

Salem VA Health Care System

Programs Supporting Mental Health & Well-Being

Acute Care Psychiatric Services (Building 170)

The inpatient psychiatry unit (“170”) provides care for Veterans with acute and severe symptoms of mental illness. Veterans are evaluated for admission in the Emergency Department (ED). The reason for admission varies, but typically involves an assessment and determination that the Veteran’s presenting problem(s) cannot be safely, efficiently, and/or effectively managed on an outpatient basis. 170 is a locked mental health unit with staff monitoring 24/7.

During inpatient stay, Veterans work with their treatment team to address the reasons for admission. Daily therapeutic programming supports stabilization and introduces Veterans to recovery concepts including hope, personal responsibility, empowerment, and social support. Veterans are also introduced to mental health services and resources to support their transition to outpatient care, where recovery continues through the process of learning to manage symptoms while pursuing valued roles/activities in life.

Behavioral Medicine (BMed)

The Behavioral Medicine Clinic provides brief individual and group psychotherapy services for Veterans struggling with mental health concerns related to physical health conditions (cancer, amputations, insomnia, etc.). Psychological evaluations for spinal cord simulator placement, organ transplant, and bariatric surgery are also provided. Contact: Sarah Buyck, PhD, 540-982-2463, ext. 1578

Center for Aging and Neurocognitive Services (CANS)

CANS provides neuropsychological and psychological assessment. The clinic also provides time limited, evidence-based therapy services to older Veterans (aged 60 and older). Services that target difficulties that can develop later in life and age-specific conditions such as depression, anxiety, grief, cognitive impairment, and adjustment issues are provided through individual, couples, and group therapies. Contacts: 540-982-2463, Katherine Luci, PsyD, ext. 4303; Lauren Hagemann, PhD, ext. 2830; Deanna Dragan, PhD, ext. 6673

Center for Traumatic Stress (CTS)

CTS treats Veterans diagnosed with Post-traumatic Stress Disorder (PTSD) and, at times, other trauma-related disorders. Veterans do not need to be service-connected for PTSD to be treated in the clinic and Veterans with PTSD from traumas throughout their lifespan are eligible for care (e.g., childhood trauma, military trauma, MST, non-military trauma). CTS offers comprehensive clinical services to Veterans, including individual assessment, treatment planning, and time-limited treatments that have strong research support for their effectiveness (e.g., Dialectical Behavior Therapy, Prolonged Exposure, Cognitive Processing Therapy, Written Exposure Therapy). Appointments can schedule in-person or via Veterans Video Connect (VVC), with some evening availability. Contact: Dana Holohan, PhD, 540-982-2463, ext. 2934

Chaplain Services – Mental Health Integration

Chaplain services support mental health and spiritual wellness in various ways including addressing spiritual and moral injuries, working through loss and grief, integrating spirituality into problem-

solving, and building spiritual strength and resiliency. Any Veteran, regardless of religious affiliation, is welcome to speak with a chaplain in-person, by telephone, or through VVC appointments. Contact: Steve Kohnert, Chaplain, at 540-982-2463, ext. 2892

Domiciliary Posttraumatic Stress Treatment Program (DOM-PTSD)

Veterans diagnosed with PTSD, who have experienced trauma – combat, military sexual trauma, and non-military trauma histories, are served through the program. A residential unit that provides group treatment, the DOM-PTSD is comprised of a multidisciplinary team which includes psychologists, social workers, nurses, a nurse practitioner, a pharmacist, a psychiatrist, a recreation therapist, a music therapist, and a dietician. The DOM-PTSD is a 5-week, recovery-oriented program emphasizing the importance of empowerment, responsibility, self-direction, values, and peer support. Individual PTSD therapy, skills groups, and Whole Health groups support the recovery process. The DOM-PTSD is passionate about creating a safe environment for Veterans to work in a therapeutic community. Contact: Emily Marston, PhD, 540-982-2463, ext. 1160

