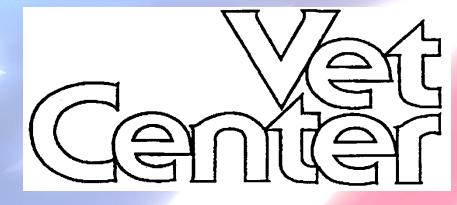
## Exploring Ways for Veterans to Access Mental Health Services in the VA

NaTasha Allen Outreach Coordinator Indianapolis Vet Center





## Welcoming Home Combat Veterans and Their Families

#### **Getting Started**

#### A Quick Survey

"Has anyone heard of a Vet Center?"

#### **Vet Center History**

- In 1979, Congress mandated the department of Veterans Affairs to establish outreach centers for Vietnam Veterans and their families.
- Service now extended to all war zone vets and sexual harassment/assault victims of any era.
- Goal is to provide a broad range of counseling, outreach and referral services, to help Veterans make a satisfying post-war readjustment to civilian life.









Currently there are over 300 Vet Centers nationwide whose mission is to provide a broad range of counseling, outreach, and referral services to assist Veterans and family members overcome the readjustment problems associated with war and personal trauma.





## **Our Mission**



as a Vet Center, is to serve Veterans and their families by providing a continuum of quality care that adds value for Veterans, families, and communities. Care includes: professional readjustment counseling, community education, outreach to special populations, brokering of services with community agencies, and providing a key access link between Veterans and other services within U.S. Department of Veterans Affairs.



#### **Our Mission: (cont'd)**

• We are the people IN THE U.S. DEPARTMENT **OF VETERANS AFFAIRS WHO WELCOME** HOME WAR VETERANS WITH HONOR BY **PROVIDING QUALITY READJUSTMENT** SERVICES IN A CARING MANNER, **ASSISTING VETERANS AND THEIR FAMILY MEMBERS TOWARD A SUCCESSFUL POSTWAR ADJUSTMENT IN OR NEAR** THEIR COMMUNITIES.

No Cost and Confidential

## What Does the Vet Center Offer?

- A safe place to talk
- Confidentiality
- Counselors who have experienced combat themselves
- Flexibility of hours
- Individual counseling
- Group counseling
- Marital and family counseling

- Employment guidance
- Liaison with the VA
- Benefits Assistance
- Military Sexual Trauma counseling
- Bereavement counseling
- Drug and alcohol counseling
- An ability to be seen on a walk-in basis









**Activated Reservists, National Guard** members and Service Members from all the Military Branches are eligible who served on active duty in a theater of combat operations and have been discharged under honorable or general conditions.



# Who We Serve Eligibility:



Combat Zone Veteran – "Boots On Ground" in theater.

- Military Sexual Trauma/Harassment Counseling
  - Veterans of both sexes, all eras.

Bereavement – Parents, Spouses and Children of Armed Forces personnel who died in the service of their country. Family members of Reservists and National Guardsmen who die while on duty are included.

#### **Combat Operations:**

#### **OEF: OPERATION ENDURING FREEDOM**

Afghanistan combat zone. Includes the surrounding countries and all other GWOT nations except for OIF/OND. Combat Operations began on 7 October 2001 continuing through

#### **OIF: OPERATION IRAQI FREEDOM**

Iraqi combat zone beginning 19 March 2003 ending 31 Aug 2010.

#### **OND: OPERATION NEW DAWN**

Formerly OIF, beginning 1 Sept 2010 to 15 December 2011

#### **GWOT: GLOBAL WAR ON TERROISM**

Broad term for numerous Global locations. Matching OEF/OIF/OND.

#### **Indiana Vet Centers**

Indianapolis Vet Center 8330 Naab Rd. Suite 103 Indianapolis, IN 46260 317-988-1600

Fort Wayne Vet Center 5800 Fairfield Ave. Suite 265 Ft. Wayne, IN 46807 260-460-1456

Evansville Vet Center 311 N. Weinbach Ave. Evansville, IN 47711 812-473-5993

NorthWest Vet Center 107 E. 93<sup>rd</sup> Ave Crown Point, IN 46307 219-736-5633

South Bend Vet Center 4727 Miami St. South Bend, IN 46614 574-231-8579

# What unique services does the Vet Center offers?

Bereavement counseling

Saturday hours & late week-day hours

Outreach within the urban & rural communities reaching the Veteran where they are

Walk-in appointments

Easy accessibility on bus route, with no parking restrictions

#### **Groups Offered at Vet Center**



#### Referral

- Vet Center Referral Form
- DD214
- Disability Information (if applicable)



 Other relevant information (i.e. medication list, treatment reports, etc.)

#### **Mobile Vet Center**



#### **Outreach Motor Speedway**



#### **Mobile Vet Center**

- Mobile Vet Center Driver:
- William (Bill) Moylan
- 317-988-1605

## Indy Vet Center staff supporting our Veterans



June Watts, LMFT supporting our Veteran on the left. NaTasha Allen supporting our Veteran on the bottom right.



#### Indianapolis Vet Center Staff Team:

Melanie Harris, ACSW - Team Leader Tina Milam – Office Manager (PSA)

> Counselors: Keith Watts, LCSW June Watts, LMFT Terry Randall,LCSW

MVC Driver William (Bill) Moylan

Outreach Coordinator: NaTasha Allen, BSW,MPA

www.vetcenter.va.gov

# Questions & Answers?

# Thank You ©!

# Indianapolis Vet Center Team