

VA



U.S. Department of Veterans Affairs

Veterans Health Administration



www.vetcenter.va.gov

Learning Objectives

- Increase understanding of Military culture
- Understanding of the readjustment period
- Vet Center program
- Community connections/ VAMC Services



Why Know About Military Culture?

Understanding the influence of military culture upon related behaviors will help the direct treatment needs of the service member or Veteran under your care.



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Military Ethos



Military ethos speaks to the core values of Service members

- The foundations of who they are and what they believe in.
- Each branch of service has subtle differences in defined ethos
- Often referred to as Military Ethos or Warrior Ethos
- As well as undefined ethos

I WILL ALWAYS PLACE THE MISSION FIRST
I WILL NEVER ACCEPT DEFEAT
I WILL NEVER QUIT
I WILL NEVER LEAVE A FALLEN COMRADE

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United States Military Service Branch

- MOTTOS, VALUES AND MISSIONS -

Army:

Motto: This We'll Defend.

Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage (LDRSHIP)

Army's Mission: "To fight and win our Nation's wars by providing prompt, sustained land dominance across the full range of military operations and spectrum of conflict in support of combatant commanders."



Marine Corps:

Motto: Semper Fidelis, "Always Faithful"

Values: Honor, Courage, and Commitment

Marine Corps Mission: The seizure or defense of advanced naval bases and other land operations to support naval campaigns. The development of tactics, techniques, and equipment used by amphibious landing forces. Such other duties as the President may direct. (National Security Act of 1947)



Navy:

Motto: Semper Paratus "Always Ready"

Values: Honor, Courage, and Commitment

Navy Mission: "To maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas."



United States Military Service Branch

- MOTTOS, VALUES AND MISSIONS -

Air Force:

Motto: Aim High

Values: Integrity First, Service Before Self, and Excellence in All We Do

Air Force Mission: “To deliver sovereign options for the defense of the United States of America and its global interests to fly and fight in air, space and cyberspace.”



Coast Guard:

Motto: Semper Paratus, "Always Ready"

Values: Honor, Respect, and Devotion to Duty

Coast Guard Mission: “To protect the public, the environment, and the United States economic and security interests in any maritime region in which those interests may be at risk, including international waters and America's coasts, ports, and inland waterways.”



The Coast Guard can operate under the DoD as a service in the Department of the Navy if Congress declares war or at the request of the President.

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US Conflicts throughout Recent History

- World War II
- Korean War
- Vietnam War
- Lebanon
- Grenada
- Desert Storm/ Desert Shield
- Panama
- Berlin Airlift
- Bosnia
- Kosovo
- Operations in the former Yugoslavia area
- Global War on Terrorism
- Libya
- Operation Enduring Freedom
- Operation Freedom Sentinel
- Operation Iraqi Freedom
- Operation New Dawn
- Operation Inherent Resolve



Differences in Military Experiences

- **Professions**

- Almost every civilian job has a military equivalent
- Tasks of specialty widely vary (nursing/infantry/supply)

- **Special Status**

- Airborne, Air Assault, Sapper, Ranger

- **Deployments/Assignments**

- Overseas duty station
- Combat zone vs. in support of operations
- Search and rescue recovery
- Peacetime Veterans

- **Combat experiences vary**

- Indirect fire
- Receiving/returning direct fire



Component Differences

There are cultural differences between Active and Reserve components that are important to understand.

Active Duty

- Full Time
- Reassigned every 2-4 years
- Extended hours
- Return to support systems
- Dedicated resources toward care



Reserve/National Guard

- Part-time
- One weekend per month, two weeks per year
- “civilian soldiers”
- Activated to augment active duty
- Return to civilian communities
- Away from military support systems (FRG, SRP's)

Common Veteran Identifiers

- Tattoos
- Haircuts
- Clothing
- Boots
- Language
 - Profanity
 - Use of sir/ma'am



Important to remember that:
Not all Veterans fit these!