Eating Disorders Treatment

Eating disorder treatment follows a team approach in which Veterans work with a medical doctor, psychologist, and registered dietitian. Treatment includes diagnosis and the development of a treatment plan based on the needs of the individual. In therapy sessions, the psychologist and Veteran work together to address the thoughts, emotions, and behavioral elements of the eating disorder. Veterans develop coping skills and make behavioral changes to their eating habits/patterns, while incorporating other activities to discourage unhelpful eating habits/patterns. The Veteran also meets with a registered dietitian to develop an individualized nutrition plan and follows-up with the team medical doctor to monitor the eating disorder's physical symptoms. Treatment for binge eating disorder is also available in a group setting. Contact: Natalie Hicks, PsyD, 540-982-2463, ext. 3721

Emergency Psychiatric Evaluation and Treatment

The Salem VA HCS provides 24/7 psychiatry coverage in the ED, allowing ready access for emergent mental health needs. These needs can include hospitalization whereby the team will assist with evaluation of the Veteran and arrange their admission. The ED psychiatry team assesses suicide and violence risk and takes appropriate steps to ensure safety when necessary. The team also assists Veterans presenting to the VA for the first time and in need of psychiatric services. Veterans are evaluated, started on the appropriate treatment, and referral is placed to the Mental Health Clinic (MHC) for their assignment to an outpatient psychiatrist for follow up. Finally, the ED psychiatry team assists the ED physicians in evaluating Veterans to determine their capacity to make medical decisions. Contact: Dr. Arvin Bhandari, MD, 540-982-2463, ext. 6680 or 6762

Employee Assistance Program (EAP)

For Veterans who are also employees within the Salem VA HCS, the EAP can be accessed to address problems impacting job performance, reliability, and personal health, or help in the management of daily life. A number of issues and needs can be addressed, including stress, grief, family problems, mental health, and substance use. The EAP is staffed by professional counselors who will assess problems and offer recommendations that may include referrals to other professional services and resources within the community.

The EAP is a free service for all employees. Costs for outside treatment and professional services, which can result in personal expense, may be covered by your Federal Employee Health Benefits plan

or private insurance. The EAP counselor will work with you to identify the best available outside treatment program and services in line with your individual finances. To access the EAP, call ext. 2650 Monday through Friday 7:45 am – 4:30 pm to make an appointment with an EAP counselor.

Gerofit

Gerofit is a supervised group exercise program that promotes physical and mental health and wellness in older Veterans. Participants are given a personalized exercise program, with a focus on staying active using a variety of strength and aerobic exercises. Participants must be at least 65 years old, be approved for participation by their primary care team, and complete regular assessments with a Gerofit health care professional. In-person and virtual options are available for participation. Gerofit offers older Veterans the opportunity to experience community as members come together through exercise to improve physical function, mindset, and overall wellness. Contact: Exercise Physiologists, 540-982-2463, ext. 1707

Healthcare for Homeless Veterans (HCHV)

Provides outreach to homeless Veterans who need assistance with enrollment for VA healthcare services and registering for and receiving information regarding VA Benefits.

Outreach Services

- * Assistance with DD214's
- * Healthcare enrollment
- * Registering for VA benefits
- * Referral to substance abuse and mental health treatment programs
- * Referral to short-term housing
- * Supportive services
- * Assistance with employment

The HCHV Coordinator collaborates with community agencies and other VA programs to develop and implement services for homeless Veterans. Contact: Jeff Doyle, LCSW, 540-982-2463, ext. 2519

HUD/VASH: The Housing and Urban Development-Veterans Administration Supportive Housing (HUD-VASH) program provides intensive case management and support to Veterans transitioning from homelessness to permanent housing. The program provides frequent contact, home visits, and assistance in helping the Veteran to reach personalized treatment goals. To be considered for the program, Veterans must meet HUD-VASH criteria and be willing to actively participate in a program of recovery with their case manager. Contact: Jeremy Floyd, LCSW, 540-982-2463, ext. 3857

Intensive Community Mental Health Recovery (ICMHR)

The ICMHR program provides Veterans with a serious mental illness (SMI) and significant functional impairment with intensive, recovery-oriented mental health services that enable them to live meaningful lives in the community of their choosing.

