



Four Ways to Support a Life in Recovery:

1. **HEALTH:** managing or overcoming one's disease(s) as well as living in a physically and emotionally healthy way
2. **HOME:** a stable and safe place to live
3. **PURPOSE:** meaningful daily activities such as a job, school, volunteerism, family caretaking or creative goals, and the independence, income and resources to take part in society
4. **COMMUNITY:** relationships and social networks that provide support, friendship, love and hope



GULF COAST VETERANS HEALTH CARE SYSTEM



BILOXI FACILITY
Mississippi
(800) 296-8872



MOBILE CBOC
Alabama
(888) 201-0110



**JOINT
AMBULATORY
CARE CENTER**
Pensacola, Florida
(866) 927-1420



EGLIN CBOC
Florida
(866) 520-7359



**PANAMA CITY
CBOC**
Florida
(888) 231-5047

400 Veterans Ave.
Biloxi, MS 39531-2410

<http://www.biloxi.va.gov>
Telephone Advice Program
(800) 929-7690



SUBSTANCE USE RECOVERY PROGRAMS

GULF COAST VETERANS HEALTH CARE SYSTEM

*Helping Veterans and Their Families —
One Veteran at a Time*



**VA
HEALTH
CARE** | Defining
EXCELLENCE
in the 21st Century

Helping Veterans and Their Families — One Veteran at a Time

SUBSTANCE USE RECOVERY PROGRAMS:

WHAT IS RECOVERY?

Recovery is much more than not drinking and/or using.

“Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence from abuse leading to improved health, wellness and quality of life.”

OUR PHILOSOPHY

is based upon

Integrity

Commitment

Advocacy

Respect

Excellence



What should I do if I suspect I have a problem with alcohol and/or drugs?

1. Seek aid from any health care provider at a VA facility of your choice.
2. Meet with an addiction therapist to review your substance use and talk about the level of treatment needed.
3. Choose the program you think best and, together with the addiction therapist, plan for appointments to begin the process for recovery.

Our Substance Use Disorder (SUD) Program includes:

- Outpatient Individual Therapy
- Outpatient Continuing Care (Aftercare) Groups
- 28-Day Substance Abuse Intensive Outpatient Program (SAIOP) with residential support (Biloxi Facility only)
- Extended Residential Addiction Program (Biloxi Facility only)

Recovery from a problem with alcohol and/or drugs is more than just stopping use of substances.

It is about creating a life of joy and meaning. Our programs are designed to help you do just that.

Program Services include:

- Substance use screening and assessment
- Education about substance use disorders
- Education about recovery
- Building recovery skills
- Individual sessions
- Family sessions
- Group sessions
- Referrals to other programs such as PTSD and work therapy or interagency and community resources
- Individualized treatment

The beginning of a new life begins with the first step — asking for help.