


An introduction to
recovery-focused
services for **WOMEN**
available through
the Ralph H.
Johnson Veteran
Healthcare System

Sexual Assault Awareness and
Prevention Month

April 12, 2024





Schedule

- *11-11:15* **MST Coordinator**, Ashley Hatton, PsyD
- *11:15-11:20* **Intimate Partner Violence Assistance Program Coordinator**, Charlene Coaxum, LISW-CP/S
- *11:20-11:25* **LGBTQ+ Mental Health Advocate**, Kristy Watters, PsyD
- *11:25-11:35* **Women's Mental Health Champion**, Katie Rider Munday, PhD,
- *11:35-11:45* **Evidence Based Care Coordinator**, Jonelle Flood, LCSW, LISW-CP
- *11:45-11:55* **Whole Health Coordinator**, Shane Hallowell, BSN, ADN, RN
- *11:55-12:05* **Recreation Therapist**, Katie Megregian, MSA, CTRS

12:10-1:00 **Trauma-Sensitive Yoga (TCTSY)** with Jeremy Lyne, PsyD. Open to all levels of experience and health

Logistics

To limit background noise, we will be muting all but the presenters.

Drop questions into the chat and we will do our best to answer them.

If you are listening in your car, please be parked to avoid distracted driving.

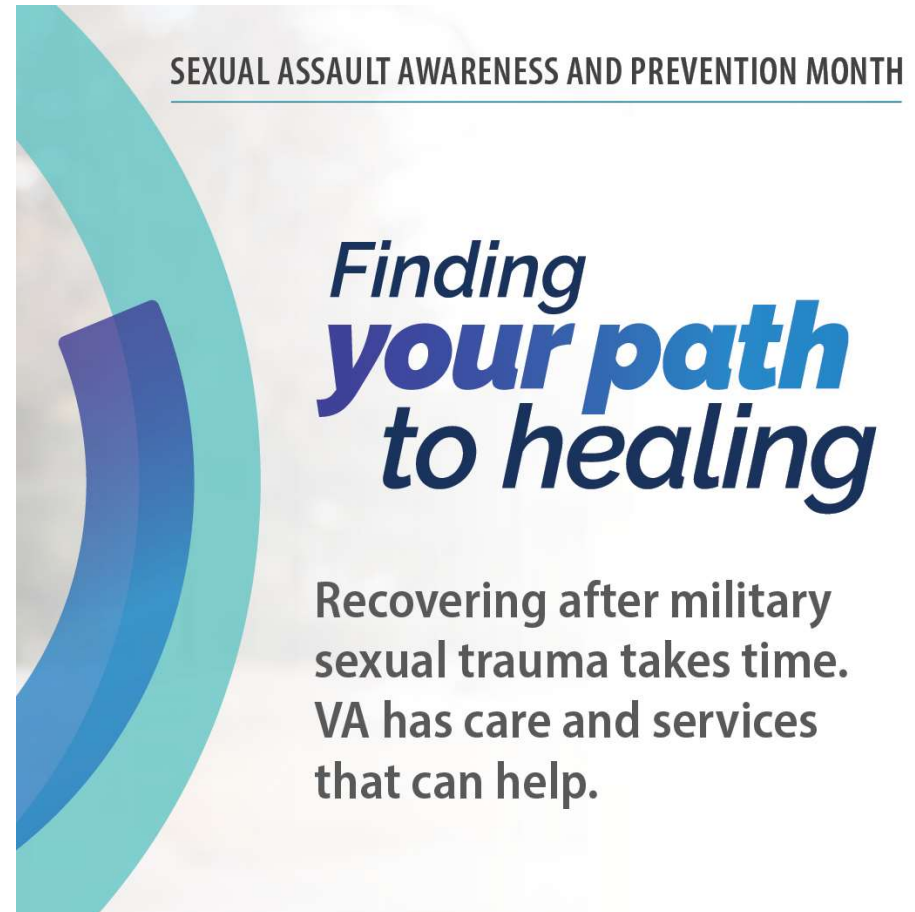
Our goal is to make this an informative and encouraging event. If at anytime you need to take a break, please do.

These slides will be posted to the local MST website for future reference [Military Sexual Trauma \(MST\) | VA Charleston Health Care | Veterans Affairs](#)

Basic Assumptions

- Recovery from sexual assault is possible
- Healing after sexual trauma can take time
- Every survivor heals at their own pace and in their own way
- Sexual assault is never your fault
- You are not alone

The VA stands ready to help survivors on their path to healing, no matter how long it's been or how it's affecting you now.



*Finding
your path
to healing*



Military Sexual Trauma

ASHLEY HATTON, PSYD

CONTACT: (843)577-5011 EXT. 343147

What is MST?

MST is the term used by VA to refer to sexual assault or threatening sexual harassment that occurred during a period of military service.

MST can occur **on** or **off** base, while an individual was **on** or **off** duty.

The perpetrator(s) may be other **Service members** or **civilians**.

Regardless of the reason the sexual assault or harassment occurred (e.g., hazing or an initiation ritual), it's still MST.

MST is an *experience*, not a diagnosis.

- ❖ Although some MST survivors may have a mental or physical health condition related to their experience of MST, MST itself is not a diagnosis or a mental health condition.
- ❖ There is no one way that individuals respond to MST.
- ❖ When screened by a VA health care provider, about **1 in 3 women** and **1 in 50 men** report experiencing MST at any point in their service.



Anyone can experience MST

- ▶ People of all backgrounds have experienced MST, including:
 - All gender identities
 - All ages
 - All ranks, branches, and eras of service
 - All racial and ethnic backgrounds
 - All sexual orientations
 - All physical sizes and abilities
- ▶ Individuals from certain groups do appear to be at increased risk for experiencing MST
 - Women
 - Transgender
 - Lesbian, bisexual or gay
 - Factors such as younger age, fewer years of military service, and lower pay grade /rank are commonly found to be associated with increased risk

MST and Health Conditions

Among Veterans seen at VHA, experiencing MST is associated with a greater likelihood of having mental and physical difficulties including:

Mental Health

- Posttraumatic Stress Disorder (PTSD)
- Depressive Disorders
- Anxiety Disorders
- Bipolar Disorders
- Drug and Alcohol Disorders
- Psychotic Disorders

Physical Health

- Chronic pain
- Gastrointestinal problems
- Liver disease
- Chronic pulmonary disease
- Obesity, weight loss, hypothyroidism (Women)
- AIDS (Men)
- Sexual functioning difficulties

Common Symptoms & Concerns

Difficulties in functioning and well-being

- Employment
- School
- Parenting
- Identity and sense of self
- Spirituality issues/crisis of faith
- Homelessness

Psychological Symptoms

- Avoidance of reminders
- Emotional & physiological distress when reminded
- Strong negative emotions
- Feeling numb or difficulty feeling love or happiness
- Self-blame, shame and self-esteem difficulties
- Feeling on edge or jumpy
- Difficulties with attention, concentration and memory
- Hypervigilance
- Trouble sleeping, nightmares
- Using alcohol or drugs to cope
- Self-harm, risk-taking or aggression

Interpersonal Challenges

- Feeling unsafe around others
- Difficulty trusting people
- Difficulties with hierarchy and loss of control
- Fear of disclosing trauma: worries of not being believed or being judged or blamed by others
- Feeling alone, isolated, or disconnected from others
- Difficulties with emotional and/or physical intimacy



VA Can Help!

Providers across the hospital and at the CBOCS are trained in helping veterans work through the MST event (s).

Collaborate with your provider to identify how the MST has impacted you and what your goals are for treatment.

- ▶ Support / Psychoeducation groups
- ▶ Diagnosis-Specific EBPs (Ex: for PTSD options include PE/CPT/WET/EMDR/CBCT)
- ▶ Therapies for skill-building (STAIR/DBT)
- ▶ Couples or family therapy

→ Women only options available!