The target population for ICMHR are Veterans who have been:

- Diagnosed with a SMI and clinically appropriate for outpatient services
- Inadequately served by conventional clinic-based outpatient treatment
- High users of resources including frequent emergency room visits, frequent contacts with law enforcement, and 3 or more episodes or 30 days of psychiatric hospitalization over the past year

ICMHR Case Managers:

- Provide a minimum of one weekly visit to Veterans in the community and more often as needed to assess mental status and coordination of care needs
- Assist Veterans and their families in establishing person-centered recovery goals based on their values and strengths using a holistic approach

The primary goal of the ICMHR program is to decrease the number and length of stay of psychiatric hospitalizations and maintain stabilization in the community. Veterans are provided encouragement and support to actively work on their goals to improve quality of life. ICMHR services fully embrace and incorporate the core principles of psychosocial rehabilitation and recovery in all interactions, interventions, and program development. Contact: Tina Booth, LCSW, 540-982-2463, ext. 3011

Intimate Partner Violence Assistance Program (IPVAP)

The Veterans Healthcare Administration (VHA) is committed to ensuring Veterans, their partners, and eligible VHA employees who are impacted by interpersonal violence (IPV) be offered high quality services in a timely and professional manner to ensure safety and well-being. The IPVAP provides evidence-based services to those who use and experience IPV, and to couples who wish to improve their relationship skills. The IPVAP builds upon the strengths and resilience of individuals and families, with an expectation of improved relationships and quality of life. The program's comprehensive services include education, prevention, training, screening, assessment, promotion of health and safety, intervention, safety planning, and the development of community partnerships. Contact: Kathy Godbey, LCSW, 540-982-2463, ext. 2527

LGBTQ+ Health Program

Salem VA Health Care System cares about the health and dignity of LGBTQ+ Veterans and their families, with policies and practices ensuring safe and affirming care for LGBTQ+ Veterans. VA currently provides all medically necessary gender-affirming care to transgender Veterans except for gender-affirming surgical interventions.

Care for LGBTQ+ Veterans includes the following:

- Primary Care & Mental Health Care
- Therapist led group to support and affirm LGBTQ+ Veterans
- Sexual Health Screenings and education
- Preventative Care, including pre-exposure prophylaxis (PrEP)
- Additional prevention, screening, wellness, and testing services

Gender Care includes the following:

- Hormone replacement therapy
- Pre-and post-operative care for gender affirming surgeries
- Affirming mental health treatment (including evaluation that is required for surgery)
- Voice training and speech therapy
- Prosthetic devices and aids (such as stand-to-pee devices, breast forms, wigs, and gaffs)

The LGBTQ+ Veterans Care Coordinator (VCC) ensures access to affirming health care. If you need information about policies on rights to care for LGBTQ+ Veterans and would like to know how Salem VA promotes LGBTQ+ inclusion you can contact the Salem LGBTQ+ VCC. If you need help or information on changing your name and/or gender marker in your VA record you can call the LGBTQ+ VCC. Contact: Susan Hall, LCSW, 540-982-2463, ext. 2773

Military2VA (M2VA) Program

The M2VA program is ready to welcome recently returning Veterans and Active Duty Service members and to help coordinate their care. Each team consists of a Program Manager and Clinical Case Manager(s) who help Veterans navigate their way through the VA system. Case managers work closely with Military Treatment Facilities and the Department of Defense to ensure that Veterans make a seamless transition from active duty to Veteran status. The members of the team attend National Guard and Reserve outreach events to enroll and educate Veterans on their health care benefits and VHA services. Contact: Cherri Hall, LCSW, 540-982-2463, ext. 1765

Mental Health Clinic (MHC)

MHC offers outpatient care for Veterans with mental health concerns. Services offered include psychiatric medication management, individual psychotherapy, group psychotherapy, psychiatric case management, and crisis intervention. The clinic focuses on treating a broad spectrum of psychiatric disorders using evidence-based interventions. Contact: 540-982-2463, ext. 2611

MHC offers an Advanced Access Clinic for urgent care related to mental health issues. This clinic provides a way to be seen by a provider, with follow-up care coordinated with your regularly assigned provider. To access this clinic, contact a MHC nurse at 540-982-2463, ext. 4476. You may also present directly to clinic; however, this may result in a longer wait time.

