

ADDITIONAL SUPPORT SERVICES

Chaplain's Office

The Chaplains' office is staffed by interfaith providers interested in helping women Veterans explore, enhance, and understand their spiritual needs in a non-judgmental and supportive way. To learn more about services offered, such as one-on-one meetings, pastoral care, and moral injury groups, please contact us 843-789-7235.

Veterans Justice Outreach Services (VJO)

The VJO program assists those with criminal offenses by introducing the courts to the VA services available. Veterans with non-criminal legal offenses may be assisted through referral to legal partners in the community. Walk-in clinics occur weekly. For more information contact Meredith Miller 843-297-0019.

Health Care for Homeless Veterans (HCHV) Program

The HCHV program provides comprehensive health care and psychosocial services to promote, maintain, and restore health for the homeless Veteran. The Homeless Program has a full continuum of care in offering housing case management services to Veterans and includes transitional treatment beds; permanent community placement; and outreach. To learn more call the **National Center for Homeless Veterans** at 1-877-4AID-VET (1-877-424-3838); visit the local **Community Resource and Referral Center (CRRC)** at 2424 City Hall Lane, North Charleston, SC 29445; or ask a member of your VA treatment team to refer you.

Compensated Work Therapy (CWT)

CWT provides vocational rehabilitation services to Veterans currently receiving mental health treatment. Services include ongoing employment assistance, temporary paid work experience, and help with job searches in the community. Ask a member of your VA treatment team to talk with you about the referral process.

VA Vet Center

This community-based center provides a broad range of counseling, outreach, and referral services specifically tailored to the needs of combat Veterans and their families. Services may include individual and group counseling. All services are free and strictly confidential; you must be a combat Veteran or a Veteran who has experienced military sexual trauma to receive services.

The Vet Center works closely with the VA, but is a separate program, and is located at 3625 West Montague Avenue, North Charleston, SC 29418. To learn more call 843-789-7000 or 1-877-WAR-VETS (1-877-927-8387).

Primary Care Women Veterans Program

Establishing and maintaining good mental health goes hand-in-hand with good physical health. The Women's Program is dedicated to providing gender specific comprehensive health care for women Veterans. Each VA primary care clinic has at least one dedicated Women's Health Provider who has received specialized training in Women's Health. The Women Veteran's Program Manager works to ensure health care equality, access to care and patient satisfaction for Women Veterans. Call 843-308-8712.

Special thanks to Ashley Hatton, Ph.D., for creating this resource.

Helpful Local Numbers

Women's Mental Health Champion

Katie Rider Munday, Ph.D. Phone: 843-577-5011 ext. 2716

Suicide Prevention Coordinator

Ph: 843-577-5011 ext. 7844

Military Sexual Trauma (MST) Coordinator

Nicole A. Sciarrino, Psy.D. Ph: 843-577-5011 ext. 6735

LGBT Veteran Care Coordinator

Kristy M. Watters, Psy.D. Ph: 843-214-7030



National Women Veterans call center 1-855-829-6636



U.S. Department of Veterans Affairs
Veterans Health Administration
Ralph H. Johnson VA Medical Center

109 Bee Street | Charleston, SC 29401

Ph: 843-577-5011

www.charleston.va.gov

WOMEN VETERANS

Mental Health Services



The Ralph H. Johnson VA Medical Center is committed to provide comprehensive, gender sensitive mental health care to address a variety of emotional health needs throughout a woman's life span.



U.S. Department of Veterans Affairs
Veterans Health Administration
Ralph H. Johnson VA Medical Center

GETTING STARTED IN MENTAL HEALTH

The VA is dedicated to making services as accessible as possible. The main VA, Ralph H Johnson Medical Center, is located in downtown Charleston. There are a number of additional VA Community-Based Outpatient Clinics (CBOCs) in the surrounding region. Your introduction to mental health will likely start at the clinic where you receive your primary care, allowing for a smooth transition into mental health services. CBOCs include: Beaufort, Goose Creek, Hinesville, Myrtle Beach, Savannah, and Trident/North Charleston.

Primary Care Mental Health Integration Clinic (PCMHI)

Women Veterans new to this VA or to mental health will likely start their journey in PCMHI. We provide brief individual therapy and medication management to compliment the services you are receiving through your existing Primary Care Clinic. You can request to meet with PCMHI same day as your Primary Care appointment, or you can call/walk-in and request PCMHI services. If you and your PCMHI provider decide longer-term services would be beneficial, you may be referred to a General Mental Health Clinic or Specialty Mental Health Clinic.