Free MST Related Care

- ▶ VA provides all MST-related care, free of charge, including for both mental and physical health conditions
- ▶ Individuals can request a provider of a particular gender
- ▶ Eligibility for free MST-related care is expansive
 - ▶ MST-related services are available for **Veterans** and most **former Service members**, including those who received an Other Than Honorable discharge or served for fewer than two years. Service connection (that is, a VA disability rating) is not needed.
 - ▶ Individuals do **not** need to have reported their experiences of MST at the time or have documentation that MST occurred
 - ▶ To learn more about MST-related eligibility, talk to your MST Coordinator or visit <https://www.va.gov/health-care/eligibility/>



MST-Related Internet Resources

National VA's MST website:

mentalhealth.va.gov/mst

- ▶ Essential information about MST and about VA's MST-related services
- ▶ Always the latest copies of outreach materials, and coping resources for Veterans

Charleston VA's MST Website

<https://www.va.gov/charleston-health-care/programs/military-sexual-trauma-mst/>

- ▶ Local updates and contacts



Beyond MST Mobile App



- ▶ A secure, private, convenient and trauma-sensitive way for survivors to access information and resources to cope with a variety of life challenges and to improve their health, relationships and quality of life
 - Over 30 tools and features to help cope, reduce distress, feel less alone, improve well-being and find hope
 - Assessments to understand trauma-related symptoms and beliefs and track progress toward recovery goals
- Learn more at tinyurl.com/BeyondMSTinfo or scan this QR code:



Answer
Questions

Provide
Resources

Coordinate
Care



MST Coordinator:
Ashley Hatton, PsyD

P: (843) 577-5011 x343147



E-mail: You can contact the MST Coordinator directly by logging into My HealthVet and selecting "MST COORDINATOR - CHARLESTON VAHCS %" from the list of contacts in secure messaging.

VETERANS HEALTH ADMINISTRATION

Intimate Partner Violence Assistance Program

*Sexual Assault Awareness and Prevention Month (SAAPM) April 2024:
“Finding your Path to Healing”*

Author:

Charlene Coaxum, LISW-CP/S
Intimate Partner Violence Assistance Program
Care Management and Social Work

Intimate Partner Violence Assistance Program

- WHAT IS INTIMATE PARTNER VIOLENCE(IPV)?
- TYPES OF INTIMATE PARTNER VIOLENCE
 - EMOTIONAL IPV
 - SEXUAL IPV
 - THREATS OF VIOLENCE
 - PHYSICAL IPV
 - PHYSICAL HEALTH

- Many Veterans who experience intimate partner violence (IPV) may have also experienced military sexual trauma (MST)
- These traumas are associated with higher rates of PTSD
- MST and IPV can greatly impact.
- Awareness of VA and community resources.

Sexual Assault Prevalence

IPV

51% of females who reported rape disclosed their intimate partner was the person who caused the harm

MST

1 in 3 women and 1 in 50 men report that they have experienced MST when screened by VA provider

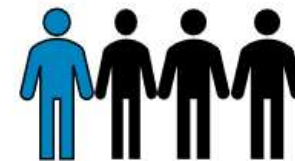
SA

Every 68 seconds a sexual assault occurs in the US



Sexual violence is common.

More than 1 in 3 women and nearly 1 in 4 men have experienced sexual violence involving physical contact during their lifetimes.



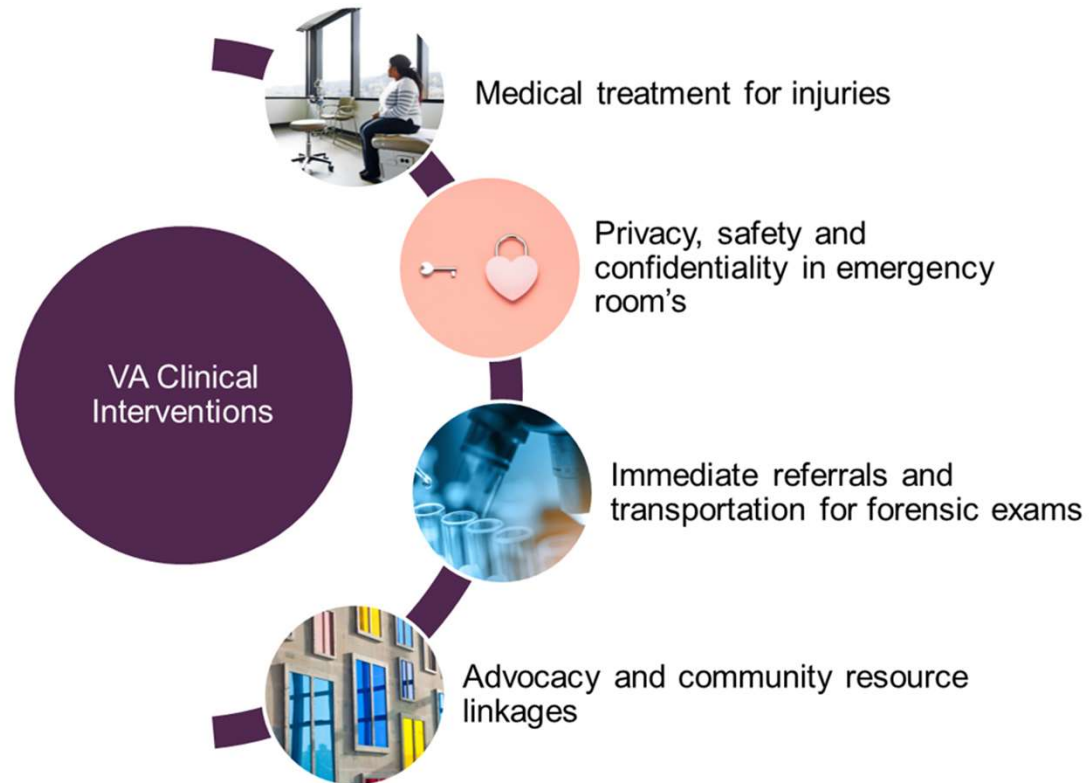
<https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html>

The Intimate Partner Violence Assistance Program provide services that address the impact of IPV and MST on the emotional, physical, psychological, and social wellbeing of those affected

VA provides free care for all mental (Compact ACT)and physical health conditions related to a Veteran's experiences of MST

Treatment is tailor to a specific Veteran's need .

VA Services



IPV Assistance Program

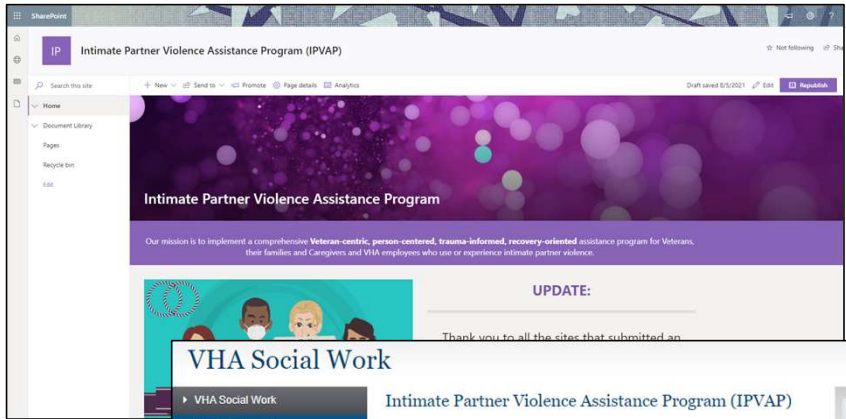


IPVAP Interventions

*IPVAP serves Veterans, partners and VA staff.



