



**COUNTRY ROAD**  
your road to recovery



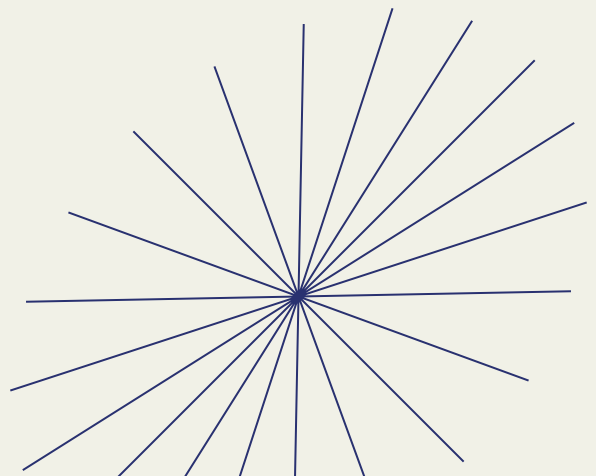
## The Veteran's Guide to Addiction Recovery

After fighting for our country, you deserve to enjoy true freedom. Addiction can steal that from you. Recovery can give it back.



Getting clean and sober is a challenge for anyone, but veterans have special needs. At Country Road, we understand what it's like to be a vet struggling with addiction. In fact, at least one of our team members has been in your boots and made it to the other side.

If you're ready to explore addiction recovery, we'll walk that road with you. Here's what to expect.



# Veterans & Addiction

Drug and alcohol abuse is really just the symptom of deeper emotional traumas. Trying to self-medicate with drugs and alcohol leads to the vicious cycle of addiction over time.

It's no wonder that veterans are among the people most likely to suffer from addiction. As a whole, vets are more than twice as likely as civilians to suffer from PTSD. And, more than 20% of vets with PTSD also struggle with addiction.

It's not just PTSD, either. Military veterans struggling with addiction are three to four times more likely to be diagnosed with a mental health issue than regular vets.



***Overall, roughly 10% of  
America's veterans are  
currently struggling with  
addiction.***



In practice, addiction looks different for everyone. It might mean drinking beers all Sunday until you pass out in your chair. It might mean a vicious heroin addiction that leaves you homeless. It might mean abusing the pills the VA gave you for your pain.

No matter what your life looks like, if addiction is having a negative effect on it, you deserve and can have relief. You can live the kind of life you've fought for in recovery.





Because of the complexity of veterans' mental health issues, professional addiction treatment can be extremely beneficial. In addiction treatment, you can work to understand and heal the reasons for your drinking or using.

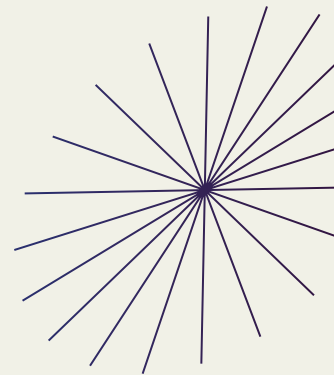


## Addiction Treatment for Veterans

Up to 93% of all veterans who served in Afghanistan or Iraq and abuse substances have at least one co-occurring disorder. At facilities that are "dual diagnosis," you can treat your addiction and your mental disorders like PTSD or depression all at the same time.

The staff understands how challenging it can be to do that kind of work, and they'll never push you to go at a pace that you're not comfortable with. Best of all, every step of the way they'll be there to support you with a kind, caring environment that makes you feel safe enough to share your pain. Through talk therapy, and innovative treatments like eye-movement desensitization and reprocessing, you can face your demons head-on, and conquer them once and for all.

You also can benefit from pursuing recovery in the company of other people just like you. In residential addiction treatment, you can live and learn alongside other people struggling with addiction. There even may be a veteran or two in the mix. In group therapy sessions, you'll get a new perspective listening to how other people have solved problems in their own lives.



***When it comes to recovery,  
it's no man or woman left  
behind. You don't have to  
walk that road to recovery  
alone and we won't let you.***





# Paying for Treatment as a Veteran

If you are enrolled in the Department of Veterans Affairs healthcare system and have not been dishonorably discharged, you may be eligible for free substance abuse treatment through the VA. You also have the option to cash pay out of pocket for a program that you feel will work best for you. Navigating payment can be confusing, so the best thing you can do is ask the experts: Give our team a call, and we can walk you through your options when it comes to paying for treatment that can help you start a new path.



## Finding Freedom

If you are exhausted and frustrated by the vicious cycle of addiction, you can change direction and start a new path at Country Road Recovery Center in Tecumseh, OK. Our Admissions and Marketing Director, Drew La Boon, is a veteran just like you, and can walk you through your options and what you can expect on the road of recovery. Call today.

**countryroadrc.com • (405) 977-4122**

