

Support and Outreach for Veterans Result in Success for Treatment of OUD and PTSD

CASE STUDY

BACKGROUND

After a long career in the U.S. military and some personal trauma, Andrew¹ was battling Post-Traumatic Stress Disorder (PTSD) and misusing opioids.



When Andrew sought treatment for PTSD and substance misuse, he found several roadblocks trying to

work through the Veterans Affairs (VA) healthcare system and legal system: The only available treatment program that met Andrew's clinical needs was out of state and refused to treat him and because he was on probation, he couldn't leave the state. The veteran healthcare system is a fractured network of providers providing specialized services, and Andrew was in danger of falling through the cracks.

HOW YOUTURN HEALTH HELPED

Andrew enrolled in Youturn Health's peer coaching program and was **assigned a coach with similar military and recovery experience**. Their shared background helped form a trusted bond and provided the unique opportunity for the peer coach to guide Andrew to the best care for his long-term recovery.

His team advocated for him and arranged admission to the treatment center and secured approval with the legal system for him to leave the state. They then coordinated transportation for the 5-hour trip.

Once in treatment, the bond between Andrew and his peer coach kept him engaged and motivated in his recovery. **He completed treatment and has been in recovery since 2019.**

When paired with a peer recovery coach, 84% of participants remain engaged in their recovery as opposed to 34% who stay engaged in recovery without a peer coach². Though he faced a lot of roadblocks and could have given up at any time, **Andrew's unique relationship with his Youturn Health peer coach got him on the road to recovery.**

YOUTURN HEALTH PEER COACHING PROGRAM RESULTS

VETERANS WITH SUBSTANCE USE DISORDER

- 75% of veterans remain abstinent from drugs and alcohol after discharge from the treatment center
- 76% of veterans remained engaged in their recovery program

STRESS MANAGEMENT

- Participants achieved a 70% decrease in their stress level
- 74.1% of participants who completed the stress management peer coaching program reported the lowest level of stress

1. Name changed for privacy. 2. <https://pubmed.ncbi.nlm.nih.gov/32891501/>

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