Language of a Veteran

- Phonetic Alphabet
- Theater
- OPSEC
- MOS
- IED's
- Inside the Wire/Outside the Wire
- Green Zone
- WTU
- FRG
- Bad papers
- Military Time

Phonetic Alphabet

A - alpha	N - november
B - bravo	O - oscar
C - charlie	P - papa
D - delta	Q - quebec
E - echo	R - romeo
F - foxtrot	S - sierra
G - golf	T - tango
H - hotel	U - uniform
I - india	V - victor
J - juliet	W - whiskey
K - kilo	X - x-ray
L - lima	Y - yankee
M - mike	Z - zulu



Then vs. Now

World War II Era

- Rationing supplies
- War bonds
- Scrap metal drives
- High number of family members serving
- Understanding of what it means to serve

Current Status

- 0.45% of the population currently serve in the military
- All volunteer Military
- 9% of the US population are Veterans
- Veterans are viewed as Heroes or broken
- Lack of knowledge of what is happening in the current war efforts.



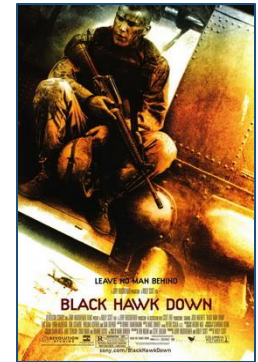
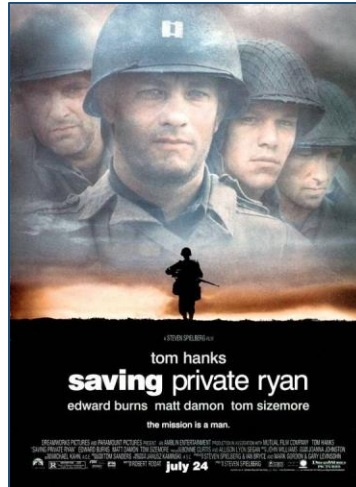
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Societal Perception of Veterans

- How do we receive information about who Veterans are?

- News
- Movies
- Labels
 - Hero
 - Angry Vet



- Barriers

- Create stereotypes
- Prevents personalized interaction
- Perception of being “untouchable”



Reintegration



Some Veterans may experience...



Marriage, relationship problems	Medical issues	Financial hardships
Endless questions from family and friends	Guilt, shame, anger	Lack of structure
Feelings of isolation	Nightmares, sleeplessness	Lack of motivation, forgetfulness

Triggers

- Anything that effects your senses
 - Sight, smells, sounds, temperatures and taste
- Most common way Veterans become involved with Police is through reckless driving patterns
- Skills that kept you safe down range, may make your adjustment to civilian life more difficult
- Anniversaries

But, when you finally come home.....



PTSD

What happens when you get home and realize
you will never be this awesome again

My back hurts!!



- 5-7 liters of water
- Weapons system(s) weighing 7 lbs – 23 lbs
- Ammunition- basic combat load of 600 rounds weighs 25 lbs. Machine gunners carry up to 800
- Armor- 60 lb with plates, 15 lbs Kevlar vest
- Breaching equipment – rockets, C4 charges, and breaching equipment can weigh 25-30 lbs
- Crew served weapons systems- mortar base plate, machine gun tripods, rounds for these systems can add another 25-50 lbs
- Food

Substance use

- Alcohol is used as a form of celebration within military culture
- More than 2 of 10 Veterans with PTSD also have SUD.
- War Veterans with PTSD and alcohol problems tend to be binge drinkers. Binges may be in response to bad memories of combat trauma. 20% increase in opiate related addiction- Bedford VA
- Almost 1 out of every 3 Veterans seeking treatment for SUD also has PTSD.
- The number of Veterans who smoke (nicotine) is almost double for those with PTSD (about 6 of 10) versus those without a PTSD diagnosis (3 of 10).
- In the wars in Iraq and Afghanistan, about 1 in 10 returning soldiers seen in VA have a problem with alcohol or other drugs.
- 1/3 of all heroin related deaths is a veteran

Substance Abuse Continued...

