

POST-TRAUMATIC STRESS DISORDER

Q: What is Post-Traumatic Stress Disorder?

A: PTSD may occur with some individuals following psychologically traumatic events that are generally outside the range of normal human experiences. These events may be man-made (war, airplane crash, rape) or natural (floods, hurricanes, etc.) and could easily trigger symptoms of PTSD.

Q: During what period of time does PTSD usually surface following a traumatic event?

A: The reaction to a traumatic event will vary with each individual. PTSD symptoms may occur within hours or even up to 6 months and sometimes several years later.

Q: What are some symptoms of PTSD?

- A:**
- * Feelings of isolation
 - * Detachment from others
 - * Sleep disturbances
 - * Guilt feelings
 - * Intrusive thoughts
 - * Dreams/Nightmares
 - * Inappropriate Behavior
 - * Emotional conflict

Hours of Operation
Monday – Friday
8:00 am – 4:30 pm
Evening and weekend hours

Vet Center # 710
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Fax: (713)523-4513

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Vet Center # 731
14300 Cornerstone Village Dr.
Suite 110
Houston, TX 77014
Phone: (281) 537-7812
Fax: (281) 583-8800

Beaumont
990 I-10 Frontage Rd
Suite 180
Beaumont, TX 77702
Phone: (409) 347-0124
Fax: (409) 896-5539

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

1-877-WAR-VETS

Veterans Crisis Line
1-800-273-8255



READJUSTMENT COUNSELING
SERVICES



 Department of
Veterans Affairs

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BACKGROUND

In 1979, Congress authorized the Department of Veterans Affairs to provide Readjustment Counseling to veterans of the Vietnam Era through its newly established Readjustment Counseling Service. Through Public Laws enacted between 1979 and 2000, services currently extend to all pre- and post-Vietnam Era Veterans who served during periods of armed hostility. Entitlement also extends to any veteran, regardless of enlistment period, who reports having experienced any form of sexual harassment, assault or trauma during military service.

PURPOSE

The purpose of Readjustment Counseling Service includes the following:

- Provide outreach counseling services through its service units (VET CENTERS) located outside of Medical Centers.
- Utilize a case-finding approach, which involves seeking out eligible veterans in the surrounding communities.
- Provide a community-based site for eligible veterans to receive help with post-war readjustment to civilian life.
- Make appropriate referrals with follow-up to federal, state and local community agencies.

NATIONWIDE SCOPE

There are over 300 VET CENTERS with at least one located in each of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam.

MISSION

To welcome home and honor those who served, those still serving, and their families, by reaching out to them, engaging their communities and providing them with quality readjustment counseling and timely referral.

ELIGIBILITY

Any veteran, reservist or active duty Service members, who:

- Served on active duty in any combat theater or area of hostility*
- Experienced Military Sexual Trauma(MST)
- Provided direct emergency medical care or mortuary services, while serving on active military duty, to the casualties of war
- Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or are of hostility

***Service in combat theater or area of hostility to include but not limited to:**

World War II (including Merchant Marines)
Korean War
Vietnam War
Lebanon
Grenada
Desert Storm/Desert Shield
Bosnia
Kosovo
Operations in the former Yugoslavia area
Global War on Terrorism
Operation Iraqi Freedom
Operation Enduring Freedom
Operation Freedom's Sentinel
Operation New Dawn

Family members and/or significant others are also eligible to receive readjustment counseling when such services are deemed appropriate in facilitating the Veteran's care.

DIRECT SERVICES

Services generally provided by the Vet Center include:

- Social Services
- Psychotherapy (Individual, Group, Family)
- Outreach and Networking
- Substance Abuse Assessment and Referral
- Employment Assessment and Referral
- Veterans Benefits Education and Referral
- Community Education
- Referrals for basic needs, shelter, financial assistance, etc.

OTHER SERVICES

Bereavement- Parents, spouses and children of Armed Forces personnel who died in the service of their country.