Military Sexual Trauma Program/Treatment

Women, men, and nonbinary individuals can experience Military Sexual Trauma (MST) which is any kind of sexual assault or harassment that is incurred during military service. MST can affect a person's physical and mental health, even many years afterward. The VA provides free, confidential counseling and treatment for conditions related to experiences of MST. Veterans do not need to be service connected and may be able to receive this benefit even if they are not eligible for VA care. Contact: Sarah Voss Horrell, PhD, 540-982-2463, ext. 1467

Music Therapy

Music Therapy is the clinical and evidence-based use of music to address goals supporting cognitive, emotional, motor/physical, neurological, communicative, and social needs. Services are available by consult for inpatients receiving treatment in the DOM-SUD, DOM-PTSD, Community Living Center, Hospice, and acute medical settings. Veterans may also request a consult to engage in Outpatient Music Therapy, which is provided both in-person and via VVC. Individual treatment plans are determined following assessment and may include but are not limited to Neurologic Music Therapy, Guided Imagery and Music, music-assisted relaxation, song writing, music resource building, and active music making. Music Therapy also offers rotating group treatment options. Veterans do not need to play an instrument or have a musical background to engage in Music Therapy. Contacts: 540-982-2463, Lisbeth Woodward, MT-BC, NMT, ext. 2781; Krystine Smith, MA, MT-BC, RYT, ext. 6645

Additional Creative Arts Opportunities

Community Partnerships - Music Therapy services coordinate a variety of community partnership programming, including Guitars 4 Veterans and Uke Box Heroes. Community partnership programming is volunteer-based and does not require a consult for services. Community partnership programming rotates throughout the year and vary in availability. Contact: Lisbeth Woodward, MT-BC, NMT, 540-982-2463, ext. 2781

National Veterans Creative Arts Festival - NVCAF is an annual opportunity for Veterans to showcase their talents in visual arts, creative writing, drama, dance, and music. Any Veteran enrolled in the Salem VA HCS is eligible for participation, no consult needed. Contacts: 540-982-2463, Lisbeth Woodward, MT-BC, NMT, ext. 2781; Krystine Smith, MA, MT-BC, RYT, ext. 6645

Occupational Therapy (OT)

OT involves the therapeutic use of everyday life activities with individuals, groups, and communities to optimize independence, quality of life, and participation in valued life roles. OT provides Veteran-centric, evidence-based care by addressing the physical, cognitive, psychosocial, and environmental factors that impact Veterans' function and quality of life. OT works collaboratively with the mental health treatment team with targeted areas including ability to live alone, wellness management, sensory integration and processing, ability to care for oneself and others, role development during transition, community living, community mobility/driving, and vocation/avocation skill development.

Hospice and Palliative Care Unit - Psychology

The role of the psychologist working with the Hospice and Palliative Care Team includes: 1) Consulting with Veterans at end-of-life and their family members, to provide supportive intervention including education, emotional support, and Cognitive-Behavioral Therapy, and 2) Facilitating outpatient bereavement support groups for Veterans and family members of Veterans experiencing loss of a loved one. Contact: Betty Gillespie, PhD, 540-982-2463, ext. 2607

PREVAIL Center for Chronic Pain

The PREVAIL Center for Chronic Pain offers a variety of evidence-based services for chronic pain management, with two tracks for treatment: interventional pain (e.g., nerve blocks) or interdisciplinary team (IDT; treatment plans for those choosing IDT track may include interventional pain procedures if desired and considered appropriate). Those in the interventional track are only referred for injections. Those who choose the IDT track participate in six weeks (one hour per week) of classes that teach science-based methods for managing pain. Veterans then meet with the five-doctor panel (interventional pain, psychology, physical therapy, nutrition, pharmacy) to develop an individualized pain treatment plan based on Whole Health. Veterans are supported through monthly calls discussing progress towards their goals and receive follow-up with the panel to assess how they are doing and long-term treatment plans. Contact: Liz Courtney, PhD, 540-98-2463, ext. 4402

Primary Care-Mental Health Integration Team (PC-MHI)

The PC-MHI Team provides same-day care in the Primary Care clinics. Services are available to Veterans receiving primary care, with common concerns addressed including stress, anxiety, coping with chronic illness, feeling down or hopeless, irritability or moodiness, tobacco cessation, and making healthy behavior changes. Psychologists, social workers, clinical pharmacists, and psychology technicians work alongside the primary care clinics to provide brief, tailored treatments focused on Veterans' concerns and driven by their goals. PC-MHI also works with healthcare teams to offer groups on diabetes management, healthy sleep, dealing with stress, weight management, tobacco use, and coping with chronic pain. Contact: Shannon Shortt, PhD, 540-982-2463, ext. 1578

Program of Comprehensive Assistance for Family Caregivers (PCAFC)

The PCAFC is a clinical program that focuses on the needs of participating Veterans (including qualifying Service members) and their Primary and/or Secondary Family Caregiver(s).

