

# Meth & Families Quarterly Newsletter



## Program Spotlight

### Veterans Village of San Diego Rehabilitation Program

Veterans Village of San Diego (VVSD) was one of the first programs in the United States to recognize the need to treat both substance use disorders and the underlying emotional and behavioral issues that contribute to substance use.

The Veterans Rehabilitation Center is an intensive, residential rehabilitation program treating substance use disorders, post-traumatic stress (PTS) and other behavioral health issues. The Center is a state-licensed drug and alcohol rehabilitation center that serves men and women military veterans.

VVSD also provides continued supportive aftercare counseling once the veteran completes the program to assist with making the transition into the community.

**For more information  
please call: (619) 393-2000**

## Overview of the Meth and Families Committee

The Meth Strike Force recognizes the need for trauma-informed intervention that includes the whole family. Many people develop substance use disorders after living through trauma and adverse childhood experiences (ACEs). Some risk factors include having a parent with a substance use disorder, losing a parent, having an incarcerated parent, experiencing physical or sexual abuse and many others. When a child can be part of a parent's recovery, the child can develop a sense of resilience and strength in their family.

In San Diego County, we see the intergenerational nature of meth addiction and strive to support families recovering together.

## Resources

### Local

- <https://www.no2meth.org/> or 1-877-NO-2-METH
- Access and Crisis Line; 888-724-7240
- 2-1-1 SD or (858) 300-1211
- San Diego County Behavioral Health Services; (619) 563-2700

### National

- SMART Recovery; <https://www.smartrecovery.org/>
- Alcoholics Anonymous; [https://www.aa.org/pages/en\\_US](https://www.aa.org/pages/en_US)
- Narcotics Anonymous; <https://www.na.org/>
- Al-Anon; <https://al-anon.org/>
- Suicide Prevention Lifeline; 1-800-273-8255
- SAMHSA's National Helpline; 1-800-662-4357

