

Post-Traumatic Stress Disorder (PTSD) is an emotional condition that develops as a result of a frightening, life threatening, or otherwise highly unsafe experience.

Symptoms Include:

Anxiety, Depression, Feelings of Isolation or Rage, Survivor's Guilt, Avoidance of Feelings and/or Intrusive Thoughts

Have you experienced any of these symptoms?

1. Re-experiencing or reliving a traumatic event:
 - ___ Bad dreams or nightmares about the event
 - ___ Behaving or feeling as if the event were actually happening all over again (flashbacks)
 - ___ Having strong emotional feelings when reminded of the event
 - ___ Having strong physical sensations when reminded of the event (e.g. heart races, sweating, struggle to breathe; feeling of losing control)
2. Avoiding reminders of a traumatic event:
 - ___ Avoiding thoughts, conversations or feelings that remind me of the event.
 - ___ Avoiding people, places or activities that remind me of the event
 - ___ Having difficulty remembering some important parts of the event
3. I experience these medical/emotional problems:
 - ___ Irritability, a quick temper, anger problems
 - ___ Weight gain or loss
 - ___ Chronic Pain (e.g. neck, back, joints)
 - ___ Problems falling and/or staying asleep
 - ___ Headaches
 - ___ Depression
 - ___ General Anxiety or Panic Attacks
 - ___ Alcoholism and/or other Substance Abuse

Are you a service member, a veteran or a family member of someone who is?

**YOU ARE NOT ALONE,
HELP IS AVAILABLE!**

Please contact one of our service locations for more information on the following services.

- Peer-Run Drop-In Centers
- Seeking Safety Therapy
- Veteran-Facilitated Vet-to-Vet BEITZ Groups
- Family Support & Psycho-educational Groups
- Individual Counseling (CBT or CPT)
- Community Resources Coordination

COUNTIES SERVED

Hidalgo, Cameron, Willacy and Starr counties

SERVICE LOCATIONS

Military Veteran Peer Center - Weslaco
2215 W. Business 83
(956)520-8860

Military Veteran Peer Center - Harlingen
1242 N. 77 Sunshine Strip
(956)423-1233

Military Veteran Peer Center - Brownsville
871 Old Alice Rd. Suite C
(956)547-1510

Mental Health Crisis Hotline:
1-877-289-7199
www.ttbh.org

A Vision of Hope

**VETERANS
PROGRAM**





Eligibility Requirements

Acceptable Veterans Forms:

DD 214; Texas Driver License w/Veteran Identifier

Acceptable Dependents Forms:

Marriage Certificate; Uniform Service ID

SERVICES OFFERED

- ◆ Confidential Vet-to-Vet support group meetings, led by veterans who struggle with the same issues. Bring Everyone In the Zone (BEITZ) Curriculum
- ◆ Individual Counseling - Cognitive Processing Therapy (CPT) or Cognitive Behavioral Therapy
- ◆ Family Support & Psycho-Educational Groups for the veterans and their families. Operation Resilient Families Curriculum
- ◆ Seeking Safety Therapy - A present-focused treatment for people with a history of trauma and/or substance abuse. Individual or group sessions are held to help people attain safety from trauma/PTSD



- ◆ Jail Diversion Trauma Recovery for Veterans in:
 - Hidalgo Co. Veteran Treatment Court
 - Cameron Co. Veteran Treatment Court
- ◆ TX Serves-RGV: Community Resource Coordination related to basic needs (e.g. food, shelter, clothing, employment, mental health and physical health) for veterans and their families
- ◆ Military Veteran Peer Centers (MVPC): designed to provide a safe, supportive and positive environment where all veterans and their families can receive assistance in transitioning and adapting to post-service life. At the MVPC, we provide many activities that veterans and their families can enjoy:
 - Computer Lab
 - T.V. Room
 - Movie Night
 - Arts & Crafts
 - Peer-to-Peer Group
 - Counseling Services (CPT/CBT)
 - Emergency Financial Assistance

We work in conjunction with and occasionally invite community organizations that assist veterans to present on the different services available to veterans. For more information on the below mentioned services, please contact your nearest MVPC.

- Housing Assistance
- Employment
- Educational Benefits
- VA Benefits



MILITARY VETERAN PEER NETWORK

The Military Veteran Peer Network (MVPN) is made up of TVC-Certified Peer Service Coordinators and peer volunteers strategically placed within local mental health authorities across Texas to create a statewide peer-to-peer network for any service member, veteran, or family member. The MVPN provides services including direct peer-to-peer support, training on suicide prevention and military cultural competency, coordination of mental health first aid, and warm-handoffs to local resources based on the individual needs of the veteran and family.

VOLUNTEER OPPORTUNITIES

Interested in becoming a volunteer? There are various opportunities available:

- Peer Volunteer
- Peer Group Facilitator
- One-on-One Peer Support Leader
- Veteran Treatment Court Peer Mentor

Trainings are available at no cost to you:

- AS+K? About Suicide to Save a Life
 - Counseling on Access to Lethal Means (CALM)
 - Military Cultural Competency: Basic Certification Training (MCC: BCT)
 - Bring Everyone In The Zone (BEITZ)
- *Eligible after 6 months of volunteering

MILVETPEER.NET