A Veteran may be eligible for the program if:

- They have sustained or aggravated a serious injury (or illness) in the line of duty in the active military, naval or air service during any service era,
- have a single or combined service-connected disability rating by the Department of Veterans Affairs (VA) of 70% or more, and
- need in-person personal care services and supervision.

The Primary Family Caregiver may receive supports including a monthly stipend, access to health insurance through CHAMPVA, mental health counseling, travel benefits, and 30 days of respite care per year. Secondary Family Caregivers serve as backup support to the Primary Family Caregiver and may receive supports including mental health counseling and travel benefits. Application for the program can be completed through the on-line form “VA Form 10-10CG” or by bringing the form to the medical center and accessing local support. Contact: Katelyn Peters, LCSW, 540-982-2463, ext. 6649

Program of General Caregiver Support Services (PGCSS)

The PGCSS provides services to caregivers of Veterans of all eras enrolled in VA healthcare. PGCSS offers a wide array of services to family and friends who care for Veterans, including peer support mentoring, skills training, coaching, telephone support, and online programs.

A General Caregiver is a person who provides personal care services to a Veteran enrolled in VA healthcare who needs assistance with one or more activities of daily living or needs supervision or protection based on symptoms, impairment, or injury. General Caregivers do not need to be a relative or live with the Veteran.

The PGCSS provides services to the caregiver including, training and support through in-person and telehealth sessions, skills training focused on caregiving for a Veteran’s unique needs, individual counseling related to the care of the Veteran, and respite care, which allows caregivers to take time for themselves while the Veteran is cared for in a safe and caring environment. Contacts: 540-982-2463, Ocie Fidler, LCSW, ext. 6694; Azra Surhio, LCSW, ext. 1638

Psychosocial Rehabilitation and Recovery Center (PRRC)

The PRRC is an outpatient, group-based program designed to support mental health recovery. Through group participation, Veterans are supported in developing the knowledge and skills to be successful in achieving their goals and the fulfillment of valued life roles. Community integration is a primary focus, with Veterans taking steps to develop increased connection to and purpose within their chosen communities.

Expectations for treatment include participation at a minimum of 2 days per week, with graduation honored upon: 1. the development of knowledge and skills to support recovery, 2. the achievement of one’s personal recovery goals, and 3. meaningful integration in the community. The PRRC knows that recovery is possible and is there to support Veterans in living high quality lives despite mental health diagnoses. Contact: Lizzie Stein, PhD, 540-982-2463, ext. 4252

Recreation Therapy

Recreation Therapy is a treatment service designed to restore, remediate, and rehabilitate the Veterans level of functioning and independence in life activities. This is supported through the application of leisure- and evidence-based clinical interventions, which assist in maintaining or

improving health status, functioning, recovery, productivity, independence, well-being, and ultimately quality of life. Reducing isolation and overcoming barriers to leisure, as well as building self-confidence to support increased socialization within one's own community are accomplished through Recreation Therapy. Services are currently offered within inpatient Mental Health services, with an inability to access directly through Outpatient referral.

Substance Use Disorder Treatment Services

The Salem VA HCS offers Substance Use Disorder (SUD) treatment services within both outpatient and residential settings. The treatment team includes a multidisciplinary team of a psychiatrist, psychologists, social workers, occupational therapist, recreation therapist, rehabilitation technicians, vocational rehabilitation specialist, nursing staff, dietitian, and pharmacist.

Substance Use Disorder Outpatient Treatment Program

The Substance Abuse Outpatient Treatment Program is based on a recovery model of care. In the program, Veterans work with an individual provider and are encouraged to participate in group therapy. The Veteran and their individual provider work together to identify the Veteran's recovery goals and create a plan to assist the Veteran in meeting those goals. The program offers both in-person and virtual treatment options. Veterans appropriate for the outpatient treatment program are those who would like to make a change in their alcohol consumption and/or substance use. Contact: Mara Fuller, LCSW, 540-982-2463, ext. 3807

Residential Substance Use Disorder Treatment Program (Dom-SUD)

