Guide to VA Mental Health Services for Veterans and Families

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Let's set the stage.....
The most complex and dangerous conflicts, the most harrowing operations, and the most deadly wars occur in the head.

Anthony Swafford, (author of *Jarhead*) for PBS Video, *Operation Homecoming*
Get to know the VA

Department of Veterans Affairs

VA Healthcare
- 152 Medical Centers
- 817 Community Based Outpatient Centers

VA Benefits
- 56 Regional Offices
- 300 Vet Centers
- 131 Veteran Cemeteries
• 10 VA Medical Centers
• 43 Community Based Outpatient Clinic
• All of Pennsylvania
• Portions of Delaware, New Jersey, New York, Ohio and West Virginia

Also have 12 Vet Centers, 2 Regional Offices, 5 Veteran Cemeteries
Total Veteran Population (9/30/11)

- 22,234,000 veterans
- 8.3% are women

National Center for Veteran Analysis and Statistics
NCVAS website: www.va.gov/vetdata/index.asp
VA Healthcare

8.57 million Veterans enrolled in Healthcare accounted for, in FY 2011

• 79.8 million outpatient visits
• 692,000 inpatient admissions

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Guiding Principals

• Focus on Recovery
• Coordinated Care for the Whole Person
• Mental Health Treatment in Primary Care
• Mental Health Treatment Coordinator
• Around the Clock Service
• Care that is Sensitive to Gender and Culture
• Care Close to Home
• Evidence Based Treatment
• Family and Couples Services
How to access VA services

- 800-827-1000
- visit www.va.gov
- 10-10 Easy
- If you are a veteran who served in a theater of combat operations or hostilities after 11.11.98, Contact the OEF/OIF/OND Program Manager at the Medical Center closest to you.
How to find mental health care

• Emergency
• 1-800-273-8255
• www.veteranscrisisline.net
• 838255
• Vet Center
• Primary CARE
DO I HAVE A MENTAL HEALTH ISSUE?

- Sad or nervous
- Changes in sleep, appetite, weight or sex
- Headaches/other body pain
- Muscle tension/weakness
- Decreased energy, motivation, or interests
- Problem with Attention, concentration, memory
Irritable, angry, short tempered
Guilt, worthlessness, helplessness, hopelessness
Unhealthy behavior (gambling, drugs)
Problems functioning at home
Treatment settings in VA

- Short term, inpatient care
- Outpatient care, sometimes with telemedicine
- Psychosocial rehab and recovery
- Residential rehabilitation treatment programs
- Primary care
- Residential care
- Supported work settings
Specific Treatments

• Talk therapy (psychotherapy)
  – Cognitive Behavioral Therapy (CBT)
  – Acceptance and Committeemen Therapy (ACT)
  – Interpersonal Therapy (IPT)
  – Cognitive Processing Therapy (CPT)
  – Prolonged Exposure Therapy (PE)
  – Motivational Enhancement Therapy
  – Social Skills Training
• Substance use disorder treatment
  – Medications to decrease cravings
  – Medications to ease withdrawal
  – Opioid Treatment Programs
  – Residential Treatment programs
Special Programs

• Services for WOMEN VETERANS
• FAMILY services
• Coaching into Care: 888-823-7458 or www.mirecc.va.gov/couching
• Readjustment Counseling Services
• Military Sexual Trauma Services
• Veterans involved with Criminal Justice System
• Older Veterans
• Homeless veterans:
  – National Call Center for Homeless Veterans 1-877-424-3838
  – Website: www.va.gov/homeless
This information and more is available at www.mentalhealth.va.gov

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AND

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