- Among Veterans diagnosed with AUD and another SUD, the rate of PTSD diagnosis was 76%
- In a study done on the GWOT generation the rate of dual diagnosis is 63%
- In 2012, the prevalence of PTSD among Veterans receiving specialized SUD care was 32%.
- During the past 10 years, the number of Veterans with comorbid SUD and PTSD in VA care has increased over three-fold;

PTSD & Problems with Alcohol use

- Studies show that the relationship between PTSD and alcohol use problems can start with either issue.
- Up to three quarters of people who survived abuse or violent traumatic events report drinking problems.
- Up to a third of those who survive traumatic accidents, illness, or disaster report drinking problems.
- Alcohol problems are more common for those who experience trauma if they have ongoing health problems or pain.
- Women who have PTSD at some point in their lives are 2.5 times more likely to also have alcohol abuse or dependence than women who never have PTSD.
- Men are 2.0 times more likely to have alcohol problems if they have PTSD than men who never do not have PTSD

Alcohol can make PTSD symptoms worse

- feeling numb or having no emotions
- being cut off from others
- feeling angry and irritable
- feeling depressed
- feeling jittery or as if you are always on guard.
- Increase sleep issues
 - Quality of sleep
 - Increase nightmares
 - If sudden alcohol use stops, nightmares may increase

IPV- Intimate Partner Violence

- Intimate partner violence (IPV), which is often called domestic violence, occurs when a current or former intimate partner (e.g., boyfriend, girlfriend, spouse) harms, threatens to harm, or stalks their partner. While domestic violence does include IPV, it refers to any violence that occurs in the home. Domestic violence includes child abuse, elder abuse, and other forms of interpersonal abuse. IPV refers specifically to violence between intimate partners. IPV can happen to anyone. It can happen no matter your age, income, race, ethnicity, culture, religion, or disability.
- Each VAMC has a IPV coordinating who can assist with Veteran care related to intimate Partner Violence. Direct contact information can be found at <https://www.socialwork.va.gov/IPV/Coordinators.asp#top>

Facts about Veteran Suicide

- **18%** of all deaths by suicide among U.S. adults were Veterans
- **20 Veterans** die by suicide each day
 - On average, there are **764 suicide attempts** per month among Veterans receiving recent VA health care services.
 - **14 of the 20** Veteran who die by suicide have not engaged in VA
- Veterans are much more likely than the general population to use **firearms** as a means for suicide

Signs of suicidal thinking

Learn to recognize these warning signs:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

Signs of suicidal thinking

The presence of any of the following signs requires **immediate attention**:

- Thinking about hurting or killing themselves
- Looking for ways to die
- Talking about death, dying, or suicide
- Self-destructive or risk-taking behavior, especially when it involves alcohol, drugs, or weapons

Risk and Protective Factors

Risk Factors

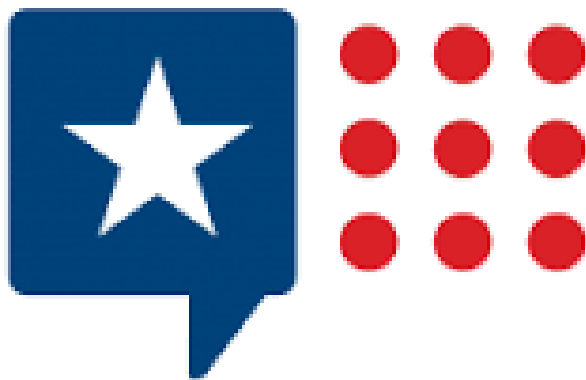
- Mental health issues
- Substance abuse
- Access to lethal means
- Recent loss
- Legal or finance issues
- Prior suicide attempt
- Relationship issues
- Unemployment
- Homelessness

