

Birmingham VA Health Care System
Women Veterans Forum
June 22, 2023

WV Forum Panelist

Kanini Z. Rodney, MPH, MBA, MD, FACP

Chief, Women's Health, BVAHCS

Ladi Kukoyi, MD, MS, VHA-CM

Executive Director/CEO BVAHCS

Kelli Arthur, LICSW

Women's Health Mental Health Champion, Community Engagement & Partnership Coordinator, Community Based Interventions-Suicide Prevention

Andrea Welsh, MSN, CRNP, PMHNP-BC

Women's Mental Health Champion, BVAHCS

Wendy Cosby

Veterans Benefits Administration

Amy Southern, MSN, RN

Women Veterans Program Manager, BVAHCS

Agenda

Welcome

Mental Health For Women

Veteran Benefits Summary

Overview of Women's Health at BVAHCS

Q & A



Mental Health for Women

Andrea Welsh, MSN, CRNP, PMHNP-BC

Kelli Arthur, LICSW



Agenda

Clinic Information

Women Specific Treatment
Options

VA/DoD National Resources

Residential Treatment Options

Resources

Birmingham VA East Clinic (BEVAC)

Address: 7901 Crestwood Blvd, Irondale, AL
35210

Phone number for scheduling: 205-957-
5300

Services offered: MH Triage/Walk-In, MH
Initial Intake Access Clinic, General Mental
Health, Post-Traumatic Stress Disorder
Treatment, Substance Treatment and
Recovery, Psychosocial Recovery and
Recovery Center, Peer Support

Modalities used: Face-to-face and VA Video
Connect (VVC)

FACILITY CHAMPIONS

Birmingham VA Women's Mental Health Champions:

- Andrea Welsh, MSN, CRNP, PMHNP-BC
- Kelli Arthur, LICSW, Community Engagement and Partnership Coordinator, Community-Based Interventions-Suicide Prevention

Birmingham VA MST Coordinator:

- Susan Isbill, PhD

Birmingham VA LGBTQ Coordinator:

- Cathy Prellwitz, LICSW and Gabrielle Metz, LICSW

Birmingham VA Women-Specific Mental Health Services:

- If receiving treatment within the PTSD Clinical Team (PCT), they offer:
 - Women's Cohort PCT Anger Management Group
 - Women's Cohort PCT Stress Less Group
 - Women's Cohort PCT FOCUS Group
 - Women's Cohort PCT STAIR Group
 - Women's Cohort PCT Spirituality Group
- If receiving treatment within general mental health, they offer:
 - Women's DBT Skills Group- Time-limited group that lasts 24 weeks with rolling admission approximately every 8 weeks

VA/DoD National Resources

- DoD Confidential Sexual Assault Assistance Center (Active Duty, Reserves or National Guard)
(877) 995-5247 or www.safehelp.org
- MST App: BEYOND MST
www.ptsd.va.gov/appid/mobile/beyondMST/asp
or search for “Beyond MST” in the Play Store or App Store. This app is free.
- MST Website
www.mentalhealth.va.gov/msthome/index/asp
- Women Veterans Call Center 1-855-829-6636
[Women Veterans Call Center - Women Veterans Health Care \(va.gov\)](http://www.women.veterans.va.gov)
- VA Reproductive Mental Health Consultation Program

Women ONLY Residential Treatment Programs

Boston Women Veteran's Transitional Residence Program

Boston Women's Integrated Treatment and Recovery Program

New Jersey HCS Women's Treatment Unit

Western NY HCS Women's Residential PTSD Program

Cincinnati PTSD Residential Treatment Program

Central Texas HCS Women Recover in Supportive Environment (RISE)

Palo Alto Women's Trauma Recovery Program

Mixed Gender Residential Treatment Programs with a Women's Focus

Maryland HCS Dual Diagnosis PTSD/SUD Psychosocial Residential Rehabilitation Program

Salem Domiciliary PTSD

Bay Pines Center for Sexual Trauma Services Residential Program

Battle Creek PTSD RRTP

North Chicago Stress Disorder Treatment Unit

Tomah Residential Recovery Program

Eastern Kansas HCS Stress Disorder Treatment Program

Sheridan Residential PTSD Program for LGBT Persons



Intimate Partner
Violence/MST 360 TBI
Program

5-DAY EVALUATION PROGRAM GEARED TOWARDS VETERANS AND ACTIVE-DUTY SERVICE MEMBERS WHO EXHIBIT MILD TO MODERATE TBI SYMPTOMS SUSTAINED DURING INTIMATE PARTNER VIOLENCE OR MST.

GOAL IS COMPREHENSIVE INTERDISCIPLINARY EVALUATIONS AND TREATMENT PLANS TO TARGET ONGOING FUNCTIONAL DEFICITS AND HELP DETERMINE OTHER SERVICES NEEDED.

