



National Resource Center on Domestic Violence

Veterans & Domestic Violence: The Traumatic Impact on Women

WEBINAR HANDOUT

On March 1, 2011, Helga Luest, CEO, Witness Justice and Trina Parker, Survivor and Community Case Manager, VA CT Healthcare System presented the webinar session “Veterans & Domestic Violence: The Traumatic Impact on Women.” This list of resources was submitted by both presenters with the purpose of increasing participants’ understanding of services available for Veterans, their families and the general public interested in military-related issues. Resources are listed under the following categories:

- General services
- Helpline resources
- Services available for female Veterans and service members
- Recommended books

General Services

Army’s Well Being Division provides a central source of compiled human dimension data (both objective and subjective) with the commensurate analytical capability to inform Human Capital Strategy, policy and program decisions and to provide assessments of issues related to the well-being of the force. In short, the Army’s Well Being Division is a key measurement tool for senior Army leadership.

<http://www.armywell-being.org/skins/WBLO/home.aspx?AllowSSL=true>

Black Military World provides a daily source of news, information, history, and a variety of other information to interested viewers, both military and civilian individuals.

<http://www.blackmilitaryworld.com/>

Coalition for Iraq and Afghanistan Veterans is a national non-partisan partnership of organizations committed to working with and on behalf of all military, veterans, families, survivors and providers to strengthen the existing system of care and support.

<http://coalitionforveterans.org/ciav/home/>

The Coming Home Project is a non-profit organization devoted, since 2006, to providing compassionate expert care, support, education, and stress management tools for Iraq and Afghanistan veterans, service members, their families, and their service providers. We are a multidisciplinary, experienced team of psychotherapists, veterans and interfaith leaders committed to helping transform the wounds of war.

<http://www.cominghomeproject.net/>

Iraq and Afghanistan Veterans of America (IAVA) is the nation's first and largest group dedicated to the Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters of those Troops and Veterans.

<http://iava.org/about>

Courage After Fire is a book that provides coping strategies for troops returning from Iraq and Afghanistan and their families.

<http://www.courageafterfire.com/index.html>

Give an Hour is an organization is developing national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. Its first target population is the U.S. troops and families who are being affected by the current military conflicts in Afghanistan and Iraq. Give an Hour™ is asking mental health professionals nationwide to literally donate an hour of their time each week to provide free mental health services to military personnel and their families.

<http://www.giveanhour.org/skins/gah/home.aspx>

War-Zone-Related Stress Reactions: What Veterans Need to Know— what veterans and their families need to know to understand combat stress. Available on the VA's Website here:

<http://www.ptsd.va.gov/public/pages/war-zone-stress-reactions.asp>

Grace after Fire

Is a place for women veterans and their loved ones, to connect with one another and with its professional partners, to find resources, to learn and to get involved.

<http://www.graceafterfire.org/>

Helmets to Hardhats is a national nonprofit that links military veterans with jobs in the construction industry.

<http://www.helmetstohardhats.org/>

Hire Heroes is a job placement nonprofit for veterans.

<http://www.hireheroesusa.org/about>

Marine Parents is a place for parents of Marines to connect and share.

<http://www.marineparents.com/>

Military Pathways is a mental health and alcohol screening and referral program provided for military families and service members affected by deployment and mobilization.

<http://www.mentalhealthscreening.org/military/index.aspx>

Military Home Front is the Department of Defense website for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers.

<http://www.militaryhomefront.dod.mil/>

Military OneSource

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. It is a virtual extension of installation services. 1-800-342-9647.

<http://www.militaryonesource.com>

National Veterans Foundation serves in the crisis management, information and referral needs of all U.S. Veterans and their families.

<http://www.nvf.org/>

Operation Vets is a non-partisan organization aimed at helping to develop and support on-campus programs that serve veterans transitioning into higher education after military service. It was created to serve as a support network for providing reintegration support and education to military veterans, their families and civilian supporters.

http://operationvets.com/?page_id=2

The Pathway Home is a residential recovery program specifically created for, and dedicated to serve, veterans of the current conflicts in Afghanistan and Iraq.

<http://www.thepathwayhome.org/>

Soldiers Angels is a volunteer-led nonprofit that provides support to all branches of the U.S. Armed Forces through special projects.

<http://www.soldiersangels.org/>

Strong Bonds are programs for soldiers and their loved ones committed to the restoration and preservation of Army families. Instills relationship-building skills, and connects them to community health and support resources.

<http://www.strongbonds.org/skins/strongbonds/home.aspx>

Student Veterans is a coalition of student veterans groups from college campuses across the United States.

<http://www.studentveterans.org/>

Support your Vet addresses the needs and issues surrounding friends and family of veterans

<http://supportyourvet.org/>

Swords-to-Plowshares is a community-based, nonprofit organization that provides counseling and case management, employment and training, housing, and legal assistance to more than 1500 homeless and low-income veterans annually in the San Francisco Bay Area and beyond.

