Disorder_SUD.asp (SUDs in general)
• http://www.healthquality.va.gov/Chronic_Opioid_Therapy_COT.asp (Pain Management)
• http://www.dcoe.mil/PsychologicalHealth/Tips_for_Treating_mTBI_and_PTSD.aspx (PTSD/TBI in general)
Military Life (Pre and Post)

- [http://www.armystudyguide.com/content/army_board_study_guide_topics/index.shtml](http://www.armystudyguide.com/content/army_board_study_guide_topics/index.shtml) (Unofficial, but generally accurate)
- [http://www.healthquality.va.gov/Post_Deployment_Health_PDH.asp](http://www.healthquality.va.gov/Post_Deployment_Health_PDH.asp) (VA)