



acqua recovery™



A Veterans Guide to Addiction Treatment

This is the land of the free because of the brave. However, bravery comes with a price. Too often, the very ones who fight for our country are left with deep physical and emotional scars that seem impossible to heal. Among those is the disease of addiction.

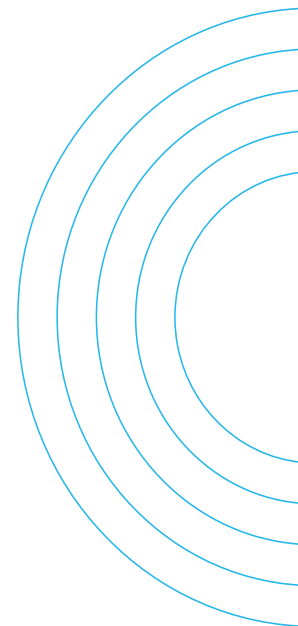
If you are a veteran struggling with addiction or have a loved one who is, you are not alone. Even if it doesn't seem like there is a way out, recovery from substance use disorder is possible for anyone and we are committed to giving our veterans the support and tools they need to find it. Here's how it works.



What is Addiction?

Addiction is not the result of moral failing or a lack of willpower. We all know our veterans have those in spades. Rather, addiction is a neuropsychological disorder that causes one to continue using drugs or alcohol despite negative consequences. Over time, heavy use can even change your brain chemistry, making it harder and harder to quit.

Addiction is also a chronic disease, like asthma or hypertension. That means it is the result of many factors, including genetics, lifestyle choices, and patterns of use. Very often, it is also the result of trauma or a mental disorder that is co-occurring, or exists alongside the addiction.



Veterans, Mental Health, & Addiction



Sadly, veterans certainly experience trauma at rates much higher than civilians. The numbers vary depending on the study and the sector of the military that is the focus, but rates of PTSD among veterans can be as high as 38%. According to the National Center for PTSD, that number is only 8% among civilian women and 4% among civilian men. What's more, more than 20% of veterans who struggle with PTSD also struggle with addiction.

And, it isn't just PTSD. One study by the US government found that more than 90% of veterans who served in Iraq or Afghanistan abused substances and had at least one mental health disorder, including depression, anxiety, and more.





What Happens in Addiction Treatment

Because addiction and mental health disorders are so intertwined, the goal of modern addiction treatment is to heal both simultaneously. From the start, when you decide to explore addiction treatment the admissions team will ask you about both your substance use and any possible mental or emotional issues. Most people struggling from addiction and PTSD or trauma benefit from prolonged residential addiction treatment of 30 to 90 days or more.

At intake, you will be given a more comprehensive analysis before settling into your comfortable new home. At Acqua Recovery, that home is a sprawling campus with gorgeous mountain views, bubbling brooks, and peaceful swans on a placid lake. You may meet other individuals enrolled in the program — all of whom are going through the same struggle as you. Depending on the nature of your detox, you may be prescribed medication to help you come down from your normal substance use.

Meanwhile, a team of Masters-level clinicians will be working behind the scenes to put together a comprehensive treatment plan that will heal your unique wounds — and help you stay clean and sober. That may include innovative

treatments like EMDR (eye movement desensitization and reprogramming), which involves flashing lights or visual cues to reprogram your brain's perspective on painful events. It could be something as relaxing as a yoga class. Learning how to enjoy daily activities again is a big part of recovery. Every step of the way, your team will be there to support you, letting you set the pace as you heal and build towards a new life.

It's the perfect mix of relaxation and renewal, and serious work that will help you heal. That's why we say our campus is "where science meets sanctuary."



Paying for Addiction Treatment

As a veteran, you have many options when it comes to paying for addiction treatment. At Acqua Recovery, we are proud to be in network with TRICARE, TriWest, and TRICARE East — a sign of our commitment to helping veterans find recovery. Our team members are experts who have helped hundreds of people find affordable addiction treatment. Give us a call, and we'll run your insurance for you so you know what to expect — no surprises.





How to get started.

Is your life right now different than what you expected it to be? Are your relationships, career, finances, and more being destroyed every day by substance use disorder? Even worse than the shame and fear of being trapped in addiction is the feeling of not recognizing yourself. Give us a call or visit our website to change that.

We can help you create a life you love, so you can truly enjoy the freedom you fought for — and deserve.

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