Connect with IPVAP



IPVAP SHAREPOINT



PUBLIC FACING WEBSITE

Other Resources



[Domestic Violence Support | The National Domestic Violence Hotline \(thehotline.org\)](https://www.thehotline.org)

No support group. Online live chat option for one-on-one support 7 days a week, 24 hours a day.



VA public facing website has information and safety planning tools

[\(PVAP\) - VA Website](https://www.va.gov/opa/peachtree/)



A private, free, research-tested safety planning tool for anyone experiencing abuse in an intimate relationship

[myPlan \(myplanapp.org\)](https://myplanapp.org) To assist IPV survivors in identifying and navigating their own path.



[The RAINN Mobile App Offers Survivors & Loved Ones Support | RAINN](https://www.rainn.org)

Gives survivors of sexual violence and their loved ones access to support, self-care tools, and information to help manage the short and long-term effects of sexual violence.

Questions?

Charlene Coaxum, LISW-CP

RHJ VA HCS IPVAP-C

843-818-5100 ext 404422

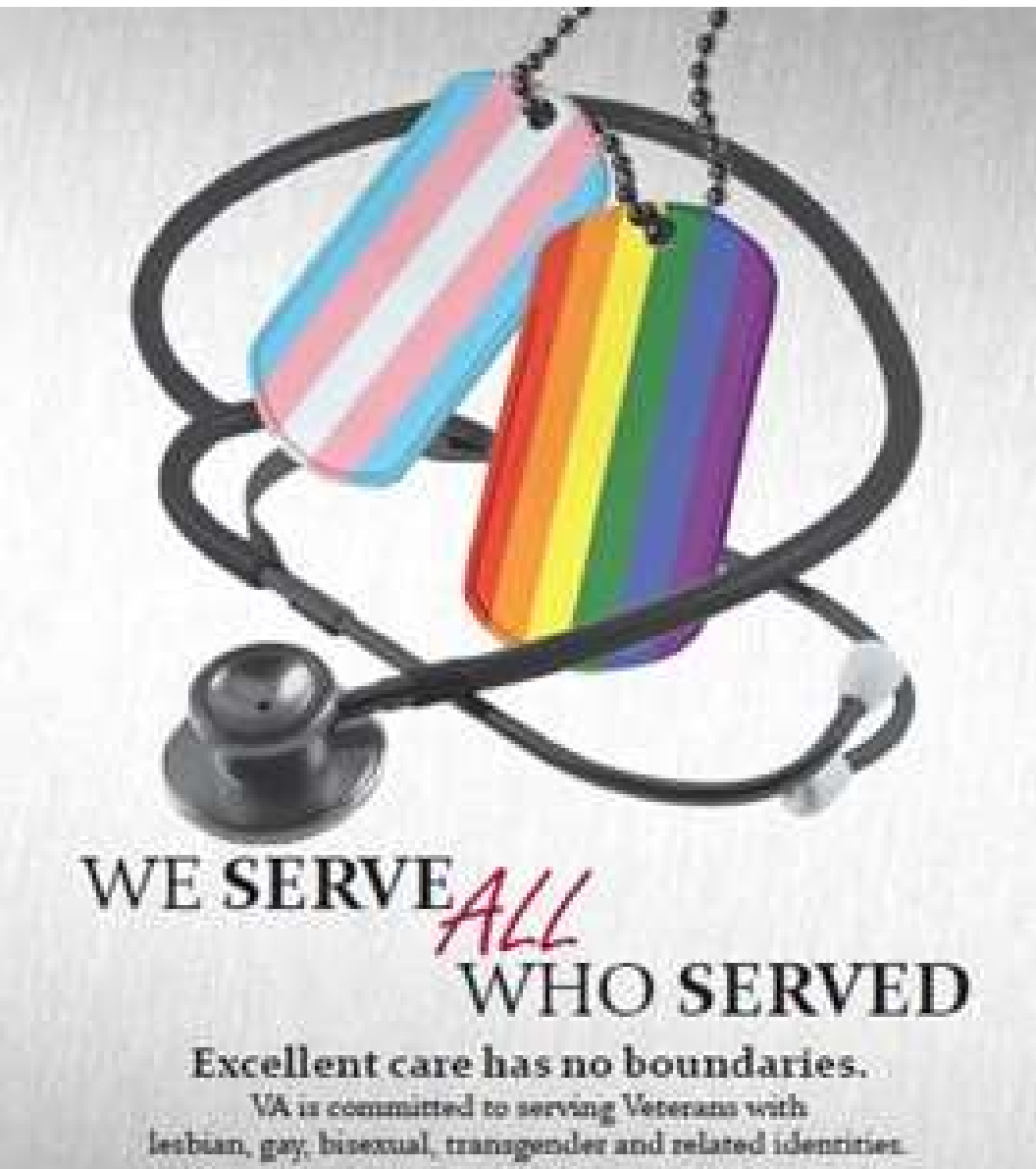


Choose **VA**

VA



U.S. Department
of Veterans Affairs



LGBTQ+ Veterans

Kristy Watters, PsyD
Kathie Hermayer, MD
LGBTQ+ Veteran Care Coordinators

RHJ VAMC Resources

LGBTQ+ Veteran Care Coordinators

- Create a welcoming environment for LGBTQ+ Veterans.
- Provide education and clinical consultation for RHJ providers regarding VHA LGBTQ+ Veteran Care Policies and Directives.
- Support the development and expansion of LGBTQ+ Veteran care services at RHJ.
- Provide resources and information to assist LGBTQ+ Veterans receiving optimal care at RHJ.
- Build LGBTQ+ Community Partnerships and conduct community-based outreach.

Birth-Sex and Self-Identified Gender Identity & Preferred (Chosen) Name:

TEST,TEST CITADEL (XXXX)
109-19-1010 Jan 01,2000 (24)

Birth Sex :
Sexual Orientation:

Sexual Orientation Description:
Pronoun:

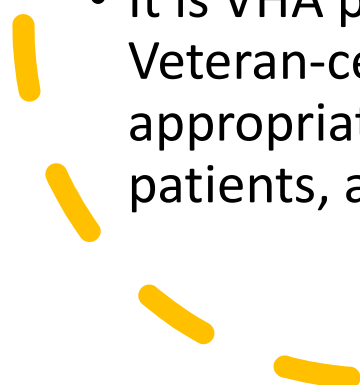
Pronoun Description:
Self-Identified Gender Identity:





VA's commitment to Serving ALL Who Served

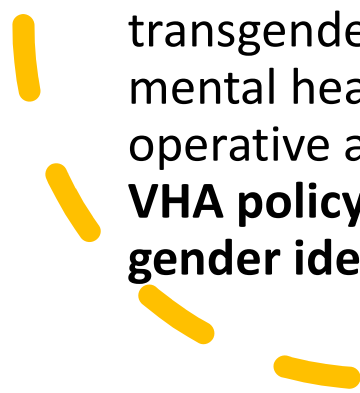
- The Department of Veteran Affairs is dedicated to serving all eligible service members, Veterans and their families. It also recognizes the existing diversity within this population, including the Lesbian, Gay, Bisexual (LGB) community.
- **VHA DIRECTIVE 1340(2)**
- It is VHA policy that all staff provides clinically appropriate, comprehensive, Veteran-centered care with respect and dignity to LGB Veterans. Clinically appropriate care includes assessment of sexual health as indicated with all patients, and attention to health disparities experienced by LGB people.





