

Notes/Local Resources:

References

1. Substance Abuse and Mental Health Services Administration (SAMHSA). (2019). Key Substance Use and Mental Health Indicators in the United States: Results from the 2019 National Survey on Drug Use and Health. Retrieved December 15, 2021, from: <https://www.samhsa.gov/data/sites/default/files/reports/rpt29393/2019NSDUHFRPDFHTML/2019NSDUHFR090120.htm>.

2. Esser, M. B., Sherk, A., Liu, Y., Naimi, T. S., Stockwell, T., Stahre, M., et al. (2020). Deaths and years of potential life lost from excessive alcohol use—United States, 2011–2015. Morbidity and Mortality Weekly Report, 69(39), 1428. [https://www.cdc.gov/mmwr/volumes/69/wr/mm6939a6.htm?s\\_cid=mm6939a6\\_w3](https://www.cdc.gov/mmwr/volumes/69/wr/mm6939a6.htm?s_cid=mm6939a6_w3).

3. Santiago, P. N., Wilk, J. E., Milliken, C. S., Castro, C. A., Engel, C. C., & Hoge, C. W. (2010). Screening for alcohol misuse and alcohol-related behaviors among combat veterans. Psychiatric Services, 61(6):575-81. doi.org/10.1176/ps.2010.61.6.575

Resources

**DoD and VA Specific Resources**  
**Military Crisis Line**  
800-273-8255, service members and veterans, press 1  
**Military One Source**  
[www.militaryonesource.mil](http://www.militaryonesource.mil)  
800-342-9647  
**My HealtheVet**  
[www.myhealth.va.gov](http://www.myhealth.va.gov)  
**inTransition Program**  
[www.health.mil/inTransition](http://www.health.mil/inTransition)  
CONUS/ In the US: 800-424-7877  
OCONUS/ Outside the US collect: 314-387-4700  
**DoD Deployment Health Clinical Center**  
<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/PHCoE-Clinician-Resources/Clinical-Support-Tools>

**External Resources**  
**National Institute on Drug Abuse**  
[www.drugabuse.gov](http://www.drugabuse.gov)  
**National Institute on Alcohol Abuse and Alcoholism**  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
**SAMHSA's National Helpline**  
<https://www.samhsa.gov/find-help/national-helpline>  
Provides 24-hour free and confidential information and treatment referrals in English and Spanish;  
Call 800-662-HELP (4357) or 800-487-4889 (TTY)  
**SAMHSA's "Behavioral Health Treatments and Services" Website**  
[www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)



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Substance Use Disorder Affects Families



Resilience  
Reintegration  
Recovery



Facts on substance use problems

- One of the most important signs of a substance use problem is using drugs or alcohol even when using them causes severe physical, psychological and emotional pain
- Substance use problems can get worse over time, hurting the person using drugs or alcohol and the entire family
- Substance use problems are a serious problem:
  - It affects people of every race, ethnicity, sex and location
  - In 2019, about 7.4% of Americans aged 12 or over had a substance use disorder and about 5.3% had an alcohol use disorder<sup>1</sup>
  - Substance use disorder (including tobacco) is a leading cause of death in the U.S.
  - Alcohol is one of the leading causes of preventable deaths in the U.S. with over 95,000 deaths a year (or 261 deaths per day) associated with excessive drinking<sup>2</sup>
- Substance use problems are an illness that can be treated; millions of Americans and their families are in healthy recovery from substance use problems.





## Does your family member have a substance abuse/dependence problem?

Substance use problems span a wide variety of concerns that cause stress on the family and can result in family problems. If one or more of the following are true for your family member, he or she may be misusing 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?

☐ Yes ☐ No

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!

Additionally, those with a substance use problem may find themselves:

- Taking substances in larger amounts or for longer than they are supposed to
- Being unable to decreasing or stopping substance use, possibly because more of the substance is needed to achieve the same effect or continued use helps to relieve withdrawal symptoms
- Spending a lot of time obtaining, using, or recovering from substance using
- Having strong cravings or urges to use substances
- Unable to effectively manage day-to-day responsibilities (e.g., at work, home or school) due to continued substance use
- Continued substance use despite problems that drugs and alcohol cause in their relationships, social life, jobs, etc.



## ACTION STEPS

- 1. Ask for help:** If someone close to you has a substance use problem, the first step is to be open about the problem and ask for help
- 2. Support your loved one's efforts to seek help:** Finding services for your family also supports your loved one's next steps toward recovery
  - Family support and motivation are important for successful treatment
  - Treatment works
- 3. Find out about treatment options:** There are many treatments that work for addiction. Recovery is a process and lapses are common. A lapse does not mean that someone "failed," it is just a step along the journey towards recovery
- 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

## Reminders for families

### You are not alone!

- In 2019, about 20.4 million Americans met criteria for a substance use disorder (14.5 million had alcohol use disorder and 8.3 million had a drug use disorder)<sup>1</sup>
- Up to 27% of service members return from war with alcohol-related problems<sup>3</sup>
- Alcohol related problems could negatively contribute to problems at work and in relationships<sup>43</sup>

