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## **PTSD and Substance Abuse**

The wars in Iraq and Afghanistan have left thousands of American veterans not only hurt, but emotionally shattered and dealing with Post-Traumatic Stress Disorder (PTSD). Suicide rates for soldiers returning from the Middle East are at record levels, but tragically, family and friends often fail to spot the warning signs. A 20-year veteran Chief Officer of the U.S. Merchant Marine who fought a personal battle against both drugs and alcohol, Darryl Hagar knows the signs of addiction and how to reach out to those who need help.

If you're a military commander who needs strategies to fight substance abuse in your unit, or a family member, friend or co-worker of a returning soldier, this uplifting presentation could help save a life. And if you're in the military and trapped in addiction, this talk will show how to reach out for help today and end the nightmare.

Drawing on his experiences during two Persian Gulf wars, Darryl shows how to identify depression and PTSD and what to do if you or a soldier you care about is turning to drug or alcohol abuse to deal with physical or emotional pain. You'll learn how to act now -- before it's too late -- as Darryl shows how to:

- Know when fun drinking crosses the line to daily drinking and sneak drinking on the job.
- Avoid drug and alcohol-related accidents, emergencies, injuries, health issues, and lives lost.
- Stop domestic violence, poor parenting, promiscuous behavior, overseas prostitution, bar fights and military arrests due to substance abuse.
- Prevent absenteeism, low soldier morale and poor job performance.
- Find the courage to reach out for help before alcohol or drug abuse sabotages or ends your military career.

Darryl lost his father to suicide while a student at Maine Maritime Academy, and that trauma triggered a 27-year battle with drugs and alcohol, which he used to self-medicate, as many of today's veterans do. But while his own addictions prevented him from achieving the rank of Captain, today he draws on his tough experience to lead soldiers, airmen, sailors and marines out of their addictions and into happy, productive lives. "When they hear my story, a lot of military spouses tell me their husbands and wives have the same problem," says Darryl. "We've got to do more for our psychologically wounded warriors."