VA's commitment to Serving ALL Who Served

- The Department of Veteran Affairs is dedicated to serving all eligible service members, Veterans and their families. It also recognizes the existing diversity within this population, including the Transgender and Intersex Veterans.
- **VHA DIRECTIVE 1341(2)**
- It is VHA policy that staff provide clinically appropriate, comprehensive, Veteran centered care with **respect** and **dignity** to enrolled or otherwise eligible transgender and intersex Veterans, including but not limited to hormonal therapy, mental health care, preoperative evaluation, and medically necessary post-operative and long-term care following gender confirming/affirming surgery. **It is VHA policy that Veterans must be addressed based upon their self-identified gender identity; the use of Veteran's preferred name and pronoun is required.**



RHJ VAMC Therapy Resources

LGBTQ+ support
group via VVC
1st & 3rd Friday each
month

Dr. Kristy Watters,
contact for referral

**LGBTQ+ Veterans are
referred to mental
health the same as
any other Veteran**

Resources

- HRT & Gender affirming pre surgical readiness evaluations w/ letter of recommendation as warranted
- Gender affirming prosthetics via the LGBTQ+ prosthetics consult.
 - STPs, Gaffs, Wigs, Dilators, Breast forms, Binders, Packers,
 - Laser hair removal (case-by case basis), oriechtomy-removal of testicles (case-by-case basis and referred from Urology) LGBTQ+ secure messaging platform accessible to all Veterans – private & confidential

Resources

- At the present time, cryopreservation can be offered to Veterans prior to HRT. We store free of charge up to 5 years.
- The laws on changing legal name and gender marker vary state to state, however by using the resource [ID Documents Center | National Center for Transgender Equality \(transequality.org\)](#) you can assist Veterans interested in a legal name change in your state. Additional resources include the Privacy Officer at your facility who can guide you in responding to questions about legal name change and the medical record.



Kristy Watters, PsyD
Kristy.Watters@va.gov

Kathie Hermayer, MD
Kathie.Hermayer@va.gov



Women Veteran Services at RHJ VA

Katie Rider Munday, Ph.D.
Women's Mental Health Champion
Staff Psychologist



Women-Only Therapy Groups

These groups are available exclusively to women Veterans. At this time, all groups are offered virtually unless otherwise noted. Please contact your mental health provider to discuss participating.

If you have questions about these groups or ideas for other group topics, please contact the Women's Mental Health Champion, Dr. Katie Rider Munday, at: 843-770-0444, ext 302235.

The Women's Mental Health Champion can also be reached through My HealtheVet by sending a secure message to Women Mental Health Champion.

Women's Stress Management Group
Thursdays 1:00 pm - 2:00 pm
Who: All women Veterans are welcome.
 This 9-week group includes a mix of skills-building and discussion. This group is focused on improving stress management techniques and connecting with other women.

Women's Health and Healing After Trauma Group
Thursdays 1:00 pm - 2:00 pm
Who: Any women Veteran with a history of sexual trauma.
 This 15-week group is designed to enhance trauma recovery skills with an emphasis on overall health and wellbeing. Topics addressed include managing emotions, physical health, relationship and intimacy issues, boundary setting, and body image.

Women's Chronic Pain Management Group
Mondays 1:00 pm - 2:00 pm
Who: Any women Veteran struggling with chronic pain.
 This 10-week group focuses on equipping women Veterans with strategies to improve their pain management using Cognitive Behavioral Therapy for Chronic Pain techniques. Pain management issues specific to women will be addressed, including the impact of hormones on chronic pain, care-giving with chronic pain, body image issues, and navigating gender treatment disparities.

Sexual Health and Empowerment Group
Wednesdays 11:00 pm - 12:00 pm
Who: All women Veterans are welcome.
 This 8-week group is designed to assist women Veterans with developing or enhancing their ability to experience sexual independence, connection, safety, pleasure, and assertiveness. Topics addressed include factors that impact sexuality, developing

a healthy mindset about sex and intimacy, sexual rights and boundaries, increasing safety with sex and intimacy, assertive communication, and coping with difficult feelings and automatic reactions.

Beyond Trauma
Wednesdays 1:00 pm - 2:00 pm
Who: Any women Veteran who is seen at the Savannah CBOC.
 This group is offered in-person only. This group is designed to assist women Veterans with building trauma recovery skills and achieving a meaningful life after trauma.

Women's Whole Health Group
Mondays 3:00 pm - 4:00 pm
Any women Veteran who is seen at the Myrtle Beach CBOC.
 This group is offered in-person only. This support group for women Veterans has a focus on striving for lifelong wellbeing and resilience.

"She served, she deserves the best care anywhere."

Women Veterans Call Center 1.855.VA.WOMEN




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

Groups

- Focused on women-specific topics
- Most are virtual

Website

[Women's Mental Health | VA
Charleston Health Care | Veterans
Affairs](#)

Outreach Events

women veteran maternity Wellbeing Symposium

Please join us for a 1.5 hr. event dedicated to **Women Veterans** who are considering becoming pregnant, are pregnant, or recently gave birth. Topics addressed will include:

- VA Maternity Care Resources
- Prenatal, perinatal, and postnatal mental health issues
- Mental health medication during pregnancy
- Pelvic floor physical therapy
- Nutrition during pregnancy
- And much more!

When: October 21, 2022 | 12:00 pm - 1:30 pm

Register for this event here: <https://form.jotform.com/222564994589173>

If you have questions about this event, please contact:

- Women Veteran Program Manager, **Dorothy Gouedy**, 843-308-8690, ext. 424509
- Women's Mental Health Champion, **Dr. Katie Rider-Mundey**, 843-770-0444, ext. 302235

The Women's Mental Health Champion can also be reached by sending a secure message through My HealtheVet to Women's Mental Health Champion.



Sex Matters Virtual Symposium

April 7, 2023
12:00 – 1:30 pm

Topics addressed will include:

- Common sexual difficulties among women and strategies for managing
- How a history of sexual trauma impacts sexual health and functioning
- Pelvic floor physical therapy
- Available resources, including the Women's Sexual Health & Empowerment Group
- And much more!



Register for the event here: [Course Registration Form](https://form.jotform.com/222564994589173)

Once you have registered, you will receive a link through email and/or text to join the event.

If you have questions about this event, please contact:
Women's Mental Health Champion
Dr. Katie Rider-Mundey
843-770-0444, ext. 302235



Poetry Workshop

Friday, May 5, 12:00 PM – 1:00 PM

Where:

Virtual via VA Video Connect

Who:

All women Veterans are welcome!
No background in poetry is needed to participate.

What:

This one-hour, virtual workshop will assist women Veterans in exploring how to use metaphor in poetry to examine the past and present in an indirect way.

Participants are to come prepared to write (pen, paper, notebook, MS Word, etc.)

The poems that will be read and discussed can be accessed at the following links:

Diving into the Wreck by Adrienne Rich
<https://poets.org/poem/diving-wreck>

"My Love for You is So Embarrassingly" by Todd Boss
<http://www.mvva.org/webpress.cfm?ID=4071&mylovefor-you-is-so-embarrassingly-todd-boss/>



Maternity Care

- What is covered?
 - Physical exams and lab tests
 - Prenatal education and screenings
 - Obstetrical ultrasounds
 - Genetic tests and specialty consultations
 - Prescription drugs through VA pharmacy
 - Labor and delivery
 - Newborn care on the date of birth plus seven days after birth
 - Support for breastfeeding





Maternity Care

Maternity Care Coordinator:

- Ms. Rhonda Lucas
- 843-404-8911

Monthly Maternity Support Group

- Every 2nd Tuesday 2:30-3:30 on Microsoft Teams
- Contact Ms. Lucas to join

Sexual Health Resources

[Women's Mental Health | VA Charleston Health Care | Sexual Health](#)

Pelvic Floor Physical Therapy

Hormone Replacement Therapy

Dilators


Contraception

Eating Disorder Treatment

Virtual, multidisciplinary treatment for disordered eating

Team includes psychologists, medical doctor, dietitian

Speak with your mental health provider about a referral



Posttraumatic Growth: A Different Perspective on Trauma

Positive change that occurs ***as a result*** of the struggle with highly challenging life situations

5 Domains:

- 1) Greater appreciation of life and changed priorities
- 2) Warmer, more intimate relationships with others
- 3) Greater sense of personal strength
- 4) Recognition of new possibilities/paths for one's life
- 5) Spiritual development



Posttraumatic Growth

- Higher rates among women
- Measure your posttraumatic growth: [Access the Assessment Here](#)
- Can co-exist with PTSD symptoms

Posttraumatic Growth: How?!