Protective

- Access to mental health care
- Sense of spirituality
- Sense of connectedness
- Problem-solving skills
- Mission or purpose
- Physical health
- Employment
- Social and emotional well-being

Goal = Minimize Risk Factors and Maximize Protective Factors

Veterans Crisis Line



1-800-273-8255
PRESS 1

- **24/7**
- **Call used to:**
 - Consult or seek advice
 - Activate a rescue
 - Connect to VA services
- **Anonymous**
- **Any crisis**

WHY SERVICE MEMBERS MAY NOT SEEK HELP

- The belief that any psychological issues within themselves or others is a sign of weakness.
- Fear that expressing an emotional reaction may be confronted with, "suck it up" or "get over it".
- Fear that emotional reactions and/or seeking help will negatively impact their careers.
- Fear that their commander having will have complete access to mental health records.
- A command climate that discourages getting help.

(Army Behavioral Health, 2013)

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www.vetcenter.va.gov

Vet Center Mission Statement

To welcome home and honor those who served, those still serving, and their families by reaching out to them, engaging their communities, and providing them with quality readjustment counseling and timely referral.



Vet Center History

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam Vets were still experiencing readjustment problems.

Vet Centers are community based and part of the U.S. Department of Veterans Affairs.

Vet Center Eligibility

(1 of 2)

Any Veteran or active-duty Servicemember, to include federally-activated members of the National Guard and Reserve components, is eligible Vet Center services who:

- Has served on active military duty in any combat theater or area of hostility.
- Experienced a military sexual trauma while serving on active military duty or inactive training status.
- Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war.
- Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility.

Vet Center Eligibility

(2 of 2)

- All readjustment counseling services available at Vet Centers are at no charge to the eligible individual and their family and are also available without time limitation.
- Service members and Veterans are not required to enroll in the VA health care system or have received a service connection for conditions caused by military service.
- These services are also provided regardless of the nature of the Veteran's discharge. This includes service provision to those individuals with problematic discharges (dishonorable discharges).

Family Eligibility

Readjustment Counseling

- Families of eligible Veterans and Service members are authorized to use Vet Centers when it is found to aid in the readjustment of that Veteran or Service member.
- The Veteran or Service member defines who their family is.

Bereavement Counseling

- Services for families who experience the death of a loved one while on active duty.

Coping with Deployment

- Families of deployed Service members are eligible for Vet Center services to help cope with the deployment

Vet Center Services

Readjustment counseling is a wide range of services offered to eligible Veterans, Service members and their families in the effort to make a successful transition from military to civilian life. Services offered at Vet Centers nationwide include:

- **Individual and group Counseling for eligible Veterans and Service members**
- **Family counseling for military related issues**
- **Bereavement counseling**
- **Counseling and referral for those that experience a military sexual trauma**
- **Outreach**
- **Substance abuse assessment and referral**
- **Employment referral**
- **Referral to other VA services**
- **Community education**

