

## IWOW at Home: Substance Use Disorder

School for Military Veteran Caregivers and Families

Sponsored By:



THE USAA  
FOUNDATION

### Tips: Important Strategies

- Don't preach, lecture, or threaten.
- Avoid covering up, making excuses, or assuming the responsibilities for the Veteran in your life. This action can enable the Veteran or protect him/her from the consequences of their actions. It can also cause delay in the Veteran's motivation to seeking treatment.
- Protect yourself from potential pain by not arguing when he or she is using. Remember that is not your Veteran when he/she is using and that person will not be able to have a logical conversation during that time.
- Your Veteran's behavior when using is not your fault and there is no need to feel guilty for it.

### Takeaways: Things to Remember

- Each substance has its own disorder. Diagnosis ranges from mild to severe problem use, and is based on the number of symptoms a person displays.
- Substance Use Disorder (SUD) is related to a chemical change in the brain.
- Substances are used by people in physical and emotional pain as a means of self-medication.
- SUD is a chronic disorder, but treatment works.
- SUD is not a choice, a character flaw, or a life sentence of failed treatment attempts.

### Next Recommended PsychArmor Course(s):

- Coaching into Care

### Personal Reflection

Do you feel guilty about the use of a substance by the Veteran in your life? Is your behavior causing more problems with his or her use because you are helping enable that use? What changes can you make to stop this cycle?

---

---

---

---

Resource: If you like this course and want additional resources, contact the VA Caregiver Support Program at 855-260-3274 or online at <http://www.caregiver.va.gov/>.

For caregiver support in your area, please click here [http://www.operationfamilycaregiver.org/caregiver\\_support/](http://www.operationfamilycaregiver.org/caregiver_support/)



Southern Caregiver Resource Center  
*Caring for those who care for others*