Alternative Treatment for Substance Abusing Veterans

Deirdre Rice-Reese, MPA, CASAC
AVP, Residential Treatment
Samaritan Daytop Village

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?
Alternative Treatment for Substance Abusing Veterans

Biggest Challenges:
- Illicit Drugs
- Licit Drugs
- Mental Health
- Employment
- Housing

• 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
Alternative Treatment for Substance Abusing Veterans
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

MATs - Where we’ve been and where we are

Then
- Antabuse
- Acamprosate
- Methadone
- Paxil
- Topomax

Now
- Vivitrol
- Buprenorphine
- Suboxone
- Gabapentin
- 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

What we could do and can work

Sanctuary Model
Yoga
Equine therapy
Art Therapy
CAM & PTSD
Meditation
Acupuncture
Relaxation
Alternative Treatment for 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”

Q&A