



# VETERANS VOICE

Winnebago County Department of Veterans Services Newsletter

April 2022

## Substance Use Treatment For Veterans

If you're struggling with substance use problems, you're not alone. Many Veterans have problems with the use of alcohol, tobacco, street drugs, and prescription medicines. The VA provides many options for Veterans seeking treatment for substance use problems ranging from unhealthy alcohol use to life-threatening addiction. The services offered depend on your specific needs.

They offer proven medication options, like:

- Medically managed detoxification to stop substance use safely, and services to get stable.
- Drug substitution therapies and newer medicines to reduce cravings (like methadone and buprenorphine for opiate addiction).
- Nicotine replacement or other medicines for stopping tobacco use.

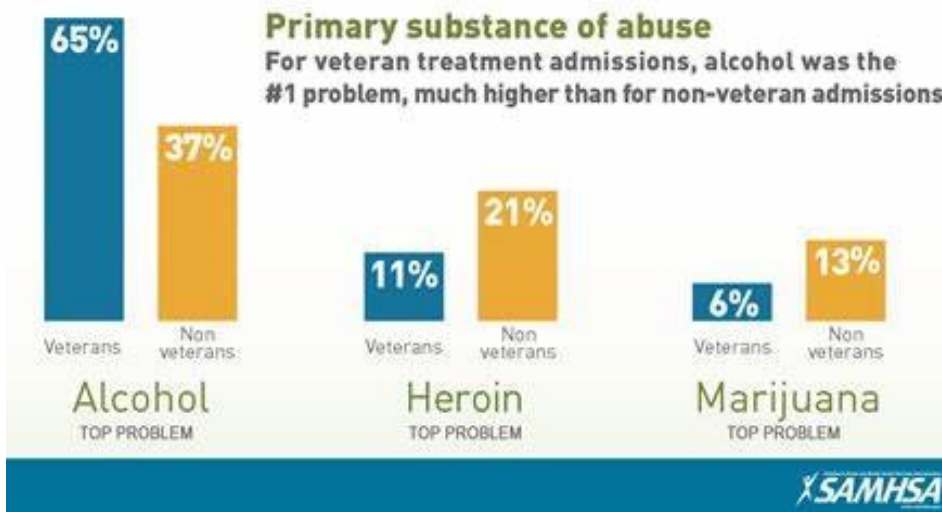
They offer counseling and other therapy options, like:

- Short-term outpatient counseling
- Intensive outpatient treatment
- Marriage and family counseling
- Self-help groups
- Residential (live-in) care

**“To the world you may be one person but to one person you may be the world.”**

**- Bill Wilson**

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- Continuing care and relapse prevention (making sure you don't slip back into the same substance use problems)
- Special programs for Veterans with specific concerns (like women Veterans, returning combat Veterans, and homeless Veterans)

No matter what you are experiencing, treatments and resources are available. VA offers treatment options that are proven to be very effective for most people, and many types of professionals at VA can help treat substance use.

[Evidence-based therapies](#) are among the most effective treatments for substance use. They can include the following - which are in many cases available at a local VA medical center.

- **Cognitive Behavioral Therapy (CBT)** helps Veterans with substance use disorders develop more balanced and helpful thoughts about themselves, others, and the future. It can help Veterans manage the urge to drink or use drugs, refuse opportunities to use substances, use a problem-solving approach to deal with substance use, and achieve personal goals.
- **Motivational Interviewing (MI)** helps Veterans with substance use disorders by focusing on conversations between the Veteran and their provider to detect and strengthen personal motivations for change. This therapy looks at the reasons behind your desire to make a change and the potential benefits of that change.
- **Motivational Enhancement Therapy (MET)** helps Veterans with substance use disorders by focusing on conversations between the Veteran and their provider to detect and strengthen personal motivations for change. This therapy looks at the reasons behind your desire to make a change and the potential benefits of the change. MET is a version of MI that focuses specifically on changing alcohol and/or substance use.

## Medications

Just like diabetes or hypertension, substance use disorder is a chronic disease that can be treated with medication. VA offers options for controlling alcohol and drug addiction, including medications that can reduce cravings, prevent relapse, and reduce the risk of death from substance use disorder.

Whether you are worried about your own substance use or that of someone you care about, VA has many options to help you take the next step. If you're already using VA health care, ask your primary care provider to help you make an appointment for VA mental health services. If you're not already using VA health care, please contact our office to apply for health care benefits.



## Alcohol Awareness Month

Alcohol Awareness Month is a health awareness campaign that was formerly sponsored by the National Council for Alcoholism and Drug Dependence (NCADD). It took place every April and was established in 1987 with the aim of raising awareness for communities and to help understand the causes and treatment available for one of the nation's biggest health issues. The campaign also aimed to reduce the social stigma associated with alcoholism and to educate people on how the disease can be addressed; offering help and advice for families as well as direct engagement with those afflicted with alcohol addiction.