Non-VA Local Resources for Women's Mental Health & Perinatal Mental Health

Mental Health:

- Vet Centers in Alabama (Readjustment and Counseling Service) www.vetcenter.va.gov
- Hoover (Birmingham area) - 400 Emery Drive Suite 200, Hoover, AL 35244; (205) 212-3122
- Huntsville - 415 Church Street, Building H, Suite 101, Huntsville, AL 35801; (256) 539-5775

Perinatal Mental Health:

- Local Postpartum Support International - [Find Local Support | Postpartum Support International \(PSI\)](#)

Non-VA National Resources for Women's Mental Health/Perinatal Mental Health

Postpartum Support International (PSI)

- Offers Online Support Meetings including a Military Families Support Group and specialized coordinators for each branch of service
- **Website:** [Help for Military Families | Postpartum Support International \(PSI\)](#)

National Alliance on Mental Illness (NAMI)

- **Website:** [Home | NAMI: National Alliance on Mental Illness](#)

• National Maternal Mental Health Hotline

- **Phone line-** 1-833-852-6262 (English and Spanish)
- **Text Line** - 1-833-852-6262 (English and Spanish)
- **Website-**[National Maternal Mental Health Hotline | MCHB \(hrs.gov\)](#)

Non-VA National Resources for Women's Mental Health/Perinatal Mental Health

Massachusetts General Hospital Center for Women's Health

- **Website-** Center for Women's Mental Health at MGH
(womensmentalhealth.org)
- **Pregnancy Registries**
 - Pregnancy Exposure Registries (150+ items; includes medications and vaccines)
 - Atypical Antipsychotic Registry
 - Antidepressant Registry
 - ADHD Medication Registry
 - Hypnotic/Sleep Medication Registry

Infant Risk

- **Website-** InfantRisk Center
- **Consultation Line-** (1-806-352-2519) where patients can call to discuss medications with a pharmacy expert
- **App-** MommyMeds for iPhone or Android gives patients information about medications in lay terms and allows scanning of barcodes for over-the-counter medications

Non-VA National Resources for Women's Mental Health/Perinatal Mental Health

Inpatient and Intensive Outpatient Perinatal Programs

- UNC Perinatal Psych Inpatient Unit at UNC Hospital in Chapel Hill, N.C.
- Perinatal Psych Inpatient Unit at Zucker Hillside Hospital in Glen Oaks, NY
- Women's Specialty Inpatient Unit at El Camino Health Perinatal Psychiatry Services in Mountain View, CA
- University of Utah Hospital Huntsman Mental Health Institute Inpatient Unit in Salt Lake City, Utah
- Intensive Outpatient and Partial Hospitalization Programs

Networking Recourses

- **WoVeN** is a social network of women Veterans to foster connections and build relationships in local communities and across the nation
- **Website:** [WoVeN | Women Veterans Network | \(wovenwomenvets.org\)](http://wovenwomenvets.org)
- **Service Women's Action Network (SWAN)** is the voice of women who have served or are currently serving in the military. They are a member-driven network dedicated to advocating, connecting, and supporting for the individual and collective needs of service women; past, present, and future.
- **Website:** [SWAN \(servicewomensactionnetwork.org\)](http://servicewomensactionnetwork.org)

VETERANS BENEFIT
ADMINISTRATION
WENDY COSBY

Benefits Overview

SUMMARY OF VBA SERVICES

- **WE OFFER A VARIETY OF SERVICES TO VETERANS, THEIR FAMILIES AND SURVIVORS. THESE INCLUDE COMPENSATION, PENSION, FIDUCIARY, INSURANCE, EDUCATION, HOME LOAN GUARANTEE, AND VRE.**
- **COMPENSATION AND PENSION ARE TAX-FREE BENEFITS. COMPENSATION IS BASED ON SERVICE-CONNECTED DISABILITIES. PENSION IS AN INCOME-BASED PROGRAM.**
- **FIDUCIARY SERVICES ARE AVAILABLE FOR VETERANS WHO ARE UNABLE TO SUCCESSFULLY MANAGE THEIR VA FUNDS**
- **INSURANCE SERVICES OFFERS MULTIPLE LINES OF INSURANCE FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES.**
- **EDUCATION SERVICES ARE AVAILABLE TO QUALIFIED VETERANS TO ASSIST WITH MEETING THEIR EDUCATIONAL NEEDS**

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SUMMARY OF VBA SERVICES

- **HOME LOAN GUARANTEE IS A REUSABLE BENEFIT THAT CAN HELP QUALIFIED VETERANS OBTAIN OR RETAIN A PRIMARY RESIDENCE**
- **VRE ASSISTS VETERANS THROUGH SERVICES THAT CAN HELP THEM GAIN MEANINGFUL EMPLOYMENT TO BETTER CARE FOR THEMSELVES AND THEIR FAMILIES. IT MAY ALSO HELP THOSE WHO ARE UNEMPLOYABLE MAINTAIN A MORE INDEPENDENT LIFESTYLE**