Dom-SUD is a residential treatment program for Veterans struggling with alcohol and/or drug dependence. During this 28-day program, Veterans attend daily groups, live within a residential community session, meet weekly with a social worker, and participate in Whole Health activities to initiate their substance use recovery journey. Contact: Phil Lehman, PhD, 540-982-2463, ext. 3759

Suicide Prevention Program

The Suicide Prevention Team works to identify and connect with Veterans who are struggling with complex issues (housing, relationships, substance use, etc.) along with Veterans who have reached out for support through the Veterans Crisis Line (#988 + Option #1). Veterans connected to the program are assigned a Suicide Prevention Case Manager who works with the Veteran until they have found solid ground to stand on. In the service of raising awareness and promoting the prevention of suicide, the team also conducts trainings and participates in community outreach efforts to engage Veterans in care. Contact: Michael Gartland, LCSW, 540-982-2463, ext. 2436

Federal legislation (**COMPACT Act**) has expanded coverage for suicide-related care for eligible Veterans. When in crisis, emergent care should be sought at any Emergency Department. Veterans, a family member, or the hospital staff can then use the following number: 1-844-72HRVHA (1-844-724-7842), to report an Emergency Department presentation within 72 hours of arrival. This call begins the process for determining eligibility for COMPACT care and in coordinating services between the community provider and the Salem VA Health Care System. Contact: Taylor Thompson, LCSW, 540-982-2463, ext. 4890

Veterans Justice Programs

Veterans Justice Outreach (VJO): This initiative provides outreach to Veterans in contact with the justice system through encounters with police, jails, and courts. The VJO program provides timely access to VHA services for eligible justice-involved Veterans to avoid unnecessary criminalization and

incarceration of Veteran offenders with mental illness. VJO acts as a liaison with local justice system partners and services involve direct outreach, assessment, and case management for justice-involved Veterans in local courts and jails. Contact: Machele Huff, LCSW, 540-982-2463, ext. 2499

Healthcare for Re-entry Veterans (HCRV): HCRV provides outreach to Veterans incarcerated in Department of Corrections prisons in the Western District of Virginia, and those Veterans released from state or federal prison, or who self-identify past legal incarceration who are seeking to establish eligibility for healthcare within the Veterans Healthcare Administration (VHA). HCRV provides assessment, treatment matching, education, case management, consultation, and advocacy to promote healthy community integration, with focus on readjustment to minimize need for future criminal activity. Veterans who are ineligible for healthcare at VHA are referred and linked to community-based resources. Contact: Leslie Hindle, LCSW, 540-982-2463, ext. 2879

Vocational Rehabilitation Services-Compensated Work Therapy (VRS-CWT)

Includes the following components:

- * Transitional Work
- * Supported Employment
- * Substances Abuse Supported Employment
- * Supported Education
- * Community Based Employment Services
- * Vocational Assistances

Vocational Rehabilitation Service programs are recovery-oriented services that offer a continuum of vocational, educational, training and employment, and therapeutic work services. The identification of barriers preventing on-going employment is used to support skill development, thereby supporting the maintenance of employment after it is secured. Contact: Rodney Rakestraw, MS, VRS, 540-982-2463, ext. 3102

Whole Health

Whole Health is an approach to care that supports the personal health and well-being of each Veteran, by putting the individual at the center of care. Veterans are supported in the development of a personalized health plan based on their values, needs, and goals. Whole Health focuses on self-care, skill building, and support. Approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, and health coaching support the Whole Health approach to care. Contact: Marilyn Radatz MS, CTRS, 540-98-2463, ext. 4928

Women's Clinic – Mental Health Services

The Women's Clinic provides evidence-based therapies to Veterans enrolled in the clinic. These services are similar to those offered through the Mental Health Clinic (MHC). The Clinic also offers a Women's Post Traumatic Growth Telehealth group to women Veterans that have completed or nearly completed an evidence-based PTSD treatment. Contact: Katie Poulos, LCSW. 540-982-2463, ext. 4147

Roanoke Vet Center
1401 Franklin Road SW, Suite 200
Roanoke, VA 24016
540-342-9726
877-927-8387 Vet Center Call Center

Readjustment Counseling

Vet Centers are community based and serve combat Veterans and their families by providing professional readjustment counseling, community education and linkage between the Veterans and other services.

