



February 2018

Vet Centers Help Veterans Readjust to Civilian Life

This month, we would like to welcome Amy Alderman, LCSW as the new Director of the Peninsula Vet Center. Vet Centers provide a broad range of counseling, outreach, and referral services to eligible Veterans in order to help them make a satisfying post-military readjustment.

These services are free to men and women who have served in a combat theater and their family members. The Vet Center also provides services to men and women who have experienced military sexual trauma (MST) or harassment while on active duty. 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. There are both group and individual counseling sessions provided. Vet Centers also provide 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.

PTSD Coach: App

The VA has also developed a mobile “app” to help veterans with their readjustment: PTSD Coach. The app can help Veterans learn about and manage symptoms that commonly occur after trauma.

Its features include:

- *Reliable information on Posttraumatic Stress Disorder (PTSD) and treatments that help;
- *Tools for screening and tracking symptoms;
- *Convenient, easy-to-use skills to help Veterans handle stress symptoms;
- *Direct links to support and help;
- *Ongoing access, when the Veteran may need it.

PTSD Coach has now been downloaded more than 100,000 times in 74 countries around the world. You can get this free application on your smartphone by googling PTSD COACH and downloading it.

Check the <http://www.ptsd.va.gov/> for additional resources and apps. Please call the Peninsula Vet Center at (650) 617-4300 to speak with staff who are ready to help Veterans and families with combat-related and MST-related issues.



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