Alcohol addiction and abuse is not only a considerable burden on government spending, it also claims thousands of lives across the country each year. Some notable statistics on alcohol addiction:

- More than 65 million Americans report binge drinking or heavy drinking in a one-month period, which is more than 40% of those who drink alcohol.
- In 2018, there were 10,511 alcohol-impaired driving fatalities, totaling 29% of all traffic fatalities for the year.
- Teen alcohol use kills 4,700 people each year, more than all illegal drugs combined.

By making people more aware of the situation and the viable solutions, alcohol awareness month aimed to reduce the pain and suffering alcohol abuse causes to people's lives.

## VA Life Insurance

VA life insurance is a benefit that can protect your loved ones with income replacement, end of life costs and financial flexibility. While it's not always pleasant to think about how you will prepare for your family's well-being after you're gone, if you are injured or ill because of your service-connected disability, obtaining life insurance is a vital process. VA offers life insurance options to meet your unique needs as a Veteran.

### Service-Disabled Veterans' Insurance and the Supplemental Program

Service-Disabled Veterans' Insurance (S-DVI) is a life insurance option for Veterans who receive a service-connected disability rating from VA. Basic coverage insures eligible Veterans for up to \$10,000. If you're totally disabled and have basic S-DVI coverage, you may be eligible for a premium waiver where you, as the policyholder, do not pay premiums for your \$10,000 of coverage.

In addition, if a premium waiver is granted, you may also be eligible for up to \$30,000 more of additional coverage under the Supplemental S-DVI program. Premiums for Supplemental S-DVI coverage cannot be waived.

### S-DVI Eligibility

You are eligible for S-DVI if all of the following are true:

- You were released from active duty under other than dishonorable conditions on or after April 25, 1951.
- You are rated for a service-connected disability (even if only 0%).
- You are in good health except for any service-connected conditions.
- You apply within 2 years of the date VA notifies you of your grant of a new service-connected disability, or by Dec. 31, 2022, whichever comes first.

Please note, ratings of Individual Unemployability or increases in previously rated conditions are not considered grants of "new" service connected conditions under S-DVI. You must receive a rating for a new condition not previously rated by VA.

### Supplemental S-DVI Eligibility

You are eligible for Supplemental S-DVI if all the following are true:

- You have a basic S-DVI.
- Your basic coverage premiums were waived due to total.
- You apply within one year of being notified of the waiver or by Dec. 31, 2022, whichever comes first.
- You are under 65 years of age.

VA makes it convenient to apply for S-DVI using the following forms:

- Apply online: <https://www.insurance.va.gov/Sdvi/AreYouEligible/9f08d03c-22a3-4cbf-98c5-893fa09f6753>.
- Apply for S-DVI with [VA Form 29-4364](#).
- Apply for a total disability waiver of S-DVI premiums with [VA Form 29-357](#).

### S-DVI Sunsetting

To eliminate the deadlines to apply for S-DVI and expand eligibility to Veterans, by law, S-DVI will no longer issue coverage after Dec. 31, 2022. However, Public Law 116-315 also created a new program of insurance, Veterans Affairs Life Insurance (VALI), for Veterans with service-connected disabilities. VALI opens for enrollment on Jan. 1, 2023. VALI offers guaranteed acceptance whole life coverage up to \$40,000 to all service-connected Veterans age 80 and under, without time limits to apply and no medical underwriting.

More information on VALI and an opportunity to sign up for periodic updates can be found at [www.va.gov/life-insurance](http://www.va.gov/life-insurance).

# Upcoming Event

## MVMEC OPEN HOUSE

&

Vietnam War/WWII Allied & Axis Reenactments

**Free Admission**

Saturday, April 30<sup>th</sup>, 2022

9:30 am to 3:00 pm



WHERE:

4300 Poberezny Road  
Oshkosh, WI 54902  
(920) 426-8615  
[www.mvmec.org](http://www.mvmec.org)

### ALL DAY PRESENTATIONS and DISPLAYS

- 10:00 am Present Colors (Flag Raising)
- 11:00 am On The Hour Tours (All Day)
- 11:30 am WWII Allied and Axis Reenactment Battle
- 12:30 pm Weapon Demo (see displays)
- 1:30 pm Vietnam War Reenactment Battle
- 2:30 pm Naval History Presentation



Food  
and Beverages  
available  
for purchase  
by AMVETS Post 7



### CONTACT US

Winnebago County  
Veterans Service Office

#### Oshkosh Location

112 Otter St.  
Oshkosh, WI 54901  
(920) 232-3400

#### Neenah Location

211 N. Commercial  
Neenah, WI 54956  
(920) 729-4820

Stay informed about benefits; join our e-mail list.  
Send a request to:

[CVSO@co.winnebago.wi.us](mailto:CVSO@co.winnebago.wi.us)

Visit us on the web at:

[www.co.winnebago.wi.us/veterans](http://www.co.winnebago.wi.us/veterans)



[www.facebook.com/WinnebagoCVSO](https://www.facebook.com/WinnebagoCVSO)

For a list of more events,  
check out our [calendar](#) !