

Paths to recovery and living well

Oral: They had dual diagnosis treatment programs, when I got to the hospital. They quickly got me in, they settle me down, I got the evaluation, the help and the lodging I needed. Dual diagnosis is a program that's set up to not only address issues with drug or alcohol abuse or dependency, but also with any kind of mental health issues, bipolar, schizophrenia, depression, some areas of PTSD, however there is another specific program that deals specifically with PTSD, and that's the focus of the program. Not only... one of the things that they like to do is make sure you're clean of the drugs and alcohol so that your brain chemistry can balance itself to the best of its ability, and then make a determination of what the basic mental health needs are. Because when I drank and drugged I altered my chemistry itself, so that's one of the main things that they focus on, but they address both issues.

Certain program, elements of the program would be group therapy, everything from, at some points confrontation issues, or topics of recovery, like how to be in relationships, and deal with every aspect of your health, nutrition, how to be responsible for being on time, you know, and, and consequences for falling out of that regime or that regimen so that you realize the importance of it. It was pretty awesome. Nobody looked down on me for going there, and that's what I thought was going to happen, and I encourage anybody that's going through any type of issue, whether small or large, if they feel like they can handle it, and they see that it's not working, just come on in. Yeah, just come on in. Ask a few questions, sit down and talk to somebody for a minute, you'd be surprised.



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