<http://www.swords-to-plowshares.org/>

T.A.P.S is a national organization providing comfort and care 24/7 through comprehensive services and programs including peer-based emotional support, case-work assistance, crisis intervention and grief and trauma resources.

<http://www.taps.org/>

United we Serve is an organization that facilitates volunteers to support the military community and families before, during and after deployment.

<http://www.unitedweservemil.org/>

VA Office Mental Health Services serves veterans, their family members, mental health clinicians, VA staff, affiliated mental health associations and the community, providing information about mental health conditions and services.

<http://www.mentalhealth.va.gov/>

Vet2VetUSA is a consumer/provider partnership program that utilizes veterans in recovery in a peer-counseling capacity to help other veterans.

<http://www.vet2vetusa.org/>

Veterans Health Council is an education and advocacy group focused on improving the health of veterans.

<http://www.veteranshealth.org/>

Vets 4 Vets is a non-partisan veteran organization dedicated to helping veterans of the Iraq and Afghanistan conflicts by building self-esteem and supporting the healing process. Addresses any negative aspects of service and war through the use of peer support.

<http://www.vets4vets.us/>

Vietnam Veterans of America is a national nonprofit veterans' service organization, congressionally chartered and exclusively dedicated to Vietnam-era veterans and their families.

<http://www.vva.org/>

Wounded Warrior Project is an organization dedicated to honoring and empowering wounded warriors.

<http://www.woundedwarriorproject.org/content/view/412/875/>

Helpline Resources

Alcohol and Drug Helpline

800-821-4357

Substance Abuse and Mental Health Services Administration (SAMHSA)'s Center for Substance Abuse Treatment

800-342-9647

SAMHSA's National Mental Health Information Center

800-662-HELP (4357)

Veterans Special Issue Helpline

800-789-2647

Agent Orange/Persian Gulf War

800-749-8387 (8:00 am – 4:00 pm)

Veterans Suicide Prevention Hotline – free, 24/7 access to trained counselors for veterans in emotional crisis.

800-273-TALK (8255), Veterans Press 1

Services available for female Veterans and service members

The following resources are currently available for female service members and veterans. This list is not inclusive and expects to continue growing over-time. If you are aware of a resource that is not currently listed please, feel free to let us know by using the Vawnet contact form available at <http://www.vawnet.org/contact/>.

Military Sexual Trauma while still in the military

If the person is an active duty service member and has been a victim of Military Sexual Assault (or know someone who has), Please, go to My Duty.Mil. This organization provides information and guidance on the person's reporting options and rights. For more information click here: <http://myduty.mil/>

Sexual Assault Prevention and Response

The Sexual Assault Prevention and Response Office (SAPRO) is responsible for oversight of the Department of Defense's sexual assault policy. SAPRO works hand-in-hand with the Services and the civilian community to develop and implement innovative prevention and response programs. For more information please, go here: <http://www.sapr.mil/>

General services for women veterans

VA Services For Women Veterans

Department of Veterans Affairs- Center for Women Veterans

The center's mission is to monitor and coordinate VA's administration of health care and benefits services, and programs for women Veterans. Serve as an advocate for a cultural transformation (both within VA and in the general public) in recognizing the service and contributions of women Veterans and women in the military. Raise awareness of the responsibility to treat women Veterans with dignity and respect. For more information, click here: <http://www.va.gov/womenvet/>

VA Women Veterans-Women Veterans Health Care (OEF/OIF)

At each VA Medical Center nationwide, a Women Veterans Program Manager is designated to assist women Veterans. She can help coordinate all the services the veteran may need, from primary care to medical services to Mental Health and Sexual Abuse Counseling. For more information, go here: <http://www.oefoif.va.gov/womenvets.asp>

Services for homeless women veterans/Military Sexual Trauma Residential Treatment Resources

May E. Walker House. A 30-bed transitional residence for homeless women veterans. Located on the grounds of the Coatesville VA Medical Center in Eastern PA. For more information click here: <http://www.pvmsec.info/site/modules/edito/edito.php?idedito=43>

Veterans shelter in Fayetteville, NC. A 4-bed facility that assists female veterans of domestic violence and sexual assault. Call (910) 977-2303.

Community Connections, Washington, DC. Provides comprehensive, respectful and effective mental health and residential services to residents of the District of Columbia and Montgomery County, Maryland. As part of the residential programs, Community Connections offers housing subsidies to homeless veterans with mental health needs. <http://www.communityconnectionsdc.org/web/page/597/interior.html>

This following list consists of programs identifying themselves as having expertise with MST and/or sexual trauma more generally and the ability to provide treatment targeting these issues in a residential or inpatient setting.

****Note: Programs vary widely.** For example:

Some programs identify as “MST programs” and MST-related care is a core part of their programming; others do not identify as MST programs, but do have staff with expertise in MST. In these latter programs, staff can often work individually with veterans who need MST-specific care as an adjunct to the care they receive through the more general program. In these programs, veterans may also be able to receive specialized MST-related group or individual therapy through a local outpatient clinic.

