

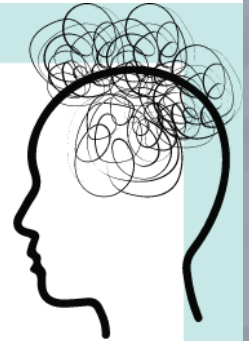


# DART Prevention Coalition

Taking Aim at Substance Use in Ocean County



## JUNE IS POST- TRAUMATIC STRESS DISORDER AWARENESS MONTH



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**June is Post-Traumatic Stress Disorder Awareness Month!**

PTSD Awareness Month aims to educate and support those affected by PTSD while raising awareness about its impact and treatment options.

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**Want to help spread awareness and share on your own social media?**

Make sure to keep an eye out on the DART Facebook page for our posts and feel free to repost or share with your family, friends, and groups! If you want to share elsewhere, great!

# Post-Traumatic Stress Disorder (PTSD)

PTSD is an anxiety disorder that is caused by a traumatic experience in a person's life.



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Source: <https://americanaddictioncenters.org/co-occurring-disorders/ptsd-addiction>



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**[Post-Traumatic Stress Disorder](#)**

**WHO STRUGGLES WITH PTSD?**



# Who struggles with PTSD?

**3.6%** of U.S. adults had PTSD in the past year.



**5.0%** of adolescents had PTSD in the past year.

Overall, PTSD rates are **higher** in females than males.



PTSD is slightly **more common** in veterans, with about **7%** of veterans experiencing PTSD in their lifetime.

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Source: <https://www.nimh.nih.gov/health/statistics/post-traumatic-stress-disorder-ptsd>



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**[Who Struggles with PTSD?](#)**

## SIGNS & SYMPTOMS OF PTSD

# Signs & Symptoms of PTSD



Attitude and Behavioral  
Changes, such as Easily Irritated  
and Angered

Difficulty Sleeping and Concentrating

Feeling Numb and Avoiding People,  
Places, or Activities

Reliving the Trauma, Experiencing  
Flashbacks, and Having Nightmares



Source: <https://americanaddictioncenters.org/co-occurring-disorders/ptsd-addiction>

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**[Signs & Symptoms of PTSD](#)**

**PTSD & SUBSTANCE USE**

# PTSD & Substance Use



In an attempt to self-medicate, individuals with PTSD may turn to substances to cope with their trauma.



Alcohol Use Disorders and other Substance Use Disorders are very common among individuals with PTSD.



27% of Veterans in VA care diagnosed with PTSD also have a substance use disorder (SUD).

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Source: <https://americanaddictioncenters.org/co-occurring-disorders/ptsd-addiction>



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**[PTSD & Substance Use](#)**

**TREATMENT FOR PTSD**

# Treatment for PTSD



There is help available for PTSD!

It's important to find a program, or even a rehab facility if helpful, that treats the use of substances and PTSD simultaneously.

Some of the evidence-based interventions that may be utilized during treatment include:

- Trauma-informed care
- Cognitive-behavioral therapy (CBT)
- Medications



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Source: <https://americanaddictioncenters.org/co-occurring-disorders/ptsd-addiction>



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**[Treatment for PTSD](#)**

## RESOURCES

**[Post-Traumatic Stress Disorder \(PTSD\) and Addiction: Signs, Symptoms, and Treatment](#)**

>>More information on PTSD and substance use disorder.

**[PTSD: National Center for PTSD](#)**

>>Home page for PTSD through the U.S Department of Veterans Affairs.

**[PTSD/Substance Use Disorder Comorbidity: Treatment Options and Public Health Needs](#)**

>>Research article looking at PTSD and substance use, and evaluating treatment options.

**[Post Traumatic Stress Disorder](#)**

>>Information, statistics, and resources from the National Institute of Mental Health.

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You are subscribed to The DART Coalition mailing list [asdart@rwjbh.org](mailto:asdart@rwjbh.org).

Please note: If you click "unsubscribe" below, you will be removed from all prevention email lists, including all DART Coalition, Communities That Care (CTC), and SOCIAL Network emails. If you wish to unsubscribe from just one of the above groups, please email us directly for assistance.

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