



Educational Tools for Providers

❖ PsychArmor Institute

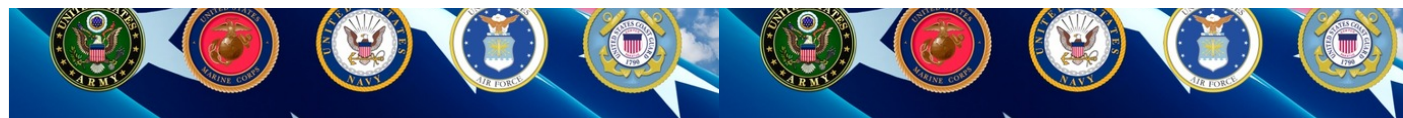
- National non-profit that provides free education to those who serve and support Veterans.
<http://psycharmor.org/>

❖ Training Institute at Home Base

- Free on-line education sessions to inform and train clinicians to recognize and assist veterans and their families.
<http://homebase.org/>

❖ U.S. Department of Veterans Affairs - Community Provider Toolkit

- Tools and resources for working with Veterans, screening for military experience, understanding military culture, referring to VA, and managing a variety of behavioral health concerns.
<http://www.mentalhealth.va.gov/communityproviders/>



Resources by Category

❖ Comprehensive Organizations

- Mass Vets Advisor
(www.MassVetsAdvisor.org)
- Find your local Veterans' Service Officer (VSO) - (www.Mass.gov/veterans)

❖ Post-Traumatic Stress (PTS) & TBI

- Home Base (www.homebase.org, 617-724-5202)
- National Center for Post-Traumatic Stress Disorder (www.ptsd.va.gov)
- Military One Source
(www.militaryonesource.mil)
- BIA-MA (www.biama.org/veterans)
- TBI for OEF/OIF (888-VET-1TBI)

❖ Homeless Veterans

- Veterans Inc. Worcester (veteransinc.org, (800) 482-2565)
- New England Center & Home for Veterans (nechv.org, 617-371-1800)

❖ Substance Abuse

- Learn to Cope (www.learn2cope.org)
- VA Boston Healthcare System
(www.boston.va.gov)

❖ Military Sexual Trauma (MST)

- Home Base (homebase.org)
- VA Boston/Women Veterans Program
(www.boston.va.gov/services/women/800-865-3384 Ext. 45994)
- DOD Safe Helpline (1-877-995-5247)

❖ Suicidal Ideation

- SAVE - Statewide Advocacy for Veterans' Empowerment - (617-210-5743)
- VeteransCrisisLine.net (1-800-273-8255)

Veteran Resources for Providers



A compilation of local and national programs to assist healthcare professionals provide patient-centered care to all veterans



Produced by Students from:
UMass Medical School
UMass Graduate School of Nursing





"Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause."
- Abraham Lincoln

Veterans Affairs Facilities

VA operates the nation's largest integrated health care system



Veterans are a special population that have unique medical needs. For example:

- It's estimated that PTSD among Vietnam Veterans was **30.9%** for men and **26.9%** for women.
- About **1 in 5** women and **1 in 100** men have been victims of Military Sexual Trauma (MST).
- **22**-veteran suicides each day
- Exposures to toxic chemical have been linked to several diseases

Use the **VA Health Benefits Explorer** to discover what benefits your veteran is eligible for: **hbexplorer.vacloud.us**

Apply for enrollment:

- www.va.gov/healthbenefits/enroll
- 1-877-222-VETS (8387)

VA facilities provide a cost-effective "one-stop-shop" where veterans can access their PCP, therapists, and pharmacists all in one visit.



Complementary & Alternative Medicine (CAM)

CAM is increasingly popular and commonly used to help veterans manage stress, emotions, behavior, and to promote general wellness. Includes: yoga, meditation, acupuncture, reiki, etc.

Free Resources:

- Yoga – www.yogatoday.com
- Meditation/Mindfulness
 - www.TM.org & www.irest.us
- VAC Metrowest:
Acupuncture for Veterans & Families
(<http://www.vacmetrowest.com>, 508-626-0896)
- Mobile Apps: Headspace, PTSD Coach, CPTCoach, Stay Quit Coach

"Have you or a loved one ever served in the military?"

Many service members will not volunteer their military history unless they are asked. This simple question may reveal a history of unique challenges, and exposures that are critical to providing comprehensive patient-centered care.

The United States has nearly 22 million military veterans; it's crucial for healthcare providers to discover how a patient or their families have been affected by their military service.

Where Do I Begin?



Many resources and services are available for veterans, but are often difficult to navigate. **Veterans Service Officers (VSOs)** are local advising staff that can help connect veterans to the necessary service. Connect with your local VSO at: **<http://www.mass.gov/veterans>**.

The Mass Vets Advisor provides a comprehensive list of resources available to our veterans. (www.MassVetsAdvisor.org)



**THEIR MISSION IS COMPLETE.
OURS HAS JUST BEGUN.**

