



Opening the Door to the VA

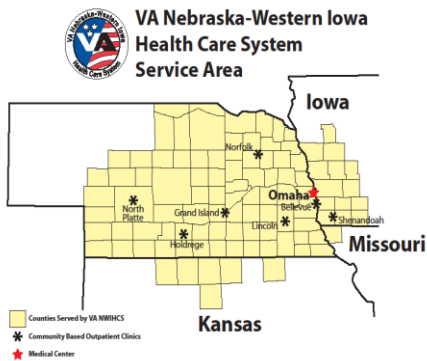
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2016



Nebraska Western Iowa



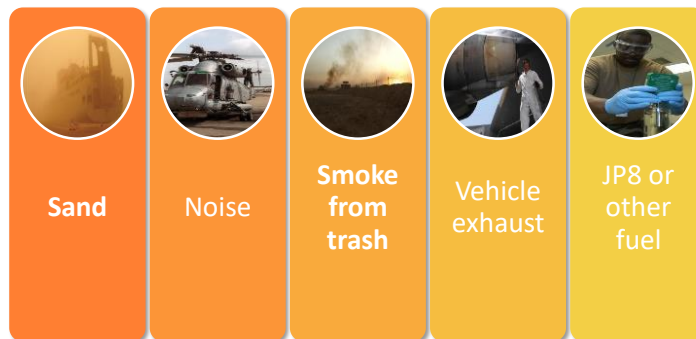
- Dept. of Defense estimate 14,788 eligible veterans in this area
- NWI currently has 10,266 using the VA (65%-70%)
- 13% are female



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Top Five Environmental Exposure Concerns: Veterans from Afghanistan and Iraq



(MSMR Vol. 12 / No. 8 – Nov. 2006)

WRIISC (War Related Illness and Injury Study Center)

<http://www.warrelatedillness.va.gov/WARRELATEDILLNESS/index.asp>



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How Can I Stay Updated?

<http://www.publichealth.va.gov/index.asp>

UNITED STATES
DEPARTMENT OF VETERANS AFFAIRS

Search All VA Web Pages [Open Advanced Search](#)

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Public Health

Home Military Exposures Diseases & Conditions Health & Wellness Studies & Data Patient Treatment Employee Health About

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National Public Health Week

Health Care Use Among Veterans

Seasonal Flu Online Tool

Camp Lejeune Health Care

Resolution

- 1 Go to Gym
- 2 Eat Healthy
- 3 Quit Smoking
- 4

Choose healthy, safer living

National Public Health Week
April 1-7

Connect with Us Veterans Health

[f](#) [t](#) [y](#)

Subscribe

Enter your email address

Contact VA

Health Care
1-877-222-8387

Benefits
1-800-827-1000

TDD (hearing impaired)
1-800-525-4833

Military Exposures

 Agent Orange
Gulf War Veterans' Illnesses
Radiation
Noise Exposure
Burn Pits

[More Exposures >](#)

Diseases & Conditions

 Agent Orange-Related Diseases
Hepatitis C
HIV/AIDS
Seasonal Flu
Rabies

[More Diseases >](#)

Pain and chronic pain

- **59% present with Orthopedic problems**
 - Low back pain
 - Knee and joint problems
- **30% experience pain severe enough to limit daily activities**

Challenges

- Narcotic use/abuse
- Self medicating: Alcohol, substance use/abuse

Holistic Approach and Alternatives (to name a few)

- Yoga
- Acupuncture
- Chiropractic Care



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Vet Center

- **TRAUMA COUNSELING**
To ensure the highest quality of counseling for posttraumatic stress disorder symptoms delivered in accessible community settings
- **SPECIAL POPULATIONS**
To reach out to disenfranchised and underserved veterans
- **MANAGEMENT**
To provide a cost effective system of community based Vet Centers bringing services to eligible veterans
- **WELLNESS**
To promote wellness activities with veterans to help them reach quality health and life goals and diminish the need for more intensive care
- **TRANSITIONAL ASSISTANCE**
To assist transitional military personnel with professional readjustment services
- **LEADERSHIP**
To serve as the leaders in provision of treatment and outreach for veterans suffering from war trauma and connect Veterans to appropriate resources to compassionately heal that trauma
- **NETWORKING**
To establish working relationships with local, state, and federal organizations to assist veterans who are readjusting from military to civilian life



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Combat Eligibility for Health Care

- **Combat Veterans:** Someone who has served in a combat location or in combat against a hostile force after November 11, 1998.



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Eligibility

Medical

- Eligible for health care for 5 years from date of discharge.
- Grandfathered into the system after 5 years.
- No charge for services for anything that is an illness or injury related to deployment.
- There may be co-pay for services not related to deployment, depending on the veteran's income.



