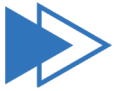




Alcohol and Drug Education

Course Introduction

MODULE OVERVIEW



The VA's Alcohol and Drug Education website provides information on alcohol and drugs for Veterans, loved ones, and members of the public. The descriptions below provide a quick overview of each section, helping you choose topics that interest you.



Alcohol and Drug Facts

outlines the properties and effects of alcohol and various drugs.



How Much is Too Much?

defines a standard drink, provides guidelines on safer drinking, and covers signs of substance use disorder.



Causes and Contributors: Substance Use Disorders

describes the factors affecting a person's risk of developing issues with alcohol or drugs.



Alcohol, Drugs, and Physical Health

covers health risks and impacts of alcohol and drug use.



Alcohol, Drugs, and Mental Health

examines mental health conditions that often go along with drug and alcohol issues.



Ways People Make and Maintain Change

covers methods for changing alcohol and drug use and types of treatment goals.



Stages of Change: Barriers and Supports

explains the process of changing alcohol or drug use, common challenges, and helpful supports.



Treatment Resources and Other Supports

provides resources to help those concerned about their own or others' drinking or drug use.



Encouragement and Well-Wishes from Veterans

includes messages of hope from Veterans.



LEARN MORE:
www.veterantraining.va.gov/substances

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