



recovery  
dharma

*Outreach*

**RECOVERY  
DHARMA** 

Veterans Outreach

# What is Recovery Dharma

Recovery Dharma is offers a trauma-informed approach to recovery based on Buddhist principles.

Our Program is peer-led and non-theistic. We welcome all who wish to pursue recovery as part of our community

# Veterans, PTSD and Addiction

- According to the VA, an estimated 1 out of 5 veterans have PTSD at some point in their life, often with depression, substance misuse, and other concerns.
- Roughly 1 out of 5 of veterans seeking treatment for PTSD also have a substance use disorder.
- Almost 1 out of every 3 Veterans seeking treatment for substance use disorder also has PTSD.

# Treatment of PTSD

- Cognitive processing therapy and prolonged exposure are effective treatments for PTSD. Despite this, research has shown that only as many as half of Veterans with PTSD enrolled in VA seek care.
- Emerging research shows that meditation practices may be equally as effective as standard treatments for PTSD.
- Mindfulness and meditation-based treatment of PTSD could offer additional pathways to recovery for veterans.

# Meditation Practices

- Meditation has been proven to support addiction recovery
- It helps calm the mind, cope with triggers, lessen cravings, and even ease withdrawal symptoms
- Most Recovery Dharma meetings are centered around a group meditation, followed by a reading from the Book ***Recovery Dharma*** and sharing

# The Need for Community

- Leaving the Military can make us feel isolated. Struggling with PTSD or any other type of trauma can leave us feeling broken and alone
- We know the strength we felt when surrounded by our brothers and sisters as we sought to maintain mission readiness
- **You can have a new mission.** We need connectivity, we all need other people who have been where we have been, who share our same values and goals, who have overcome the same struggles
- You are not weak, you are not powerless, Recovery Dharma is a program of empowerment. It is a community of people who have overcome addiction

# Questions



# Further Reading

- <https://www.tandfonline.com/doi/full/10.1080/14639947.2021.2145683#abstract>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5939561/>
- [https://www.ptsd.va.gov/publications/rq\\_docs/V28N2.pdf](https://www.ptsd.va.gov/publications/rq_docs/V28N2.pdf)
- <https://www.research.va.gov/currents/0821-VA-researcher-exploring-meditation-as-a-therapy-for-PTSD.cfm>