


Alternative Treatment for Substance Abusing Veterans

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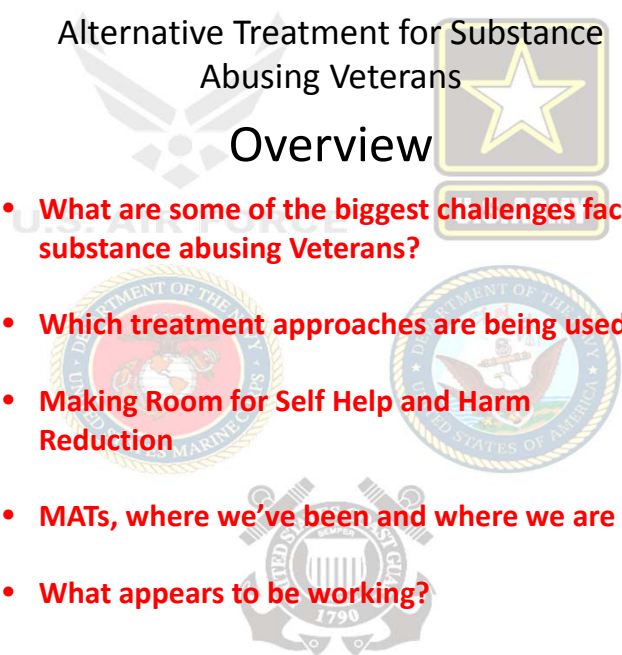
1



Alternative Treatment for Substance Abusing Veterans

Overview

- What are some of the biggest challenges facing substance abusing Veterans?
- Which treatment approaches are being used?
- Making Room for Self Help and Harm Reduction
- MATs, where we've been and where we are
- What appears to be working?



2



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U.S. AIR FORCE

U.S. ARMY

Biggest Challenges:

- Illicit Drugs
- Licit Drugs
- Mental Health
- Employment
- Housing




3



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Which treatment approaches are being used?

- Cognitive Behavioral Therapy (CBT)
- Motivational Enhancement Therapy (MET)
- Prolonged Exposure Therapy (PET)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Treatment for PTSD/MST –SS*
- Couple & Family Therapy
- Other EBPs – your turn

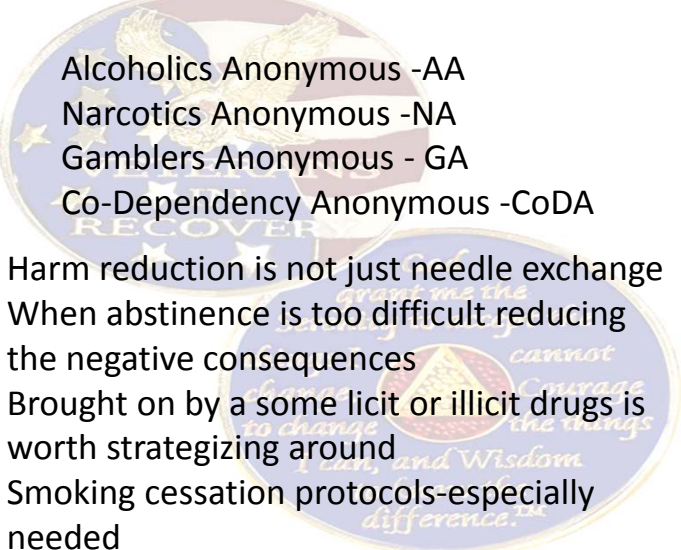



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Making Room for Self-Help and Harm Reduction

- Alcoholics Anonymous -AA
- Narcotics Anonymous -NA
- Gamblers Anonymous - GA
- Co-Dependency Anonymous -CoDA

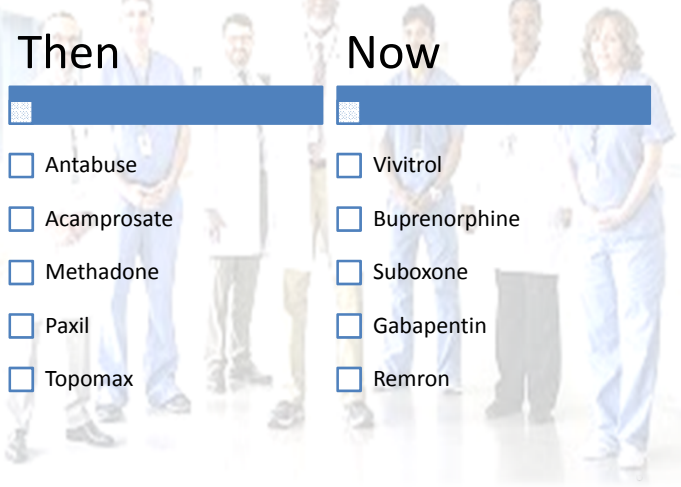
Harm reduction is not just needle exchange
 When abstinence is too difficult reducing the negative consequences
 Brought on by some licit or illicit drugs is worth strategizing around
 Smoking cessation protocols-especially needed





Alternative Treatment for Substance Abusing Veterans

MATs- Where we've been and where we are

Then	Now
<input type="checkbox"/> Antabuse <input type="checkbox"/> Acamprosate <input type="checkbox"/> Methadone <input type="checkbox"/> Paxil <input type="checkbox"/> Topomax	<input type="checkbox"/> Vivitrol <input type="checkbox"/> Buprenorphine <input type="checkbox"/> Suboxone <input type="checkbox"/> Gabapentin <input type="checkbox"/> Remron






Alternative Treatment for Substance Abusing Veterans

What appears to be working

- Treating the whole person
- Mental health should be addressed simultaneously
- PTSD/MST can not be put on the backburner
- No forced abstinence
- Consistent support
- Therapeutic alliance
- Continued Care Planning and follow up
- Long Term Connections

7



Alternative Treatment for Substance Abusing Veterans

What we could do and can work

- Sanctuary Model**
- Yoga**
- Equine therapy**
- Art Therapy**
- CAM & PTSD**
- Meditation**
- Acupuncture**
- Relaxation**

8



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Substance Abusing Veterans

RESOURCES

- [Samaritan Daytop Village](#)
- [DOD Resources for Veterans and Families](#)
- [Vet Center Home](#)
- [NYC Department of Veterans Affairs](#)

Department of Veteran Affairs- Regional Office
And countless others “just Google it”

9