Vet Center Confidentiality

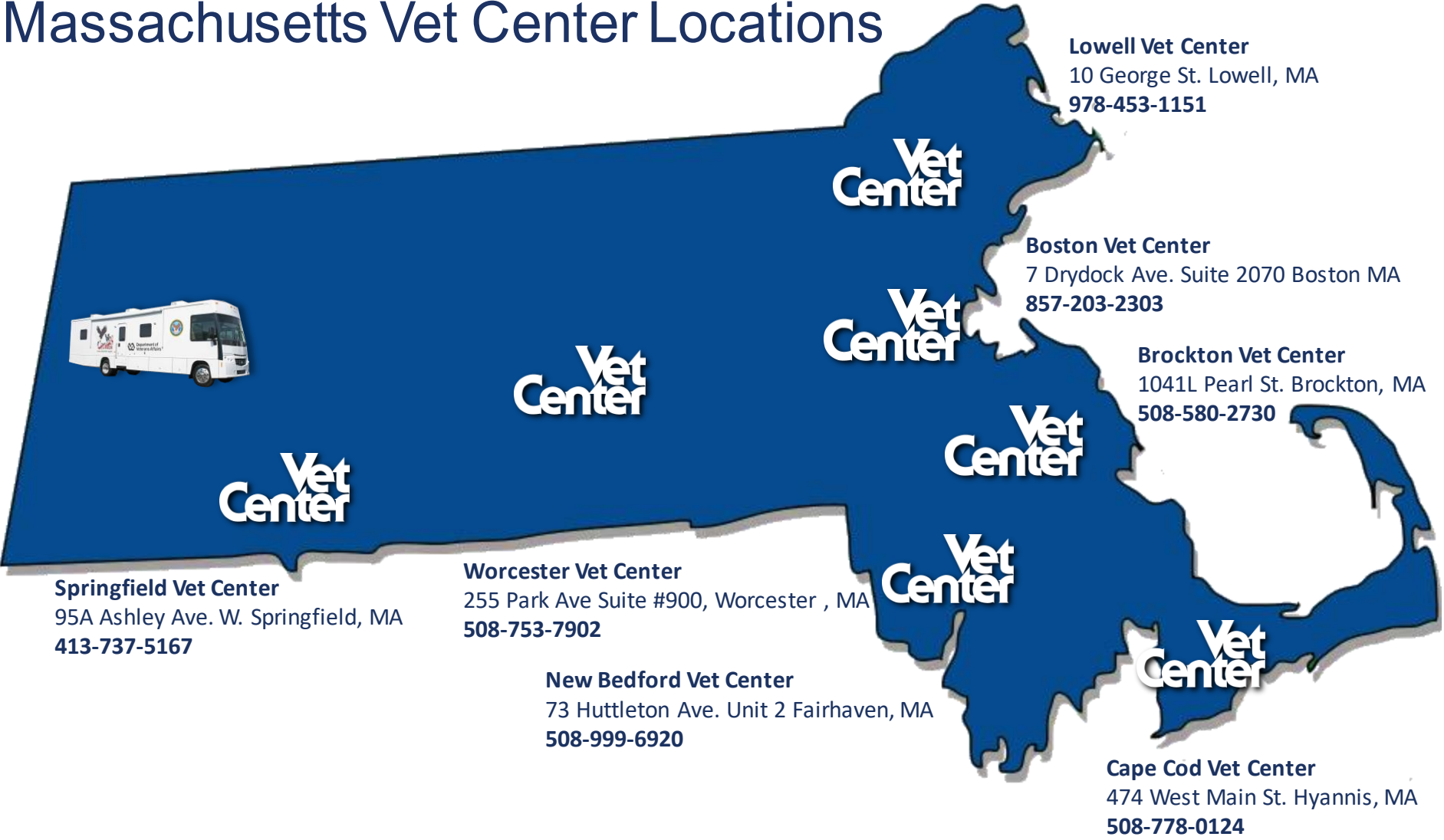
Confidentiality. Benefits under this section are furnished solely by VA Vet Centers, which maintain confidential records independent from any other VA or Department of Defense medical records and which will not disclose such records without either the veteran or servicemember's voluntary, signed authorization, or a specific exception permitting their release.

