

PTSD is an emotional illness that usually develops as a result of a terrible, frightening, life threatening, or otherwise highly unsafe experience.

Symptoms Include:

- Anxiety Reactions
- Depression
- Feelings of Isolation or Rage
- Survivor's Guilt
- Avoidance of Feelings

Have you experienced any of these symptoms?

1. I have symptoms of re-experiencing or re-living the traumatic event:

- ___ Bad dreams or nightmares about the event or something familiar
- ___ Behaving or feeling as if the event were actually happening all over again (flashbacks)
- ___ Having a lot of emotional feelings when I am reminded of the event.
- ___ Having a lot of physical sensations when I am reminded of the event (e.g., my heart races; I sweat and I find it hard to breathe; I feel like I'm going to lose control.

2. I have symptoms of avoiding reminders of the traumatic event:

- ___ Avoiding thoughts, conversations or feelings that remind me about the event.
- ___ Avoiding people, places or activities that remind me of the event
- ___ Having difficulty remembering some important part of the event.

3. I experience these medical and/or emotional problems:

- ___ Irritability, a quick temper, anger problems
- ___ Weight gain or loss
- ___ Chronic Pain (e.g., back, neck, joints)
- ___ Problems falling and/or staying asleep
- ___ Headaches
- ___ Nightmares
- ___ Depression
- ___ General Anxiety or Panic Attacks

For additional information on:

- Veteran-Facilitated Vet-to-Vet BEITZ Groups;
- Family Support & Psycho-educational groups;
- Individual Counseling (CBT or CPT);
- Seeking Safety Therapy;
- Drop-In Centers; and/or,
- Community Resources Coordination

please call:

Anna Castillo, LPC-S
Veterans Program Supervisor
(956) 289-7151/(956) 423-1233
acastill@ttbh.org

SERVICE AREA

Services are available to Veterans and their family residing in Hidalgo, Cameron and Willacy Counties

SERVICE LOCATIONS

Weslaco Military Veteran Peer Center
2215 W. Business 83
(956) 520-8860

Harlingen Military Veteran Peer Center
1242 N. 77 Sunshine Strip
(956) 423-1233

Brownsville Clinic
861 Old Alice Road

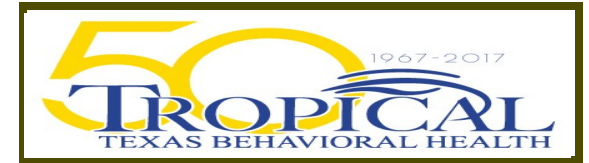
Edinburg Clinic
1901 S. 24th Ave.

Harlingen Clinic
103 N. Loop 499

Are you in the military, a Veteran or a Family Member of someone who is?

You are NOT alone!
HELP IS AVAILABLE!

Mental Health Crisis Hotline:
1-877-289-7199



A Vision of Hope

VETERANS PROGRAM



This program is supported by a grant from the Texas Veterans Commission Fund for Veteran's Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families.



Service Eligibility Requirements

- ◆ Must present proof of Military Status:
 - DD 214
 - V.A. Card
- ◆ An Acknowledge form and or Military Dependent identification card is required to verify eligibility for family members.

SERVICES OFFERED

- ◆ Confidential Vet-to-Vet support group meetings, led by veterans who struggle with the same issues. - Bring Everyone In the Zone (BEITZ) Curriculum;
- ◆ Individual Counseling—Cognitive Behavioral Therapy (CBT) or Cognitive Processing Therapy (CPT)
- ◆ Family Support & Psycho-Educational Groups for the veteran and their family - Operation Resilient Families Curriculum;
- ◆ Seeking Safety Therapy— Is a present –focused treatment for people with a history of trauma and/or substance abuse. Individual or group sessions are held to help people attain safety from trauma/PTSD.



- ◆ We serve our Veteran Courts:
 - Hidalgo Co. Veteran Treatment Court
 - Cameron Co. Veteran Treatment Court, and
 - The Carrizalez Detention Center
- ◆ Community Resource Coordination related to basic needs (e.g., food, shelter, clothing, employment, mental health and physical health) for veterans and their families.
- ◆ The Military Veteran Peer Centers— are designed to provide a safe, supportive and positive environment where all veterans and their families can receive assistance transitioning and adapting to post-service life. At the Drop-In Centers, we provide many activities that veterans and their families can enjoy:
 - Computer Lab
 - T.V. Room
 - Movie Night
 - Arts & Crafts
 - Peer-to-Peer Group
 - Counseling Services (CBT/CPT)
 - Host Presentations from Organizations that assist Veterans. We are working in conjunction with different community organizations that will be at the center to present the different services available to veterans . To find a complete schedule of these community organizations please contact us or stop by our center .
 - Housing Assistant
 - Employment
 - Education Benefits
 - VA Benefits



CONNECTING TEXAS SERVICE MEMBERS & THEIR FAMILIES WITH LOCAL VOLUNTEER

VETERAN PEERS

The Military Peer Network (MVPN) is a group of veterans and veteran family members committed to supporting active and former Texas service members by offering mentorship and guidance, as well as help accessing the services and resources available to vets.

JOIN US & GET INVOLVED TODAY

VOLUNTEER OPPORTUNITIES

If you would like to become a volunteer there are many opportunities available

- ◆ Become a Peer Group Leader
- ◆ Lead Peer to Peer Support Groups
- ◆ Provide Mental Health Awareness
- ◆ Peer Court Mentorship

We volunteer by being Peers, Peer Group Leaders and citizens making a difference!

Trainings are offered at no cost to you:

- Vet-to-Vet, "In The Zone" Training
- Military Veteran Peer Network (MVPN) Basic Training

*Must agree to conduct at least 1 group monthly in the evenings or weekends

Registration, travel & lodging expenses will be paid by TTBH/DSH S

MILVETPEER.NET