

# PTSD RESOURCES FOR VETERANS

## 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

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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
.....	.....Chula Vista 858-404-8380
• 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](http://www.ptsd.va.gov)

- Information about PTSD, how to get help, how to help 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.maketheconnection.net](http://www.maketheconnection.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.

[Myhealthvet.gov](http://Myhealthvet.gov) – allows Veterans to access part of their medical record, reorder prescriptions and message providers

[startmovingforward.org](http://startmovingforward.org) – online education and life coaching

### **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.