For more information, see:

5 U.S.C. 552a, 38 U.S.C. 5701 and 7332, 45 CFR parts 160 and 164, and VA's System of Records 64VA15, "Readjustment Counseling Service Vet Center Program." (Authority: 38 U.S.C. 501, 1712A, 1782, and 1783; Pub. L. 111-163, sec. 304, 401, and 402)

300 Vet Centers Nationwide!

Massachusetts Vet Center Locations



Lowell Vet Center
10 George St. Lowell, MA
978-453-1151

Boston Vet Center
7 Drydock Ave. Suite 2070 Boston MA
857-203-2303

Brockton Vet Center
1041L Pearl St. Brockton, MA
508-580-2730

Springfield Vet Center
95A Ashley Ave. W. Springfield, MA
413-737-5167

Worcester Vet Center
255 Park Ave Suite #900, Worcester , MA
508-753-7902

New Bedford Vet Center
73 Huttleton Ave. Unit 2 Fairhaven, MA
508-999-6920

Cape Cod Vet Center
474 West Main St. Hyannis, MA
508-778-0124

Vet Center

New England Locations



Connecticut

Danbury 203-790-4000
New Haven 203-795-0148
Hartford 860-563-8800
Norwich 860-887-1755

Maine

Bangor 207-947-3391
Sanford 207-490-1513
Caribou 207-496-3900
Portland 207-780-3584
Lewiston 207-783-0068

Vermont

White River Junction 802-295-2908
South Burlington 802-651-0174

Massachusetts

Boston 857-203-3001
Brockton 508-580-2730
Lowell 978-453-1151
New Bedford 508-999-6920
Springfield 413-737-5167
Worcester 508-753-7902
Hyannis 508-778-0124

New Hampshire

Berlin 603-752-2571
Manchester 603-668-7060

Rhode Island

Providence 401-739-0167



Mobile Vet Centers

- Fleet of 80 Vehicles
- Provides outreach and services to Veterans, Servicemembers and families geographically distant from existing VA services.
- Provides early access to Vet Center services to Veterans newly returning from war via outreach to demobilization active military bases, National Guard, and Reserve locations nationally.
- Each Mobile Vet Center is equipped with a state of the art satellite communications package that includes fully encrypted tele-conferencing equipment, access to all VA systems and connectivity to emergency response systems.
- To request the MVC contact your local Vet Center



Vet Center Call Center

- An around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.
- Product of VA leveraging technology to condense a national system of toll free numbers into a single modern center
- The staff is comprised of combat Veterans from several eras as well as family members of combat Veterans.
- Warm handoff capacity has been established with all Vet Centers, as well as VA Crisis Hotline

877- WAR-VETS (927-8387)

Community and VAMC Partners

VA



U.S. Department
of Veterans Affairs



Veterans Justice Outreach

The Department of Veterans Affairs (VA) has committed to preventing incarceration and reducing recidivism among Veterans through the development of the Veterans Justice Outreach (VJO) Program.

VJO Initiative

“The purpose of the VJO initiative is to avoid unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible Veterans in contact with the criminal justice system have access to Veterans Health Administration (VHA) mental health and substance services.”

Source: Department of Veterans Affairs, April 30, 2009, Under Secretary For Health's information Letter

VA New England Healthcare Veterans Justice Program Specialist

Katherine Nicholas Malvey, LICSW
c. 413-992-7326
fax: 781-687-3300
email: Katherine.NicholasMalvey@va.gov

VJO Community Partnerships

A mission of the VJO program is to build relationships with criminal justice entities including :

Courts and Attorneys

Provide information and education about Veterans' issues to include PTSD, depression, traumatic brain injury and services available.

Law Enforcement

Provide training to local law enforcement on Veterans' issues and strategies to help work with Veterans.

County and State Corrections

Develop communication with local jails and prisons to identify incarcerated Veterans and offer diversion or post release planning services



What a VJO Can Do:

- ◊ Assess Veteran's health care needs, identify appropriate VA and non-VA services
- ◊ Refer and link Veteran to comprehensive health care services
- ◊ With Veteran consent, communicate essentials (attendance, progress, treatment testing, discharge planning) to the courts and related personnel
- ◊ Function as a VA liaison with the local court system and law enforcement
- ◊ Provide evidence based-treatment for court-monitored Veterans

What a VJO Cannot Do:

- ◊ Perform forensic psychiatric/psychological evaluations for the court
- ◊ Accept custody
- ◊ Guarantee program acceptance
- ◊ Write lengthy court reports
- ◊ Advocate for legislation
- ◊ Serve VHA ineligible Veterans
- ◊ Determine criminal justice criteria for specialty courts to include Veterans, Drug, or Mental health courts

Vet Center and Justice involved Veterans

- Billerica HOC HUMV
- 26 bed unit
- Specifically for Veterans
- facilitated Seeking safety
- Rhode Island with Treatment Court
 - regular ROI signings, Email / tele communication, and are generally used as “after” care.
- Hampden County Correctional Center
 - Vet Center attends meeting Monthly/Quarterly
- Plymouth County correction center
 - Facilitate groups for sentenced and pre-trial men
 - Connection Veteran to appropriate VA care and or benefits
- Bristol County Correctional Center
 - Facilitate groups for sentenced and pre-trial men
 - Connection Veteran to appropriate VA care and or benefits
- Old Colony Correctional Center
 - Facilitate the American Veterans in prison group for long term prisoners

SUD programs in the VAMC

Inpatient Detox

- Boston, MA (medical detox)
- Bedford, MA
- White River Junction, VT
- Northampton, MA
- Togus, (medical detox for ETOH)

Inpatient treatment programs

- Boston, MA
- Bedford, MA
- White River Junction, VT

Intensive Outpatient Programs

- Boston
- Bedford
- Togus
- Conn
- Manchester, NH

Residential Outpatient Program

- Brockton

Suboxone

- Bedford, Ma
- Boston, MA
- CT

Methadone

- Boston

Naltrexone

- Bedford, MA
- Boston, MA
- Togus, ME

VA



U.S. Department of Veterans Affairs

Veterans Health Administration



www.vetcenter.va.gov

Vet Center Call Center
877- WAR-VETS (927-8387)



@VAVetCenters



Confidentiality And Privacy

Vet Center staff respect the privacy of all veterans. We hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client, except in circumstances averting a crisis.

**VET CENTER SERVICES ARE
ALWAYS PROVIDED
AT NO COST TO THE
VETERAN OR FAMILY**

Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers provide a broad range of counseling, outreach, and referral services to combat Veterans and their families.



Request for outreach and education for your event or organization by Vet Center Staff at your event contact your local Vet Center
To find out more about our program and locations near you:
Readjustment Counseling Service
Vet Center Program
877-WAR-VETS (927-8387)
<http://www.vetcenter.va.gov>

*We Value the Diverse
Composition and Experiences
of the Veterans We Serve*

Veteran Center Locations Massachusetts and Southern N. E.

Massachusetts

Boston Vet Center

7 Drydock Ave, Suite 2070
Boston, MA 02210-2303
(857) 203-3001

Brockton Vet Center

1041L Pearl St.
Brockton, MA 02301
(508) 580-2730

Cape Cod Vet Center

474 West Main Street
Hyannis, MA 02601
(508) 778-0124

Lowell Vet Center

10 George Street, Gateway
Center Lowell, MA 01852
(978) 453-1151

Rhode Island

Warwick Vet Center

2038 Warwick Ave
Warwick, RI 02889
(401) 739-0167

New Hampshire

Berlin Vet Center 515

Main Street Suite 2
Gorham, NH 03581
(603) 752-2571

Keene Vet Center

640 Marlboro Rd. (Rt. 101)
Keene, NH 03431
(603) 358-4950

Manchester Vet Center

1461 Hooksett Rd., B6
Hooksett, NH 03106
(603) 668-7060

New Bedford Vet Center

73 Huttleston Ave., Unit 2
Fairhaven MA 02719
(508) 999-6920

Springfield Vet Center

95 Ashley Avenue, Suite A
West Springfield, MA 01089
(413) 737-5167

Worcester Vet Center

255 Park Ave Suite # 900
Worcester, MA 01609
(508) 753-7902

Connecticut

Danbury Vet Center

The Atrium Building
457 North Main St., 1st Floor
Danbury, CT 06811
(203) 790-4000

Hartford Vet Center

25 Elm Street, Suite A
Rocky Hill, CT 06067
(860) 563-8800

Norwich Vet Center

2 Cliff St.
Norwich, CT 06360
(860) 887-1755

New Haven Vet Center

291 South Lambert Road
Orange, CT 06477
(203) 795-0148



Welcome Home Veterans and Families

Our mission is to welcome home our War Veterans by providing quality readjustment services in a comfortable, confidential and safe environment.