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era Veterans were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. The family members of all eligible Veterans are eligible for Vet Center services as well. Vet Centers also provide bereavement counseling services to surviving parents, spouses, children, and siblings of service members who die of any cause while on active duty, to include federally activated Reserve and National Guard personnel.

Readjustment counseling is a wide range of psychosocial services offered to eligible Veterans and their families in the effort to make a successful transition from military to civilian life. They include:

- Individual and group counseling for Veterans and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- Veterans Benefits Administration benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

Eligibility for Vet Center Readjustment Counseling

If a Veteran served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) then the Veteran and their family is eligible for Vet Center services.

Salem VA Health Care System: 540-982-2463

Chief of Mental Health Services	Delmar Short, MD	Ext. 2515
Associate Chief of Mental Health	Brian Shenal, PhD	Ext. 2650
Chief of Social Work	Michele Keck, MS, LCSW	Ext. 1583
Acute Care Psychiatric Services (170)	Delmar Short, MD	Ext. 2515
Behavioral Medicine (BMed)	Sarah Buyck, PhD	Ext. 1578
Center for Aging and Neurocognitive Services (CANS)	Katherine Luci, PsyD Lauren Hageman, PhD Deanna Dragan, PhD	Ext. 4303 Ext. 2830 Ext. 6673
Center for Traumatic Stress (CTS)	Dana Holohan, PhD	Ext. 2934
Chaplain Services – Mental Health Integration	Steve Kohnert, DMin, BCC	Ext. 2892
Community Care Patient Liaison	Ray'Chaunia Bell	Ext. 6628
Community Care Billing		Ext. 1521
Community Engagement and Partnership Coordinator	Katie Foust, LCSW	Ext. 2512
COMPACT Care	Taylor Thompson, LCSW	Ext. 4890
Domiciliary Chief	Phil Lehman, PhD	Ext. 3759
Domiciliary Posttraumatic Stress Treatment Program (DOM-PTSD)	Emily Marston, PhD	Ext. 1160
Eating Disorders Treatment	Natalie Hicks, PsyD	Ext. 3721
Emergency Psychiatric Evaluation and Treatment	Arvin Bhandari, MD	Ext. 6680, 6762
Employee Assistance Program (EAP) Coordinator	Brian Shenal, PhD	Ext. 2650
Gerofit	Exercise Physiologists	Ext. 1707
Healthcare for Homeless Veterans (HCHV)	Jeff Doyle, LCSW	Ext. 4810
Healthcare for Re-entry Veterans (HCRV)	Leslie Hindle, LCSW	Ext. 2879
HUD/VASH	Jeremy Floyd, LCSW	Ext. 3857
Intensive Community Mental Health Recovery (ICMHR) Program	Tina Booth, LCSW	Ext. 3011
Intimate Partner Violence Assistance Program (IPVAP)	Kathy Godbey, LCSW	Ext. 2527
LGBTQ+ Health Program	Susan Hall, LCSW	Ext. 2773
Local Recovery Coordinator/Veterans MH Council Liaison	Katie LeSauvage, PsyD	Ext. 2398
Mental Health Clinic (MHC)	Anjali Varma, MD	Ext. 2611
Military2VA (M2VA) Program	Cherri Hall, LCSW	Ext. 1765
Military Sexual Trauma Program/Treatment	Sarah Voss Horrell, PhD	Ext. 1467
Music Therapy	Lisbeth Woodward, MT-BC, NMT Krystine Smith, MA, MT-BC, RYT	Ext. 2781 Ext. 6645
Hospice & Palliative Care Unit - Psychology	Betty Gillespie, PhD	Ext. 2607
PREVAIL Center for Chronic Pain	Liz Courtney, PhD	Ext. 4402
Primary Care-Mental Health Integration Team (PC-MHI)	Shannon Shortt, PhD	Ext. 1578
Program of Comprehensive Assistance for Family Caregivers (PCAFC)	Katelyn Peters, LCSW	Ext. 6649
Program of General Caregiver Support Services (PGCSS)	Ocie Fidler, LCSW Azra Surhio, LCSW	Ext. 6694 Ext. 1638
Psychosocial Rehabilitation and Recovery Center (PRRC)	Lizzie Stein, PhD	Ext. 4352
Substance Abuse Outpatient Treatment Coordinator	Mara Fuller, LCSW	Ext. 3807

