

Be Connected is on a mission to connect every Arizona service member, veteran & their families to support and resources. Call and connect today!

866-4AZ-VETS

Ecosystem of Support: Areas of Focus
> Substance Use



Overcoming Addiction

Overcoming addiction is not easy. Stopping drugs or drinking will probably be one of the hardest things you or your friend has ever done. It's not a sign of weakness to need professional help, as most people who try to successfully overcome a drug or alcohol problem need professional assistance or a treatment program.

- ✓ Stopping the use of any substance should be in consultation with medical and addiction professionals.
- ✓ Some of these regiments include the use of a medical detox program, counseling, support groups, 12 Step programs or Smart Recovery.
- ✓ Battling substance use is also about helping the addicted person learn healthy coping mechanisms without the substance, relapse prevention techniques, identification of triggers and developing new coping skills.



Recovery is a Process

Attend support groups related to the specific substance that has been abused and build a support system of people who will promote your recovery.



Avoid Risk

Promote recovery by avoiding people and places that you know will be risky. Find new activities that make you feel good such as volunteering, teaching and helping others.



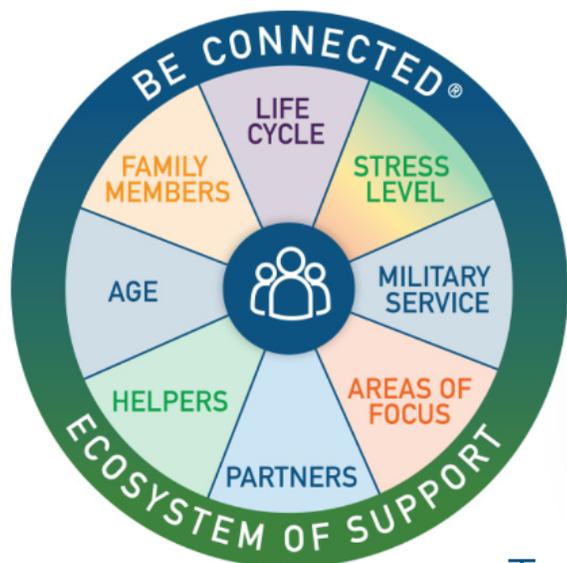
Offer Support

If someone you know is struggling with substance use, avoid hurtful comments. Offer support to find the right professional recovery program that fits their needs. Set boundaries, don't enable or let them be dependent on you. Your health matters too. Be optimistic and seek support, since loved ones of addicts often need support too.



We Can Help

There are a multitude of resources in Arizona that offer help navigating mental health issues. The Be Connected support line uses a resource matching tool to identify the right resources to best fit your situation. Call 866-4AZ-VETS (429-8387).



The Be Connected® Ecosystem of Support

We're on a mission to connect every Arizona service member, veteran & their family members to support and resources for wellness, employment, benefits and more! We achieve this mission through our Be Connected Ecosystem of Support. This unified network of people, organizations and communities is accessed through our support line: 866-4AZ-VETS (866-429-8387).

Total Support

The Be Connected Ecosystem of Support offers a holistic approach to ensure that service members, veterans and their families receive the care and support they deserve. Everyone in our community has a role to play in to ensure that any door they enter is a gateway to a welcoming, supportive and helpful space.

Areas of Focus - Be Connected focuses on all of the social determinants of health, by connecting service members, veterans & family members to support and resources.

Stress Level - Our upstream approach means support is available across the stress levels, with a goal of earlier intervention.

Partners - We deliver services and support through our unified, statewide, interconnected partner network, enabling us to maximize our collective impact.

Life Cycle - Be Connected offers resources throughout the military life cycle, from the start of service to separation and beyond.

Helpers - Helpers play a key role in engaging and connecting people and families to the resources and support they need, when they need it.

Family Members - Every family member matters to Be Connected and our team is here for you with support and connection to resources.

Military Service - We're here for all service members and veterans – regardless of branch, component, length/era of service and discharge status.

Age - As your needs change and evolve throughout your life, Be Connected is here for you. Reach out to our team today for personalized support.