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Medical Benefits Plan

- **Screening exams for: Depression, Substance Abuse, PTSD, Military Sexual Trauma, TBI, health factors, exposures to environmental factors**
- **Preventive Care Services**
- **Inpatient and Outpatient Treatment**
- **Prescription Services**
- **Women's Health Program**
- **Access to own medical records**
- **Ability to secure message you provider**



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Transition and Care Management

- Currently known as OEF/OIF/OND Care Management
- Responsible for assessing all returning combat veterans as well as those transitioning out of the military
 - MTF (Military Treatment Referrals)
 - Lead Coordinator initiative
- Care Management Connects to
 - Wounded Warrior Programs
 - Dept. of Defense
 - National financial and supportive resources
 - How to navigate VA
 - Community resources



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Veterans Integration to Academic Leadership

- National VHA initiative to bring clinical and supportive services to student Veterans on college and university campuses to help decrease barriers to care and to increase academic retention and success



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VA HEALTH CARE
Defining EXCELLENCE
in the 21st Century

CAREGIVER SUPPORT PROGRAM

Caring for a Veteran?
Call VA's Caregiver Support Line for help toll-free:
1-855-260-3274
Monday - Friday, 8:00 am - 11:00 pm ET
Saturday, 10:30 am - 6:00 pm ET
VA Caregiver Support PROGRAM
Department of Veterans Affairs



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VA Mental Health Services

VA offers a wide range of inpatient, residential, and outpatient Mental Health services

- Treatments for Depression and Anxiety
- Treatments for Substance Use Disorders (SUD)
- Treatments for Posttraumatic Stress Disorder (PTSD)
- Military Sexual Trauma Services
- Treatments for Serious Mental Illnesses (Schizophrenia, Schizoaffective Disorder & Bipolar Disorder)



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Military Sexual Trauma

- "Psychological trauma, which in the judgment of a VA mental health professional, resulted from a physical assault of a sexual nature, battery of a sexual nature, or sexual harassment which occurred while the Veteran was serving on active duty or active duty for training." Sexual harassment is further defined as "repeated, unsolicited verbal or physical contact of a sexual nature which is threatening in character." U.S. Code (1720D of Title 38)
- About 1 in 5 women and 1 in 100 men seen in VHA respond "yes" when screened for MST. Though rates of MST are higher among women, there are almost as many men seen in VA that have experienced MST as there are women. This is because there are many more men in the military than there are women.



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Homeless Veterans

Prevention Services

- Includes the National Call Center for Homeless Veterans
- Veteran Justice Outreach Program
- Supportive Services for Veteran Families Program.

Housing Support Services

- Includes information and resources to provide permanent or temporary housing
- ongoing case management

Treatment

- Includes healthcare for homeless Veterans and Veterans exiting prison
- Drop-In Centers
- VA's Homeless Veteran Dental Assistance Program.



Employment/Job Training

- VA's Compensated Work Therapy program where homeless Veterans earn pay while learning new job skills

<http://www.va.gov/HOMELESS/index.asp>



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Suicide Prevention



**Confidential help for
Veterans and their families**

Confidential chat at VeteransCrisisLine.net
or text to 838255



http://www.veteranscrisisline.net/Resources/Videos.aspx?v=3MiTS_4aafw

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Mobile Applications Assisting Mental Health and Polytrauma Therapy



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Visit www.t2health.org

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Coaching into Care

Coaching Into Care provides a “coaching” service for family and friends of Veterans who see that their Veteran needs help. Coaching involves helping the caller figure out how to motivate their Veteran to seek services. The service is free and provided by licensed clinical social workers and psychologists. The goal of the service is to help the Veteran and family members find the appropriate services in their community.

For additional information, please visit <http://www.mirecc.va.gov/coaching/index.asp>, or contact the Coaching into Care Call Center at 1-888-823-7458 (M-F, 8AM-8PM EST).



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HOW TO FIND OUT MORE

- ✕ War Related Illness Research Center
<http://www.warrelatedillness.va.gov/WARRELATEDILLNESS/index.asp>
- ✕ <https://www.va.gov/>
- ✕ www.ncptsd.va.gov or “google” PTSD
- ✕ Our Pamphlet
- ✕ www.militaryonesource.com 1(800) 342-9647
 - + USERNAME: “military”
 - + PASSWORD: “onesource”
- ✕ “Courage After Fire” by: Armstrong et. al.
- ✕ www.DVBIC.org for Combat related Head injury
- ✕ www.behavioralhealth.army.mil/battlemind/index.html for more info on the Battlemind program
- ✕ <http://www.kylehs.com/films/nowafter/flash.html> Student film about what it is like to have PTSD.



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