- **Emotion regulation**

- Mindfulness/meditation
- “Name it to tame it”
- Using emotions to identify core needs
- Physical exercise
- Artistic expression



Posttraumatic Growth: How?!

Telling your trauma story

- Peer support
- Therapy groups
- 1-1 therapy

Life timeline exercise

Revising values and goals



Contact

Dr. Katie Rider Munday

843-770-0444 ext. 302235

Send secure message to
Women's Mental Health
Champion through MyHealtheVet

Evidence Based Psychotherapies

RHJ VA Health Care System

Jonelle Flood, LCSW
EBP Coordinator
PTSD Clinical Team

VA



U.S. Department
of Veterans Affairs

What are evidence based psychotherapies?

- *Evidence based psychotherapies (EBPs) are talk therapies that are very well researched and are proven to be the most effective front line treatments for certain mental health concerns.*
- *They have been shown to have the best results of therapies available.*
- *They are shown to work with a wide range of Veterans.*
- *These therapies target difficulties like anxiety, depression, post-traumatic stress disorder, insomnia, substance use concerns, and relationship problems.*

What are evidence based psychotherapies?

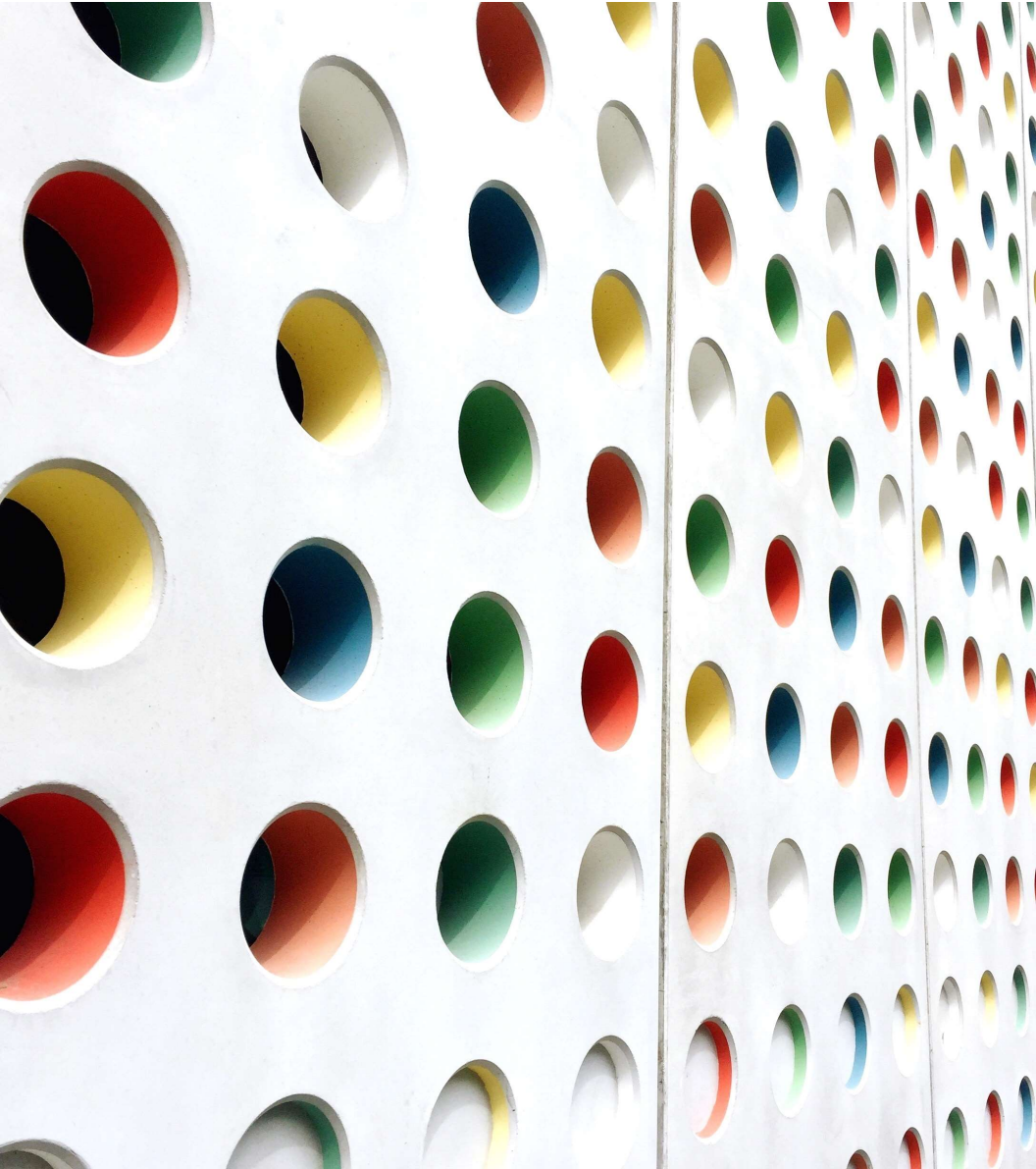
- ***These therapies tend to be/include:***
 - ***Intensive-they take your concerns seriously***
 - ***Time limited- they help you get back into your life***
 - ***There is out of session work-to help improve things faster***
 - ***Screening forms -done regularly to target particular symptoms & track progress***
 - ***Focus on learning how to practice the skills learned in therapy, out of therapy-keep the progress going***

What do these therapies have to do with Survivors?

