Serving in the military often involves sacrifices that civilians rarely see: extended deployments, months apart from family, physical strain, hard memories and the sometimes jarring transition back to everyday life. It is understandable that some veterans and military spouses or partners turn to alcohol or drugs to manage the weight of it all. Reaching out for support takes strength, and addiction is a chronic disease, not a personal failing. Recreate Behavioral Health of Ohio, located on a quiet campus in Gahanna near Columbus, offers addiction treatment grounded in evidence and delivered with respect for those who have served and their families.

The Link Between Military Life and Substance Use

Many service members are trained to push through pain, stay mission-focused and handle problems on their own. Those strengths serve people well in uniform, but after service they can make it harder to admit when something is wrong. Stress from combat, training accidents, loss of fellow service members or the constant uncertainty of military life does not always fade on its own. Alcohol or other substances can seem to quiet intrusive memories, help with sleep or take the edge off feeling disconnected. Over time, that relief can turn into dependence.

Military families carry their own burdens as well. Spouses and partners often manage households alone during deployments, move frequently and live with ongoing worry for someone they love. Those pressures can quietly build until substance use becomes a way to cope. Recognizing the toll that service takes on the whole family is part of approaching recovery with genuine compassion, and adult family members deserve care just as much as the person who wore the uniform.

When Substance Use Has Become a Problem

Self-reliance can make it tempting to dismiss early warning signs. Veterans and military family members may want to consider whether any of these patterns have started to show up.

- Using alcohol or drugs more frequently or heavily than planned
- Relying on substances to sleep, calm down or block out memories
- Pulling away from family, friends or activities once enjoyed
- Trying to cut back without success
- Substance use creating trouble with health, work or relationships

Seeing these signs does not mean someone has failed. It means they are carrying more than anyone should carry alone, and that professional addiction treatment may help. Many veterans find that the same courage that carried them through service can carry them through recovery, especially when they are surrounded by people who treat them with dignity.

Some veterans worry that asking for help will change how others see them, or that no one outside the military will understand what they have been through. Those concerns are real and deserve to be taken seriously. Good addiction treatment starts by listening, without assumptions, and by recognizing the strengths a person already brings. Recovery is not about erasing who someone was in service. It is about helping them carry their experiences in a healthier way and reclaim the parts of life that substance use has pushed aside.

Caring for Co-Occurring Mental Health Conditions

For many people touched by military life, substance use and mental health are closely intertwined. Post-traumatic stress disorder (PTSD), depression and anxiety may fuel drinking or drug use, and that use can make those conditions harder to manage. Because Recreate Ohio holds a state license for primary mental health treatment, including care for depression, anxiety, PTSD, bipolar disorder and other conditions, co-occurring disorders can be treated side by side. The focus stays on the whole person rather than a single symptom.

Therapy at Recreate Ohio pairs evidence-based approaches with holistic practices. Evidence-based options include cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR), motivational interviewing and contingency management. Holistic practices such as art therapy, yoga and meditation offer additional ways to calm the nervous system and process experiences that can be hard to put into words. Together, they help people understand their triggers, work through painful memories and build healthier ways to cope.

Detox, Residential Treatment and a Peaceful Setting

Not all rehab centers offer detox; however, Recreate Ohio is proud to offer medically supervised detox for alcohol, opioids and fentanyl. Detox includes 24/7 monitoring, and medication-assisted treatment may be prescribed and monitored by medical staff when appropriate. From there, residential treatment provides structure, therapy and time to heal. Residents have their own room with a personal TV and a shared bathroom, on a calm, non-clinical campus across from a municipal golf course and near the Big Walnut Creek trails. The team also includes staff with lived experience of recovery.



Recreate Ohio is Joint Commission accredited, licensed by the Ohio Department of Mental Health and Addiction Services and LegitScript certified. It **addiction treatment programs** is part of the Recreate Behavioral Health Network, with facilities in Florida, New Jersey and New York, bringing national expertise with a local, personal feel. Every plan of care is individualized, recognizing that each veteran and family member arrives with a unique story.

Using TRICARE for Addiction Treatment

TRICARE is the health care program for uniformed service members, retirees and their families, and it can include benefits for substance use and mental health care. Recreate Ohio is in-network with TRICARE, as well as Cigna, Medical Mutual, BCBS and most major carriers. Still, coverage always depends on the specific plan. Benefits, any referral or authorization requirements and out-of-pocket costs can vary based on the type of TRICARE plan and each person's situation.

You do not need to decode your benefits by yourself. Recreate Ohio provides seamless insurance verification, so the team can look into TRICARE benefits and walk through what they mean ahead of time. Finances should not stand in the way of addiction treatment, and having clear information about coverage can take one more worry off your shoulders as you consider your next step.

Continuing Care and Taking the First Step

Recovery continues after residential treatment, and Recreate Ohio plans for that transition from the start. Through trusted community partners, clients are launched into a support system that can include intensive outpatient programs (IOP), outpatient care and community 12-Step meetings. These seamless transitions keep the continuum of care connected so that veterans and their family members can keep building on their progress at home.

You served, or you stood beside someone who did. You deserve the same commitment in return. If alcohol or drugs have become part of how you cope, consider reaching out with a call or a quick insurance check. It is a gentle first step toward reclaiming your life and recreating the future you have earned.

Recreate Behavioral Health of Ohio
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Detox, residential treatment and mental-health care for adults across Central Ohio, part of the Recreate Behavioral Health Network.

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