Some programs serve women only; only one (Cincinnati) has a men’s-only program, although other programs serve very few women and often end up with men’s only cohorts. Others see both men and women concurrently but may have single-sex groups or other programming.

TRUST House. Boston, MA (Jamaica Plain)

Trust (Transitional Residence Utilizing Support and Treatment) House is a therapeutic residential program that offers secure and affordable housing along with a communal atmosphere in a treatment-focused setting in Jamaica Plain. The residence is home for seven

women veterans and two house managers. Each resident participates fully in the daily operations of the house (including food shopping, cleaning, gardening, laundry, and cooking). For additional information, click here:

http://www.mass.gov/?pageID=veteransterminal&L=2&L0=Home&L1=Housing&sid=Eveterans&b=terminalcontent&f=housing_women&csid=Eveterans

Women's Integrated Treatment & Recovery Program. Boston, MA (Brockton)

This treatment program is designed to help women veterans who have both Post-Traumatic Stress Disorder (PTSD) and a Substance Use Disorder (SUD).

Designed to fill the gap between short-term inpatient and long-term outpatient and residential programs, the program offers approximately eight weeks of specialized, intensive treatment based on individual needs and strengths. The primary goal is to help women develop skills to maintain abstinence and manage PTSD symptoms. Veterans will have the opportunity to address specific trauma issues, including military sexual trauma. Other important issues such as medical, vocational, housing, family, and interpersonal problems will also be addressed as participants are encouraged to develop short- and long-term plans for their own recovery. For more information click here:

http://www.mass.gov/?pageID=veteransterminal&L=3&L0=Home&L1=Outreach+%26+Counseling&L2=Counseling&sid=Eveterans&b=terminalcontent&f=treatment_witrp&csid=Eveterans

Women Veterans' Residential Program. Batavia, NY

The Women's Residential Program (WRP) provides state-of-the art treatment for women veterans who have experienced military-sexual and/or combat trauma. The all-female in-house treatment team includes psychiatrists, psychologists, social workers, nurses, and social services assistants. The team works closely with other VA clinicians and makes referrals to Vet Centers, veterans' organizations, and other federal, state, and local agencies to ensure that the needs of the female veteran are met. The program is a drug and alcohol-free environment. For additional information click here:

<http://www.visn2.va.gov/VISN2/bh/womenrtp.asp>

Women's Trauma Recovery Treatment Center (WTRC). Temple, TX

WTRC is located at the Central Texas Veterans Health Care System in Temple, Texas. The WTRC is an intensive 7-week, patient centered, [residential treatment program](#) for women Veterans with a history of MST. Women Veterans are admitted to the WTRC in classes, or cohorts, of no more than eight. Women from any state in the USA are eligible for admission. For more information go here:

<http://www.centrltexas.va.gov/services/womenstraumarecoverycenter.asp>

Women's Trauma Recovery Program (WTRP). Menlo Park, CA

The WTRP was designed to treat Women Veterans, active duty service members, National Guard, and Reservists with post-traumatic stress disorder (PTSD). It is the first residential program of its kind and is open to women across the country. Many of the women who are referred to the program have experienced traumas that include but are not limited to military sexual trauma (MST), combat trauma, and training accidents.

For more information, click here: <http://www.womenvetsptsd.va.gov/>

Women's Treatment Unit. Lyons, NJ.

The mission of the VA, NJ is to honor America's veterans by providing exceptional health care that improves their health and well being.

<http://www.lyons.va.gov/about/>

Center for Sexual Trauma Services. Bay Pines, FL.

Treatment available to female and male veterans, reservists, active duty personnel with PTSD secondary to sexual trauma (MST, CSA, ASA). The patients are seen in Residential or Outpatient setting. The focus of the residential program is on patients who have been unable to resolve MST issues/symptoms by traditional outpatient care. Participants range in period of service from Korean Conflict through OIF/OEF. Currently there is an increase in the number of OIF/OEF females, many of whom have experienced both MST and combat-related trauma.

<http://www.baypines.va.gov/PsychologyCareer/PostDoc/csts.asp>

Villages at Cabrillo VA Community Based Outpatient Clinic. Long Beach, CA.

The Villages at Cabrillo is a unique residential community offering transitional housing for homeless veterans, families, and youth. This 26-acre facility is administered by the United States Veterans Initiative. **ADVANCE Women's Program** is a 35-bed female veterans program that offers sexual trauma counseling within the Villages.

<http://www.longbeach.va.gov/visitors/cabrillo.asp>

Recommended Books

Achilles in Vietnam by Jonathan Shay

<http://www.enotes.com/achilles-vietnam-salem/achilles-vietnam>

Healing Invisible Wounds by Richard Mollica

http://www.goodreads.com/book/show/769447.Healing_Invisible_Wounds