General Mental Health Clinic (MHC) / Behavioral Health Interdisciplinary Program (BHIP)

Once referred to the Mental Health Clinic (MHC) by Primary Care or PCMHI, you will get an intake appointment to meet with a provider. Each MHC includes mental health professionals such as psychiatrists, psychologists, social workers, and nurses. Together you will discuss your goals and create a personalized treatment plan.

SPECIALTY CARE CLINICS

The VA has a number of specialty care mental health clinics with expertise in evidence-based therapies for female Veterans. Specialized mental health treatment is available in-person at the Ralph H Johnson VA and at many Community-Based Outpatient Clinics (CBOCs).

Specialty mental health services are also available through **Telemental Health (TMH)**: live, interactive clinical video-conferencing which can be done either from a VA clinic or from a non-VA setting such as the comfort of your home. There are many benefits of TMH including decreased travel time and sooner availability. TMH is often a preferred way for women Veterans who do not want to come to the VA hospital in person. Research on the use of TMH consistently indicates that it is similar to face-to-face care. Be sure to discuss your options and preferences for treatment with your care team.

Cognitive Behavioral Therapy Clinic (CBT)

Counselors in the CBT Clinic can assist you in understanding, managing, and reducing symptoms caused by various mental health challenges, including anxiety, depression, panic disorder, insomnia, anger, and difficulty coping with infertility, pregnancy loss, disordered eating, sexual issues, and postpartum adjustment. Treatment is often short-term, with an emphasis on teaching you specific skills and techniques. Group and individual therapy is available.

Post-Traumatic Stress Disorder (PCT)/ Military Sexual Trauma (MST)

The PCT is staffed by mental health professionals that are experts in helping people recover from traumatic life experiences. The treatment team understands the specific needs of female Veterans, whether they are working to overcome traumas experienced during childhood, military service, or civilian life. PCT therapies focus on the root of your PTSD symptoms - your traumatic event/s - and thus requires a willingness to talk about your trauma and do daily homework, all in the context of a supportive and encouraging therapeutic relationship.

Couple and Family Therapy

Veterans looking to resolve relationship and family issues will find experts in the Couple and Family Clinic excited to help. Therapy is conducted with both members of the couple and/ or members of the family. Common problems that

bring people to treatment include unhappiness, trust issues, communication difficulties, and/or parenting concerns. Treatment begins with a three-session assessment to allow for a comprehensive understanding of the underlying issues. Feedback and recommendations will be provided, followed by therapy if appropriate.

Substance Treatment and Recovery Program (STAR)

The STAR team is eager to work with female Veterans on their personalized recovery goals of abstinence and/or harm reduction, as well as self-sufficiency and improving quality of life. This multidisciplinary treatment team of psychiatrists, psychologists, nurses, social workers, and peer support specialist provide individual and group psychotherapy, medication management services (including outpatient detox), and after-care groups.

Dialectical Behavior Therapy (DBT)

The Dialectical Behavior Therapy program offers treatment for women with Borderline Personality Disorder and other co-occurring disorders. Treatment consists of 6 months of 2 hour co-ed group sessions where Veterans learn skills to cope with distress, understand emotions, and improve relationships. Veterans will also participate in 1 month of weekly individual therapy sessions and phone coaching to help them apply group skills. The ultimate goal is to develop a life worth living.

Eating Disorder Treatment

The eating disorder treatment team helps female Veterans who are struggling with eating disorder symptoms, including food restriction, bingeing, and purging. The team involves psychologists, a psychiatrist, and a dietitian, which allows us to address your goals from a holistic perspective. This program is offered on an individual basis in addition to the services you receive through your primary mental health treatment team.

Psycho-Social Rehabilitation and Recovery (PRRC) Veteran's Enrichment Center (VEC)

The VEC is a transitional learning center designed to meet the needs of Veterans living with a diagnosis of Schizophrenia, Schizoaffective Disorder, Bipolar, Major Depressive Disorder, and/or Severe PTSD, and whose daily functional life is seriously limited as a result of their mental health challenges. The VEC empowers Veterans by teaching skills, offering support, and promoting community opportunities. The unique needs of women Veterans are addressed through individual sessions with a Recovery Advisor and/or a female Peer Support Specialist, as well as through groups relevant to women including Self-Esteem, Mindfulness, and Beyond Trauma.

Neuropsychology Clinic

Veterans faced with significant concerns about memory, attention, reasoning, or other areas of cognition may be referred to the neuropsychology clinic to assess for brain injury, neurological disease, psychiatric disorders, and other conditions. Evaluations usually take several hours over the course of one or two sessions. Veterans and their treatment team will be provided results and recommendations.

