

# 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

# REFERENCES



# SUDs, Veterans, and the Military

- <http://www.drugabuse.gov/publications/topics-in-brief/substance-abuse-among-military-veterans-their-families>
- <http://www.drugabuse.gov/publications/drugfacts/substance-abuse-in-military>
- <http://www.va.gov/vetdata/Report.asp>

# 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](http://www.healthquality.va.gov/Substance_Use_Disorder_SUD.asp) (SUDs in general)
- [http://www.healthquality.va.gov/Chronic\\_Opioid\\_Therapy\\_COT.asp](http://www.healthquality.va.gov/Chronic_Opioid_Therapy_COT.asp) (Pain Management)
- [http://www.dcoe.mil/PsychologicalHealth/Tips\\_for\\_Treating\\_mTBI\\_and\\_PTSD.aspx](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.dcoe.mil/Families.aspx> (Defense Centers of Excellence)
- [http://www.healthquality.va.gov/Post\\_Deployment\\_Health\\_PDH.asp](http://www.healthquality.va.gov/Post_Deployment_Health_PDH.asp) (VA)