

engage in direct trauma-processing or trauma-specific sharing. It focused on addressing specific topics following by opportunities for the men in the group to offer one another support. This group typically begins a new curriculum every 6-8 months depending upon Veterans' interest. **How to refer:** Please call the Myrtle Beach Vet Center and express interest in joining the Men's MST group!

Savannah:

321 Commercial Dr., Savannah, GA 31406

Ph: (912) 961-5800

Women's MST Group

About: This open group addresses the common reactions that many women experience following an MST event. The group enhances coping skills, provides MST-specific resources, and addresses different topics each week (e.g., emotion regulation, interpersonal functioning, mental health difficulties). Because the group is open, and ever-changing, women can continue to participate for as long as is required.

How to refer: Please call the Savannah Vet Center and express interest in joining the Women's MST group!



At the Ralph H. Johnson VA Health Care System, we provide mental health services – including individual and group therapy – for Veterans who experienced an MST event(s) at clinics all across the main hospital and CBOCs based on their treatment needs and goals. See inside for a brief description of the current group offerings!

Please note – all of these groups are offered virtually, so anyone can attend, unless otherwise noted in the descriptions.

To learn more, contact your mental health provider or call the MST Coordinator (Nicole Sciarrino, PsyD; 843-789-6735)

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Ralph H. Johnson VA Health Care System

109 Bee Street, Charleston, SC 29401

Ph: 843-577-5011

www.charleston.va.gov

VA  U.S. Department of Veterans Affairs
Veterans Health Administration
Ralph H. Johnson VA Health Care System



**VA Cares About
Military Sexual Trauma**

www.mentalhealth.va.gov/msthome.asp

**Have you experienced
Military Sexual Trauma (MST)?**

The Ralph H. Johnson VA Health Care System and local Vet Centers have gender-specific groups to directly address MST-related difficulties!

To learn more, contact your mental health provider or call the MST Coordinator,
Nicole Sciarrino, PsyD; 843-789-6735

MST-Specific Group Offerings at Ralph H. Johnson VA Health Care System

Women's MST Group Mondays @ 13:00

About: This group reviews specific topics related to MST and recovery from trauma (e.g., managing relationships, sleep, anger; coping with distress; unhelpful thinking traps) and provides opportunities for group members to discuss current stressors, provide support and encouragement to one another, and share aspects of their journey/recovery. Specific details of sexual trauma are not discussed.

Who is eligible? Any woman Veteran residing in South Carolina.

Women's Empowerment Group Wednesdays @ 08:30

About: This group contains 11 modules/sessions. During each meeting, the group will address a new topic that will assist in supporting healthy behaviors, a balanced view of intimacy and sexuality, and focus on self-empowerment. Completion of practice assignments between sessions is an essential part of this group. In this group we will not discuss specific details of any individuals' experience of sexual trauma, rather we will discuss common reactions to sexual assault, with a focus on the negative impacts on intimacy and sexuality.

Who is eligible? Veterans interested in this group must have a diagnosis or PTSD or trauma/stressor related disorder; have completed/be enrolled in an evidence-based treatment for PTSD; and have a mental health provider (do not have to be seeing them weekly).

Women's Health & Healing After Trauma Thursdays @ 13:00

About: This 15-week group is for female survivors of MST and is designed to enhance trauma recovery skills with an emphasis on over-all health and wellbeing. Topics will include managing emotions, physical health, relationship and intimacy issues, boundary setting, and body image.

Who is eligible? Veterans interested in this group

must have a mental health provider (do not have to be seeing them weekly).

Women Veteran's Resiliency and Art Therapy Workshop

Varies: this group is offered on a quarterly basis.

About: The American Red Cross, in partnership with the Ralph H. Johnson VA Health Care System, is pleased to offer a 4- 6-week virtual workshop series for female Veterans who have experienced MST to help address stress management and self-care while juggling all the complexities of life during these unprecedented times. Each workshop session will include a live, facilitated discussion and provide participants with multiple opportunities to share with other Veterans, learn and practice new skills and resiliency techniques (e.g., stress management, effective communication, relating to children), ask questions and express unlimited creative potential.

Who is eligible? Varies.

Men's Resiliency and Art Therapy Workshop

Varies: this group is offered on a quarterly basis.

About: The American Red Cross, in partnership with the Ralph H. Johnson VA Health Care System, is pleased to offer a 6-week virtual workshop series for female Veterans who have experienced MST to help address stress management and self-care while juggling all the complexities of life during these unprecedented times. Each workshop session will include a live, facilitated discussion and provide participants with multiple opportunities to share with other Veterans, learn and practice new skills and resiliency techniques (e.g., stress management, effective communication, relating to children), ask questions and express unlimited creative potential.

Who is eligible? Varies.

MST-Specific Group Offerings at the Vet Centers

In addition to services at Ralph H. Johnson VA Health Care System, Veterans with a history of MST are eligible for individual, group, and family therapy at their local Vet Centers (i.e., North Charleston, Myrtle Beach, and Savannah). In order to begin attending a group at the Vet Center, they must call and schedule an initial intake and complete several pretreatment sessions to aid in identifying most appropriate group options, discuss group rules, etc.

Below are a list of current MST group options for both men and women, depending upon the site. Not all sites have group options for both men and women Veterans; however, some sites (e.g., Myrtle Beach) are offering groups virtually and for the time being will accept referrals for anywhere in the Ralph H. Johnson VA Health Care System catchment area (e.g., SAV, HNV)!

North Charleston: 3625 W Montague Ave North Charleston, SC 29418 Ph: (843) 789-7000

Women's Empowerment ("Navigating through trauma") Group – Thursdays @ 16:30

About: A weekly support Group for female Veterans designed to facilitate healing through self-expression and self-empowerment in a non-judgmental and non-threatening atmosphere.

How to refer: Please contact Sharon V. Frazier, LMSW, ACM-SW, Readjustment Counselor, at 843-789-7000. Note: This group is not specific for Veterans who have experienced MST; however, eligibility criteria include: combat exposure or MST.

Myrtle Beach: 2024 Corporate Centre Dr, Suite 103 Myrtle Beach, SC 29577 Ph: (843) 232-2441

Men's MST Group

About: A 16-session weekly hybrid program incorporating psycho-education, skills-based learning, and support. This group does not



WE BELIEVE
YOU AND
WE BELIEVE
IN YOU