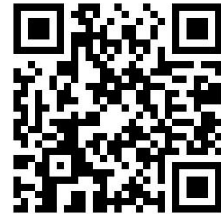


Self-Management of Alcohol Consumption

VetChange.org: Self-Help for Alcohol Use

- You're in charge!
- Free and confidential
- Evidence-based treatment
- Robust features and options
- Create a personalized action plan
- Created by the VA and Boston U.
- <https://vetchange.org>



VetChange App: Self Help for Alcohol Use

- Modelled after the VetChange.org
- Learn new coping skills
- Set and track personal goals
- Convenience of an app
- Used individually or with counseling
- Available at Apple and Play Store



Alcoholics Anonymous: Mutual Help Group

- Most well-known 12-step model
- Free of charge
- Anonymous
- Diverse locations/modalities available
- Encourages members to recognize a “higher power” to help w/sobriety
- <https://www.alcoholics-anonymous.org.uk/>



SMART Recovery: Mutual Help Group

- Emphasizes evidence-based approach
- Free online or in-person meetings
- Program goals:
 - Motivational enhancement
 - Coping with urges
 - Managing thoughts, feelings, and behaviors
- <https://smartrecovery.org.uk/>



Contact the ADAPT Clinic at DSN 226-8602 for additional questions