SAN DIEGO VA HEALTHCARE SYSTEM RESOURCES

Name of Clinic: Military Sexual Trauma & Interpersonal Trauma (MST & IPT)

Services Provided: Evidence based treatment of posttraumatic distress, pre-treatment preparation skills training, and post-treatment maintenance

Point of Contact: MST & IPT Clinic Director/MST Coordinator: Carolyn Allard (619-400-5189), Peer Support Specialist: Purity Wanjohi (619-680-1753)

Other Instructions: Veterans can ask for referral to clinic when they enroll at VA for services (at Member Services), ask for a referral from any of their VA providers, and/or call the MST & IPT Clinic Director/MST Coordinator directly to self-refer. They will be scheduled for a clinic orientation meeting to learn more about all of our services and then will develop a treatment plan with one of our providers.

Name of Clinic: La Jolla PTSD Clinical Team

Services Provided: Specialty evidence based treatment of PTSD at the VA Medical Center in La Jolla

Point of Contact: Ask any VA provider to place a referral. Program Support Assistant: Aleksandra Lamons – La Jolla 858-552-8585 x3724

Other Instructions: Veterans will be scheduled for a clinic orientation meeting to learn more about all of our services, a comprehensive mental health intake in La Jolla, and will develop a treatment plan with one of our providers.

Name of Clinic: South County Posttraumatic Stress Disorder Program

Services Provided: Medication, Group Therapy with case manager, CPT Group ONLY, Time Limited Therapy CPT or PE, Peer Support, Individual Pastoral Consultation

Point of Contact: MV mental health clinic and/or MV PTSD clinic at 619 400 5199 or 619 400 5170

Other Instructions: For Veterans to be seen in a specialty clinic such as PTSD (combat
trauma-related), a consult must be in place: 1.) You can walk in to 2 North psychiatric emergency clinic at the La Jolla hospital or 2.) Your primary care provider or case manager can place a consult. Veterans will need to attend a 1 hour Screening Group to learn about treatment options. After initial Orientation group, Veterans will complete a comprehensive treatment assessment with a PTSD provider (for medications and/or for therapy). There will be a package of questionnaires that Veterans will be given to fill out (ex: questionnaires about recent symptoms that Veterans may be experiencing; deployment form).

### OTHER RESOURCES

**Veteran Crisis Line**………………………………………………1-800-273-8255 Press 1  
- Communicate with specialist in prevention of harm to self or others

**The Warm line**…………………………………………..............619-295-1055 or 800-930-9276  
- Peer to Peer assistance, 3:30-11pm 7 Days a week

**211 San Diego**……………………………………………………2-1-1 or www.211sandiego.org  
- Various resources, meetings and services

**DAV Travel**…………………………………………………………858-552-7470  
- Assistance in transportation. Please request transportation 2 weeks in advance

**Wounded Warrior Project**…………………………………………619-981-9642  
- Community of Veterans that participate in various activities and support

**The Meeting Place Club House**…………………………………..619-294-9582  
- Assistance in Transitional/Supported/Seasonal Employment and community

**Veterans Sustainable Agriculture Training**…………………………800-933-5234  
- Military transition assistance

**American Combat Veterans of War**…………………………………858-552-7501  
- Outreach, transition and advocacy program

**PAVE (Physician Advocates for Veterans)**…………………………858-300-2789  
- Clarification assistance on healthcare options and questions

**Vet Centers** …………………San Diego 858-642-1500……San Marcos 855-898-6050  
- Readjustment counseling services, extended hours

**Veterans Village of San Diego**……………………………………….619-849-8658
PTSD RESOURCES FOR VETERANS

- Case management services, housing assistance, rehabilitation

Veteran Service Organizations
- DAV.................................................................858-642-6454
- Team AMVETS..................................................858-642-6453
- American Legion..............................................858-642-6452
- Order of the Purple Heart.................................858-642-6455

Service/Emotional Support Animal Training
- Freedom Dogs....................................................619-223-6574
- Sherries Project..................................................760-453-0351
- Train Rite............................................................760-754-3300
- Little Angels Service Dogs.................................619-448-4428
  http://dogcapes.com/trainers.html

TAPS – Tragedy Assistance Program for Survivors
- Offers help to anyone who has lost any service member, no matter the relationship
  .................................................................1-800-959-8277

Independent Living Association..............................858-609-7973
  ........................................................................http://ilasd.org
- Living assistance that empowers residence on the recovery journey

HELPFUL WEBSITES

National Center for PTSD........................................www ptsd va gov
- Information about PTSD, how to get help, how to helped loved ones, and more.

AboutFace.............................................................http://www ptsd va gov/apps/AboutFace/
- Interactive website to hear from Veterans who have been through similar experiences and treatments as well as Providers explaining more about PTSD

Give an Hour ........................................................http://giveanhour org/
- Network of mental health professionals who offer free services to anyone affected by current conflicts in Iraq/Afghanistan

Make the Connection..............................................www makenetconnection net
- Interactive website to hear from Veterans who have been through similar experiences
PTSD RESOURCES FOR VETERANS

Catch a Lift........................................http://catchaliftfund.com/application/
  • Application for free gym membership for any gym nationwide.

Myhealthevet.gov – allows Veterans to access part of their medical record, reorder prescriptions and message providers

startmovingforward.org – online education and life coaching

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APPS FOR SMARTPHONES

• Various Apps available in your app store (some are currently iPhone specific) type in “Veteran Affairs” in your search bar.

• Please talk to your mental health provider or peer support specialist for assistance in which App may benefit you the most.