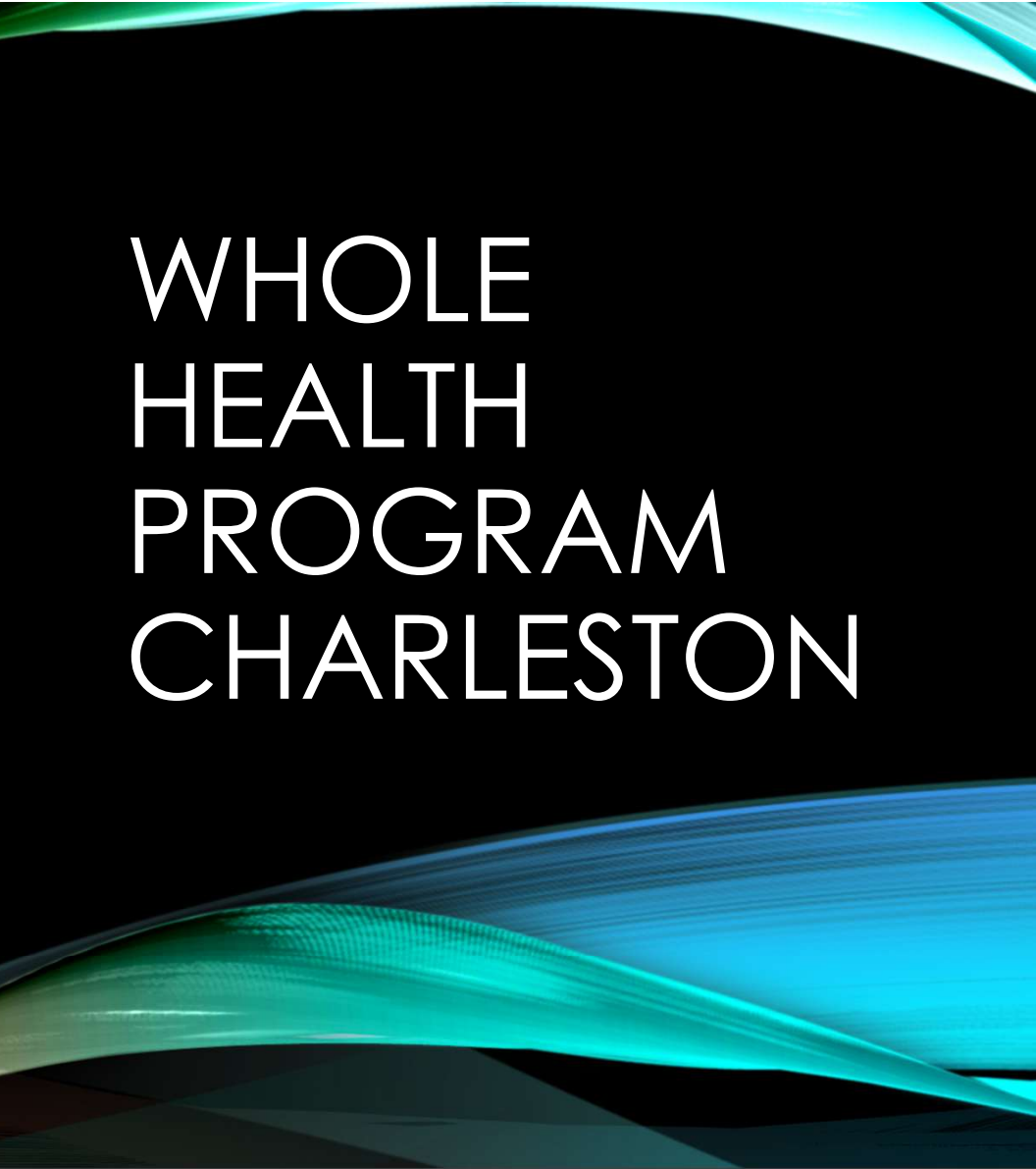
- ***After assault there are a wide range of experiences-there isn't just one way to survive or recover.***
- ***People are incredibly resilient - how people understand what happened to them can be different with different people.***
- ***This wide range of therapies can be helpful to survivors over a lifetime by:***
 - *Responding to how challenges/symptoms can change over time*
 - *Helping survivors learn to think about their own thinking*
 - *Helping survivors understand and connect with their emotions*
 - *Helping survivors learn to notice their own behaviors and change in the ways they would like to change.*

How do I get connected?

- ***Today is a good start!***
- ***Lots of doors lead to treatment that works:***
 - ***You can talk with your primary care provider about your mental health concerns and they will connect you.***
 - ***You can call/talk to the MST Coordinator: Ashley Hatton, PsyD***
 - ***If you already have a mental health provider but haven't tried an EBP, ask!***
- ***If you are still thinking and want more information, check these out:***
 - ***[Treatment Works For Vets](#)***
 - ***[AboutFace](#)***



WHOLE HEALTH PROGRAM CHARLESTON



We're having A Shift in healthcare

MINDFULNESS



A QUICK LOOK



WHAT IT IS, WHAT IT IS
NOT



WHAT IS OUR GOAL



HOW IT CAN HELP
YOU

What it is:

- Comprehensive and whole person
- A blend of Eastern and Western Medicine
- Veteran Driven and centered
- A look at the whole person, not just what is wrong

What it is not:

- Only holistic treatments
- Healthcare team directed
- A substitute for your current healthcare you receive
- Guaranteed to offer the same services everywhere in the VA
- Counseling or Psychotherapy

Our Goal:

- To assist Veterans when they develop their personalized health plan that is based on what matters most to the them; the plan is based on the Veteran's own goals, values, preferences, and lifestyle. The agenda is the Veteran's.
- Recognize that health is much broader than the absence of disease. The focus is on health strengths rather than disorders or weaknesses.
 - Seek to support the Veteran in achieving the Veteran's standard of ideal health that takes into account the mental, physical, and social well-being of the Veteran.
 - Health Coaches tap into your strengths and assist you in reaching your personal health goals.

How can it help you:

- You take charge of your healthcare
- Provides non-traditional options for care
- Works with you as a whole person vs. just a diagnosis
- Helps you discover your mission and purpose
- Gain insight to things that may be holding you back from reaching your goals
- Teaches you about self-care
- Build confidence in yourself
- Discover new things
- Build bonds with other Veterans in the classes you take
- It is what you make of it, benefits are up to you

THE WHEEL: THE BALANCE BETWEEN WHAT WE KNOW AND WHERE WE'RE GOING



VA | U.S. Department of Veterans Affairs
 Veterans Health Administration
 Office of Patient-Centered Care and Cultural Transformation

Whole Health "Life"

Introduction to Whole Health Veteran Classes

This Introduction to Whole Health session is designed to introduce you to the VA Whole Health approach to care.

- This Introduction to Whole Health session is designed to introduce you to the VA Whole Health approach to care.
- Our number one goal is that you accomplish the mission you create for yourself.
- Through our programs and services and abilities, we will work together in healing partnership to optimize your well-being with a focus on what is important to YOU.
- Transitioning from the Service can pose unique challenges and opportunities and we'll discuss why a whole health approach is helpful in meeting these challenges and capitalizing on your opportunities.
- We'll also describe areas of self-care and well-being that make up all the different aspects of who we are as individuals.

What is Whole Health?

- Whole Health recognizes you as a whole person and helps support your unique answer to the question, "What would you do if your health were the best it could be?"
- Whole Health goes beyond your illnesses, injuries, or disabilities.
- It focuses on your values and aspiration, your health and well-being and includes self-care and complementary medical care.
- In Whole Health care, you are a more active partner with your health team.

Dates and Times: Simply request a consult from your primary doctor and someone will reach out to schedule with you or you can schedule before leaving today!

Location: Your clinic or there is a limited virtual option as well.

For questions and to Sign Up for a Class Contact: Ask your VA provider

Choose VA

Bi-weekly Virtual Guided Imagery class for Veterans:

Every other Monday starting June 1st, 2020 at 3:00pm



Guided imagery is a technique using mental images designed to evoke sights, sounds, tastes, smells, movements, and images associated with touch, such as texture, temperature, and pressure, as well as thoughts and feelings that promote healing and well-being.

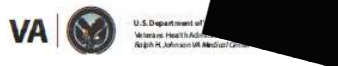
Professional and Olympic athletes routinely use guided imagery as a powerful tool to improve their athletic performance. Guided imagery often begins with a series of visualization techniques, but not always.

Many techniques you can learn on your own or with the help of a professional. In more complex situations, guided imagery is done either 1-1 or in a group setting with a guide.

Here are the Ralph H. Johnson VA Medical Center we're trying to bring this example of complementary integrated health to you from your smart phone, tablet, or computer.

This is only one of the many Whole Health courses that we feel will benefit you now and your future way of dealing with stress, depression, anxiety and other conditions often seen in our veteran population.

Please join us for one of our bi-weekly Monday afternoon classes. To schedule for more information call Shanice R. RN at 843-697-1694. All you will need is a quiet area, phone, tablet, or computer and an open mind.



Tai Chi Classes

Veterans, are you aware that you can now request a consult to receive virtual Tai Chi Classes?

Do you suffer from:

- Balance issues
- Pain
- Parkinson's Disease
- Reduced flexibility
- PTSD
- A mental health diagnosis
- Arthritis
- COPD
- Osteoarthritis
- High blood pressure
- Or other issues?

Talk with your provider today about being referred for up to 30 virtual Tai chi sessions!

All you need is access to the internet and a phone, tablet, or computer.