Who We Are

We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner. Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

VET CENTER HISTORY

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. In April 1991, in response to the Persian Gulf War, Congress extended the eligibility to veterans who served during other periods of armed hostilities from WWII to the current day OIF/OEF. The family members of these veterans are eligible for Vet Center Services as well. This includes bereavement counseling services to surviving parents, spouses, children and siblings of service members who die of any cause while on active duty, to include federally activated Reserve and National Guard personnel. With 300 Vet Centers located throughout the United States, Guam, Puerto Rico, and the Virgin Islands, in addition there are 70 Mobile Vet Centers (MVC) that run throughout the lower 48 states.

**We understand, and most of all,
we care.**



Eligibility is open to all War Zone Veterans and Current Service members who served in a War Zone. Service is provided at no cost to Veterans and/or family members.

- WORLD WAR II
- AMERICAN MERCHANT MARINES
- KOREAN WAR
- VIETNAM WAR
- LEBANON
- GRENADA
- PANAMA
- PERSIAN GULF
- SOMALIA
- BOSNIA
- KOSOVO
- OPERATION JOINT ENDEAVOR, JOINT GUARD, & JOINT FORGE
- GLOBAL WAR ON TERRORISM
- OPERATION ENDURING FREEDOM
- OPERATION IRAQI FREEDOM
- OPERATION NEW DAWN

Also eligible are:

- Veterans who experienced sexual trauma while serving on active duty.
- Drone pilots & Mortuary services
- Family members of Armed Forces personnel who died while on active duty (Bereavement services).

MILITARY SEXUAL TRAUMA AND HARASSMENT COUNSELING - Military sexual trauma (MST) is sexual harassment and/or sexual assault experienced by a military service member regardless of the geographic location, the gender of the victim, or the relationship to the perpetrator. Both men and women can experience military sexual trauma and the perpetrator can be of the same or of the opposite gender. Perpetrators may or may not be service members themselves.

BEREAVEMENT COUNSELING - to parents, siblings, spouses and children of Armed Forces personnel who die in the service to our country. Also eligible are family members of Reservists and National Guardsmen who die while on federally activated duty.



Post-Traumatic Stress Disorder (PTSD)

Intrusive thoughts and memories
Avoiding people/places (crowds)
Feeling numb or detached
Difficulty relaxing
Being easily startled, feeling jumpy, on edge or on guard
Feeling sad or down more days than not
Losing interest in activities that used to be fun
Low energy and overly tired
Hopelessness; feeling like things won't get better
Self blame, guilt, and shame
Suicidal thoughts
Anxiety
Repeating thoughts and rituals
Worrying all the time
Anger or aggressive behavior
Relationship and job problems.
Alcohol/Drug Abuse
Family/Relationship Difficulties
Marital/relationship issues
Behavior problems with children

READJUSTMENT COUNSELING SERVICES

- *Individual and group counseling for Veterans and their families*
- *Family/Couples counseling*
- *Substance abuse assessment and referral*
- *Bereavement counseling for families who experience an active duty death*
- *Military sexual trauma counseling and referral*
- *Outreach and education including PDHRA, community events, etc.*
- *Employment assessment & referral*
- *VBA benefits explanation and referral*
- *Liaison with VA facilities & programs*
- *Screening & referral for medical issues including TBI, depression, etc.*