Substance Abuse Supported Employment	William Stader, VRS	Ext. 3535
Substance Abuse Treatment Services Admissions Coordinator	Ashley Greenleaf, LCSW	Ext. 4591
Suicide Prevention Program	Michael Gartland, LCSW	Ext. 2436
Supported Employment (SE)	John Saunders, VRS	Ext. 1141
Transitional Work	Tariq Rashad, VRS	Ext. 1889
Veterans Justice Outreach	Machele Huff, LCSW	Ext. 2499
Vocational Rehabilitation Services-Compensated Work Therapy (VRS-CWT) Program Coordinator	Rodney Rakestraw, MS, VRS	Ext. 3102
Whole Health	Marilyn Radatz MS, CTRS	Ext. 4928
Women's Mental Health Champion	Katie Poulos, LCSW	Ext. 4147
Women Veterans Program Manager	Melissa Miles, LCSW	Ext. 3782

Disclaimer: This is a guide was initiated by the Veterans Mental Health Council (VMHC) to support awareness of services targeting mental health and well-being and to aid in engagement in care. Know that staff and extensions can change over time. An annual update of information will be conducted by the Veterans Mental Health Council Liaison. Last update: 09/16/24.

Salem VA Medical Center & Health Clinic Locations

Salem VA Medical Center

1970 Roanoke Blvd.

Salem, VA 24153

540-982-2463 or toll free at 888-982-2463

The Salem VA Medical Center is the parent facility to five VA community-based Health Clinics located throughout southwest Virginia. VA Health Clinics are extensions of the Medical Center, allowing access to VA health care within one's community of residence.

Services Available at Health Clinic Locations:

- physical examinations
- on-site laboratory
- prescriptions
- medical care (diabetes, COPD, hypertension, coronary arterial disease, etc.)
- EKGs
- immunizations (flu, pneumonia, etc.)
- X-rays
- scheduled appointments

Mental Health Services Include

- individual counseling
- group counseling
- PTSD groups
- smoking cessation
- weight counseling
- grief counseling
- life events counseling

** services may vary by site*

Health Clinic Locations:

Danville VA Clinic

325 Piedmont Drive, Danville Mall, Suite 2005

Danville, VA 24540-2860

Main phone/Mental Health Care: 434-710-4210

Lynchburg VA Clinic

1600 Lakeside Dr

Lynchburg, VA 24501

Main phone/Mental Health Care: 434-316-5000

Staunton VA Clinic

102 Lacy B. King Way

Staunton, VA 24401

Main phone/Mental Health Care: 540-886-5777

Tazewell VA Clinic

388 Ben Bolt Avenue

Carilion Tazewell Community Hospital

Tazewell, VA 24651

Main phone: 276-988-8863

Mental health care: 276-988-8854

Wytheville VA Clinic

165 Peppers Ferry Road

Wytheville, VA 24382

Main phone/Mental Health Care: 276-223-5400

WE WANT YOU!



Veterans Mental Health Council

The Veterans Mental Health Council provides Veterans, family members, and other stakeholders the opportunity to positively impact mental health services delivered through the Salem VA Health Care System. The Council provides an avenue for members to be of service to local Veterans by addressing areas of concern (e.g., Suicide Prevention, Homelessness, Access to Care), assisting with Recovery-oriented and Outreach Events, and reducing stigma through community involvement.

VETERANS MENTAL HEALTH COUNCIL

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Where the Voices of
Veterans are Heard.

Veterans Mental Health Council Meetings

- Day: 3rd Tuesday of each month
- Time: 1:00-2:00 p.m.
- Place: Building 11 – Room 3, Salem VA Medical Center
- A virtual call-in option is available, reach out to Council Liaison for the access code.

To learn more contact, Council Liaison: *Katie LeSavage, Psy.D.*, 540-982-2463 x2398

24/7, confidential crisis support for **Veterans and their loved ones**



If you're a Veteran in crisis or concerned about one, reach caring, trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

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

You're not alone— the **Veterans Crisis Line** is here for you.



Dial 988 then Press 1



Chat online at
VeteransCrisisLine.net/Chat



Text 838255



U.S. Department
of Veterans Affairs

Scan the QR code to download
Veterans Crisis Line resources.



07/2/22