Ask your doctor or caregiver today how you can get started!

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



RALPH H. JOHNSON VA MEDICAL CENTER VA



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

CLASS SCHEDULE

For more information please call: 843-697-1694 or 843-789-7230

Clear form

Location	Times	Dates/Days	Type of class	Contact Information if applicable
All clinic locations				
Charleston	Varies	Varies	Reiki Level 1 Training scholarships available	https://palmndlotus.com/ThroughReikiForVets
Charleston	Varies	Contact for more information	Kayaking/Fishing	lowcountry.sc@heroesonthewater.org
Charleston Ashley Marina	Varies	Contact for more information	Sailing	Veteransondeck@gmail.com
Charleston	email for info	Contact for more information	Hockey	warriorscharleston@gmail.com
Charleston	email for info	Contact for more information	Warrior Hockey	mfountain@usawarriorsboockey.org
Wadmalaw, SC	email for info	Contact for more information	Equine Therapy (LEAP) No riding	843-723-0659 info@leapinsc.org
Johns Island	email for info	Contact for more information	CATR Equine Therapy can ride	Anja Cain acain@catr-program.org
Myrtle Beach	Monthly	Contact for more information	Veterans swim with rays at Ripleys	Lou Krieger 843-489-2722 LouK1065@gmail
Hinesville Clinic	Fridays	1230 (except for the 2nd Friday of each month)	Tai Chi	Hinesville Voluntary Services
Myrtle Beach	Varies	Contact for more information	Therapeutic Golf	Angel.Diaz@projectgolf.org
Savannah	Varies	Contact for more information	Various Rec Therapy activities	Contact Savannah Clinic
				warriorscharleston@gmail.com

Clear form

For more information please call: 843-697-1694 or 843-789-7230

Location	Times	Dates/days	Type of Class	Contact Information if applicable
Myrtle Beach Vet center	Wed 9-10 Fri 12-1	Contact Vet Center for Details	Yoga Warrior	
Virtual Drop in Tai Chi	0830	Thursdays	Free Zoom Tai Chi/Qigong Class	Request link claytonbcrosley@yahoo.com
Savannah Clinic	TBD	TBD	Yoga	
Savannah Clinic	Varies	1st Wednesday of the month	MOVE!	
Savannah Clinic	0900 Virtual 1300 Face2Face	Mondays	Tai Chi	Request link claytonbcrosley@yahoo.com
Virtual Offerings	09:00am-11:00am	Mondays	Introduction to Whole Health	Consult Through your Provider
National Programs in our Area				
Project Healing Waters Fly Fishing	Varies	Contact for more information	Fly tying, rod building, fishing (requires Disability rating)	projecthealingwaters.org
Veterans on Deck	Varies	Contact for more information	Sailing	veteransondeck.org
USA WARRIORS ICE HOCKEY	Varies	Contact for more information	Hockey	usawarriorshockey.org/charlestonwarriors
Heroes on the Water	Varies	Contact for more information	Kayak fishing	heroesonthewater.org
Warrior Surf	Varies	Contact Warrior Surf	Surfing, health coaching, yoga	www.warriorsurf.org/
LEAP: Low Country Equine-Assisted Psychotherapy	Varies	Contact for more information	Equestrian	http://www.leappinc.org/borseshelpinghumanity
Charleston Area Therapeutic Riding	Varies	Contact for more information	Equestrian (requires Disability rating)	acain@catr-program.org
PGA Hope Charleston	Varies	Contact for more information	Therapeutic Golf	petvgreen@pga.com



Whole Health centers around what matters to you, not what is the matter with you. Whole Health puts you in control of your care. It focuses on self-care, skill building and support. Your health care team will get to know you as a person to develop a personalized health plan based on your values, needs, and goals.

www.va.gov/wholehealth

SCAN CODE TO DISCOVER MORE ABOUT WHOLE HEALTH



© 10-1676 P97114 09/2022

Live Whole Health.

The #LiveWholeHealth videos offer on-demand instructions that you can use at home, work, or any place of convenience. Videos include yoga, tai chi, acupressure, massage, meditation and more.

Check it out here:

www.news.va.gov/category/livewholehealth

Resource	Website Address	QR Code
<p>Whole Health Videos</p>	https://www.va.gov/WHOLEHEALTH/video/videos.asp Learn about the core concepts of Whole Health and each area of the Circle of Health.	
<p>Whole Health Mobile Apps and Online Tools</p>	https://www.va.gov/WHOLEHEALTH/veteran-resources/MobileApps-OnlineTools.asp Use these Web-based and mobile tools to support your whole health. The list includes resources developed within the VA as well as publicly available resources.	

Other Important VA Links

Resource	Website Address	QR Code
<p>Veterans Health Library</p>	https://www.veteranshealthlibrary.va.gov/ The Veterans Health Library (VHL), a trusted source of health information, includes written health sheets, videos, and interactive tools to help Veterans self-manage chronic conditions and support overall health and wellbeing.	
<p>855.VA.WOMEN WOMEN VETERANS CALL CENTER Call toll-free: 1-855-824-9655</p>	https://www.womenshealth.va.gov/ Learn more about the changing face of women Veterans and what VA is doing to meet their health care needs.	
<p>VA Mental Health Care</p>	https://www.mentalhealth.va.gov/ VA has resources to address the unique stressors and experiences that Veterans may face — and we're just a click, call, text, or chat away. We're here to help no matter how big or small the problem may be.	
<p>Veterans Crisis Line 1-800-273-8255 PRESS 1</p>	https://www.veteranscrisisline.net/ The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. If you are in crisis and need to speak with a crisis responder, please call 1-800-273-8255 and Press 1.	

Resource	Website Address	QR Code
<p>Live Whole Health.</p>	https://www.va.gov/WHOLEHEALTH/index.asp VA's main site for all things Whole Health. Whole Health is VA's cutting-edge approach to care that supports your health and well-being. Be sure to bookmark this site for future reference!	
<p>#LiveWholeHealth – Self Care for Veterans</p>	https://www.blogs.va.gov/Vantage/tag/livewholehealth/ VA's ongoing self-care blog series highlights Whole Health resources — such as video sessions for yoga or meditation — that you can follow along at home to live healthier and happier. New videos are published on a regular basis to the Vantage Point website.	
<p>Circle of Health</p>	https://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp Looking for support to improve your health within one or more areas? The Circle of Health illustrates the big picture connections between your health and other aspects of your life. This site offers a wide range of helpful materials, organized by each Circle of Health component.	
<p>Discover What Matters. Live Whole Health (1-minute Video)</p>	https://www.youtube.com/watch?v=Rq1UcOPrT70 "Discover What Matters" outreach video highlights how Whole Health puts Veterans at the center of their care, helping them make more informed decisions, adopt healthy behaviors, have positive patient encounters, and achieve better health outcomes.	
<p>Veteran Whole Health Education Handouts</p>	https://www.va.gov/WHOLEHEALTH/veteran-handouts/index.asp Veteran whole health education handouts help to support the Whole Health journey. This site offers a wide range of helpful materials, organized around each component of self-care in the Circle of Health.	



Closing and Next Steps



Thank you for being here today and thank you for the sacrifices you have made for our Nation

You are encouraged to attend and try any or all the whole health class offerings. We encourage you to join us for our one-time 2-hour Introduction to whole Health class learn more self-care strategies and set goals around what is most important to YOU.

For more information contact: Shane.Hallowell@va.gov

or call 843-697-1694



RECREATION THERAPY &
ADAPTIVE SPORTS
AT THE RALPH H. JOHNSON VA MEDICAL CENTER

Katie Megregian, MSA, CTRS

Vinny Costagliola, CTRS, CPT

WHAT IS RECREATION THERAPY?

- Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being (ATRA, 2023).
- Further, Recreation Therapy means a treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition (ATRA, 2023).
- When individuals have a physical injury or mental illness, they need help learning, not only how to live with their disability, but to enhance their quality of life by reducing the isolation that patients experience and helping them to participate in leisure activities (ATRA, 2023).



RHJ OUTPATIENT RECREATION THERAPISTS

Katie Megregian, MSA,
CTRS - Charleston, NCC

Casey Clapp, CTRS -
Charleston, NCC

Jennifer Markham,
CTRS - Savannah,
Hinesville

Vincent Costagliola,
CTRS, CPT- Myrtle
Beach

WHO CAN BE REFERRED?

- Veterans with mobility limitations / movement disorders
- Veterans diagnosed with chronic pain
- Veterans with a new diagnosis that impacts one or more levels of functioning
- Veterans who received a new assistive device
- Veterans with co-occurring diagnosis' such as PTSD
- Veterans who are interested in adaptive sports / national competitions
- Veterans at risk for social isolation



BENEFITS OF RECREATION THERAPY

- Increasing confidence
- Felling a sense of belonging
- Learning social or leisure skills
- Managing stress
- Reducing anxiety
- Reducing feelings of isolation
- Developing a wholesome body image
- Developing coping mechanisms
- Becoming aware of values
- Establishing a sense of control
- Improving physical fitness
- Improving motor skills
- Enhancing self-esteem
- Building self-efficacy
- Developing social support
- Increasing leisure awareness
- Increase leisure satisfaction
- Experiencing fun and enjoyment
- Improving cognitive skills
- Increasing functional skills (ADL skills)

TYPES OF GROUPS & INTERVENTIONS



Meditation



Physical Wellness



Social Engagement



Expressive Arts



Adaptive Sports



Community
Reintegration



Outdoor Recreation

Recreation Therapy Group Schedule

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 0900 – Stretch/Tone (L204) KM 1200 – Meditation (L204) KM 1300 – Creative Art (L204) KM	6 0800 – Stretch & Tone (L204) CC 0900 – Cardio Drumming (L204) CC 1400 – Peddle Exercise (L204) CC	7 1000 – Get Up & Move! (L204) KM	8 1000 – NVGAG Practice (TBD*) KM 1030 – Group Fitness (L204) CC 1300 – Outdoor Recreation (NCC) CC 1300 – Exploring Nature (Park*) KM	9 1000 – Horticulture Therapy (Magnolia Plantation*)
12 0900 – Stretch/Tone (L204) KM 1200 – Meditation (L204) KM 1300 – Creative Art (L204) KM	13 0800 – Stretch & Tone (L204) CC 0900 – Cardio Drumming (L204) CC 1400 – Peddle Exercise (L204) CC	14 1000 – Get Up & Move! (L204) KM	15 1000 – NVGAG Practice (TBD*) KM 1030 – Group Fitness (L204) CC 1300 – Outdoor Recreation (NCC) CC 1300 – Exploring Nature (Park*) KM	16 1000 – Horticulture Therapy (Magnolia Plantation*)
19 0900 – Stretch/Tone (L204) KM 1200 – Meditation (L204) KM 1300 – Creative Art (L204) KM	20 0800 – Stretch & Tone (L204) CC 0900 – Cardio Drumming (L204) CC 1400 – Peddle Exercise (L204) CC	21 1000 – Get Up & Move! (L204) KM	22 1000 – NVGAG Practice (TBD) 1030 – Group Fitness (L204) 1245 – Sailing with Veterans on Deck (Ashley River Marina*) KM/CC	23 1000 – Horticulture Therapy (Magnolia Plantation*)
26 0900 – Stretch/Tone (L204) KM 1200 – Meditation (L204) KM 1300 – Creative Art (L204) KM	27 0800 – Stretch & Tone (L204) CC 0900 – Cardio Drumming (L204) CC 1400 – Peddle Exercise (L204) CC	28 1000 – Get Up & Move! (L204) KM	29 1000 – NVGAG Practice (TBD*) KM 1030 – Group Fitness (L204) CC 1300 – Outdoor Recreation (NCC) CC 1300 – Exploring Nature (Park*) KM	

****All groups are held at NCC in Conference Room L204 on the second floor unless otherwise stated****

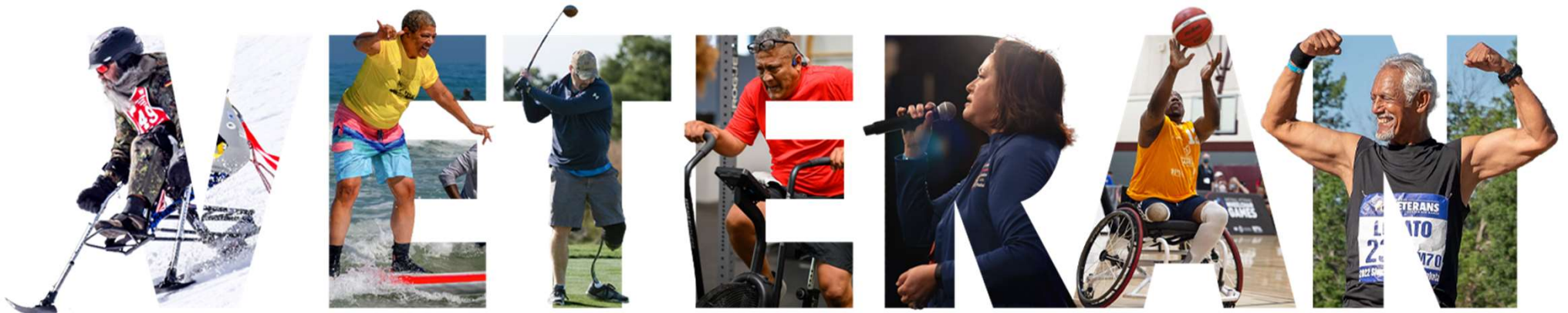
****Group Instructors: KM - Katie Megregian, CTRS | CC - Casey Clapp, CTRS****

Community Locations:

***Ashley Marina – 35 Lockwood Dr., Charleston, SC 29401 (Every 4th Thursday # 1245)**

***Ashley River Park – 200 Renken Rd., Summerville, SC 29485 (Every Thursday @ 1400)**

***Magnolia Plantation – 3550 Ashley River Rd., Charleston, SC 29414 (Every Friday @ 1000)**



National Disabled Veterans Winter Sports Clinic
National Veterans Creative Arts Festival
National Veterans Golden Age Games
National Veterans Summer Sports Clinic
National Veterans Wheelchair Games
National Disabled Veterans Golf Clinic



MEET TEAM CHARLESTON 2023



THANK YOU!

Questions?

RESOURCES

- [Recreation Therapy Service - Rehabilitation and Prosthetic Services \(va.gov\)](#)
- [VA National Veterans Sports Programs](#)



TRAUMA CENTER
TRAUMA SENSITIVE YOGA

WHAT IS TRAUMA CENTER TRAUMA-SENSITIVE YOGA?

Trauma Center Trauma-Sensitive Yoga (TCTSY) is an evidence-based practice for complex trauma and PTSD. It helps with anxiety, depression, and distress tolerance. Forms and movements are suggested to encourage the participant to focus on their internal experiences - what the forms feel like instead of what they look like (i.e., doing it "right"). It is not a "workout" group. TCTSY presents opportunities for participants to be in charge of themselves based on a felt sense of their own body.

Participants will be given a chance to safely explore:

- Choosing forms and movement based on what they feel in their own body
- Internal body awareness
- Present moment focus
- Experience rhythm
- Enhanced awareness of breath with movement

For more information, check out:
[www.https://www.traumasensitiveyoga.com/](https://www.traumasensitiveyoga.com/)