CHARACTER OF DISCHARGE

- **VETERANS MAY BE ABLE TO QUALIFY FOR SOME VA BENEFITS WITH AN OTHER THAN HONORABLE DISCHARGE. FILE AND LET THE VA DO A CHARACTER OF DISCHARGE DETERMINATION.**

NATIONAL CALL CENTER

- **PROVIDES INFORMATION TO VETERANS ABOUT THE VARIETY OF SERVICES OFFERED AS WELL AS CLAIM SPECIFIC INFORMATION.**
- **AVAILABLE MONDAY THROUGH FRIDAY 8:00AM TO 9:00PM EASTERN TIME**

1-800-827-1000

VERA

- **SCHEDULE EITHER VIRTUAL OR IN PERSON APPOINTMENT TO SPEAK WITH A REPRESENTATIVE AT THE MONTGOMERY REGIONAL BENEFITS OFFICE.**
- **[HTTPS://VA.MY.SITE.COM/VAVERA/S/](https://va.my.site.com/vavera/s/)**
- **OR**
- **GOOGLE VA VERA**

VETERAN'S CRISIS LINE

- **988 AND PRESS 1**
- **OR**
- **SEND TEXT TO 988**

AMY SOUTHERN, MSN,
WOMEN VETERANS
PROGRAM MANAGER

Women's Health Overview

Women's Health

▶ Mission

- ▶ To provide high quality, timely, and coordinated services to women Veterans in welcoming and safe environments.

▶ Vision

- ▶ Be the provider of choice for women Veterans in Alabama.



Women's Health Overview

▶ Comprehensive Women's Health

- ▶ Separate WH Clinics: BHM & HSV
- ▶ Integrated Pharm D & Social Work
- ▶ Co-located Mental health
- ▶ Pharmacy, Radiology & Lab on site
- ▶ Mammography

▶ Specialty Care (BHM)

- ▶ Gynecology
- ▶ Breast Health
- ▶ MOM & More Program (Maternity Coordination, MOM & More Clinic, lactation room, Mommy & Me SMA)



**Integrated PC Clinics with designated
WH providers at all outpatient clinics**

Other Supporting Women Veteran Services

Mental Health

- Military Sexual Trauma
- Substance Treatment And Recovery (STAR)
- Psychosocial Rehabilitation & Recovery Center (PRRC)
- Depression, Anxiety, PTSD
- Peer Support

Physical Therapy (PMR&S)

- Pelvic Floor
- Yoga

GRECC

- PURSUIT
- Urinary Incontinence & related disorders

Social Work

- Intimate Partner Violence

Nutrition

- Healthy Teaching Kitchen

Women's Health

- ▶ **Environment of Care**

- Privacy, Security & Dignity

- ▶ **Outreach/Engagement**


- Veteran Advisory Board Presentations
- Women Veteran Focus Groups
- Women Veteran Forum
- ▶ **Educational Initiatives**
- Women Veterans Health Expo
- Women's Health Chit Chats
- PC Professional Development Series



Women Veterans
VIRTUAL TOWN HALL MEETING

AHCS Women Veterans Program for a Facebook LIVE
the Birmingham VA Medical Center Facebook page

Wednesday, March 16, 2022
4 p.m. to 5 p.m.

VA |  U.S. Department of Veterans Affairs
Veterans Health Administration
Birmingham VA Health Care System

The graphic features a dark background with the text in white and yellow. The VA logo is prominently displayed on the left side.

Women's Health Resources

Women Veterans Program Manager

Amy Southern, MSN, RN

WH Program Administrative Officer

Joyce Gilbert, BSBA, MA

Cervical Cancer Screening Coordinator

Brittany Sanders, CRNP

WHC BVC Specialty Clinic

Madhuri Jean, RN

Women's Health Medical Director

Kanini Z. Rodney, MD, MPH, MBA

Mammogram Coordinator

Madhuri Jean, RN

WH Heart Health Coordinator

Katherine Smith, RN

WHC-HSV Charge Nurse

Trina Aikerson, RN

Women's Health Resources

Maternity Care Coordinator

Acting Katherine Smith, RN

Phone Ext: 334741

Military Sexual Trauma Coordinator

Susan Isbill, PhD

Phone Ext. 336646

WH Mental Health Champions

Kelli Arthur & Andrea Welsh

Intimate Partner Violence Coordinator

Amanda Phillips, MSW, LICSW

Phone: 331188

Suicide Prevention Coordinator

Phone: 205-369-0685

Mental Health Resources



Call then Press 1

Chat

or Text 838255

24/7, confidential crisis support

for Veterans and their loved ones

You don't have to be enrolled in VA benefits or health care to connect.



The Women Veterans Call Center is your guide to VA.

855-829-6636

CALL TEXT

CHAT ONLINE

WE ARE OPEN

Weekdays:

8:00 am–10:00 pm ET

Saturday:

8:00 am–6:30 pm ET

Psychiatric Intake Response Center (PIRC)
205.638.PIRC (7472)

PIRC

Q& A Session

