



Rehab Reports on Combat Stress and Substance Use

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Santa Ana, CA ? Pacific Sands Recovery Center recently published a blog post educating the community on the connection between trauma and substance use disorders in veterans. Being in the military means being exposed to many stressful circumstances, known as battle fatigue, and includes combat exposure, deployment, and reintegration with friends, family, and the community. As they try to cope with these, physical and emotional symptoms may develop, which could come from post-traumatic stress disorder (PTSD) or traumatic brain injury (TBI). PTSD is a mental health condition that includes a range of symptoms that fall under the categories of re-experiencing, arousal and reactivity, avoidance, and cognition and mood. TBI is a physical condition that comes from an outward force, such as being around explosives. It also comes with a range of symptoms that are challenging to cope with. Both of these conditions might lead to veterans turning to substances as a way to find a sense of relief.

?Trying to cope with the symptoms of either condition feels overwhelmingly impossible. This leads to individuals trying to cope with these conditions in any way that they can because it is natural not to want to feel negative emotions and symptoms. When the way of coping involves substances, while it might take the initial pressures away, it is not a permanent solution and often results in worsening circumstances and concerns,? the blog post states.

Not every veteran or person with a history of trauma will develop a substance use disorder. Their risk is reduced if they have supportive relationships and previously established healthy coping mechanisms. However, trauma is a common risk factor for substance use disorders as it might be a way for the individual to self-medicate the symptoms they have and provide a sense of calm, comfort, or positive emotions. Substances only offer a temporary feeling of relief, which results in the individual taking more for similar results.

While it is not fully understood what the direct relationship is between PTSD and TBI, it is suggested that it might be due to a conditioned fear reaction during the physical injury. TBI might also impair the brain to the point that someone is less likely to participate in healthy coping skills. As a way to cope with both conditions, there is an increased risk of taking substances. Additionally, veterans come back home with many other concerns, such as physical injuries, or they might find themselves homeless. If they don't have a strong support system or easy access to resources, substances might take the place to numb both physical and emotional pain. With that said, all hope is not lost, and many veterans can find recovery through rehab explicitly designed for their needs.

Attending addiction rehab allows you to receive the necessary support and be introduced to other veterans with similar experiences. These aspects of treatment will enable you to heal from the stress and trauma that your time in the military may have caused. In addition, you will learn and develop coping mechanisms unique to you, enabling you to leave substances behind and find a new, healthier version of yourself, the blog post continues.

Pacific Sands Recovery Center is a high-end Santa Ana, CA rehab facility that provides substance use disorder treatment for veterans. Their facility is friendly for individuals who have mobility concerns or disabilities, such as veterans who may have obtained those injuries during combat. Additionally, their facility has a 6-client maximum with private rooms, and their clinical director is on-site 50 hours a week, ensuring each individual receives the care that will provide the best outcome for their recovery.

For more information, visit their website or call them at 949-426-7962.

Pacific Sands ? The first step towards a new life.

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For more information about Pacific Sands Recovery Center, contact the company here:
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Pacific Sands Recovery Center

At Pacific Sands, in Orange County, California, we understand that clients are in addiction treatment to learn how to live their lives differently and we don't expect them to have all the answers.

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