



# PTSD, TBI, AND BEYOND: VETERAN MENTAL HEALTH AND SUCCESS IN POST- MILITARY LIFE



The Colorado Veterans Health and Wellness Agency is a 501(c)3 Nonprofit that is professionally affiliated with the Family Care Center LLC, a private outpatient mental health counseling clinic serving veterans and their families since 2010

## Vision

To assist veterans in and around the Pikes Peak Region in identifying and removing or minimizing barriers to their mental, physical, emotional, and behavioral wellness.

## Mission

To provide veterans with access to licensed and certified medical and mental health professionals who are experienced in meeting the unique needs of our nation's service members

|   |   |  |
|---|---|--|
| <b>Service</b><br>It is our goal to provide veterans with timely outpatient services, as soon as they need it, as often as they need it.  | <b>Competence</b><br>It is our goal to ensure that our staff and clinicians are military experienced or military informed, and demonstrate understanding of the unique needs of our veterans. | <b>Integrity</b><br>We will provide honest, transparent, and ethical practices to our veterans, our partners, our donors, and our community.                   |
| <b>Collaboration</b><br>We recognize that the needs of veterans are varied and complex, and are willing to collaborate with organizations that share our vision, mission, and values. |   | <b>Commitment</b><br>We are committed to providing timely, effective, and supportive behavioral health and medical services to meet the needs of our veterans. |

The CVHWA provides grant-funded clinical mental health counseling services to veterans with no other means of mental health counseling support.

Our organization is dedicated to bridging the gap between the veteran's current mental health needs and the existing services available

**Cultural Awareness**

**Cultural Knowledge**

**Cultural Sensitivity**

**Cultural Competence**

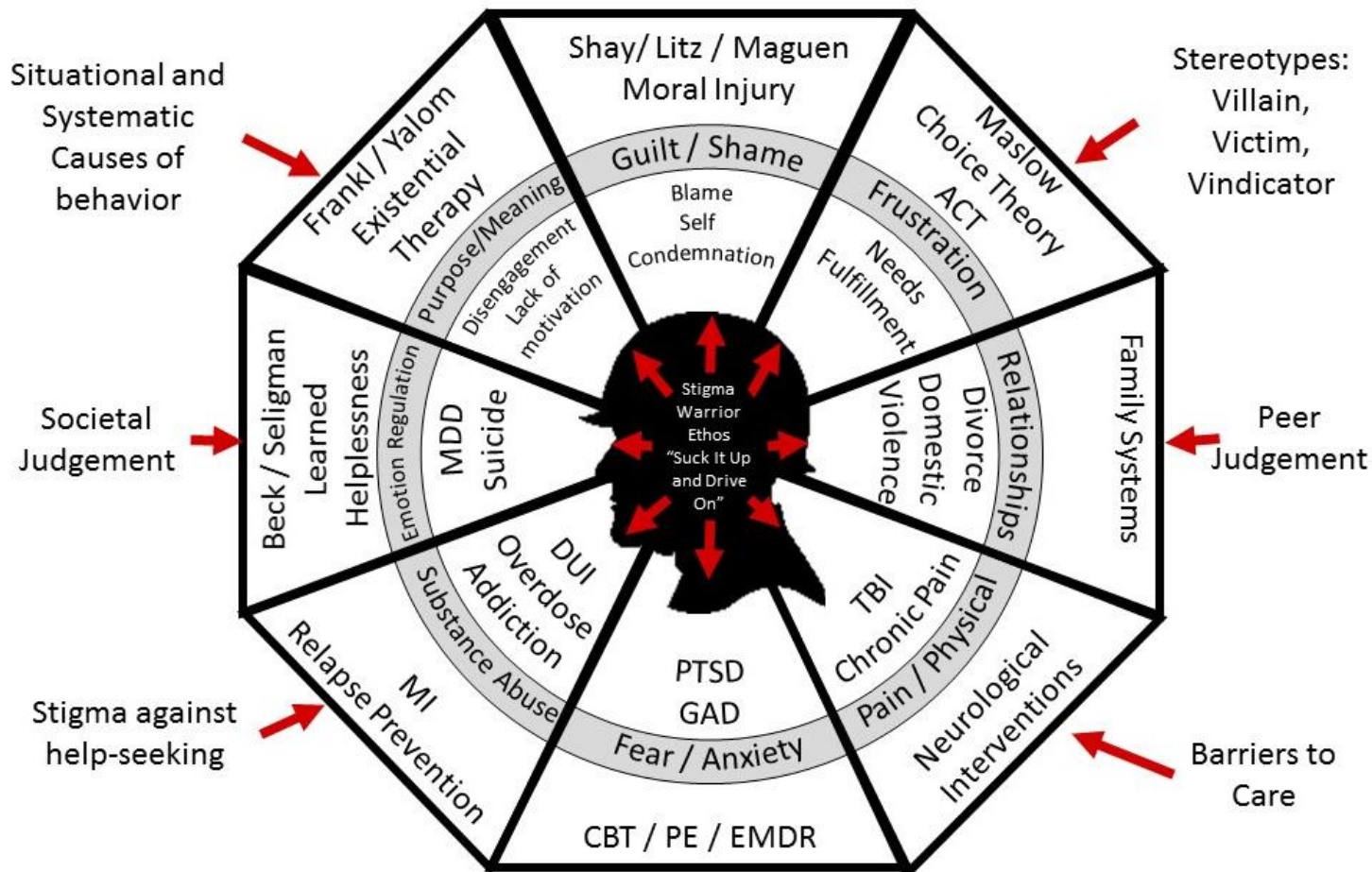
Developing sensitivity and understanding of another ethnic group...Cultural awareness must be supplemented with cultural knowledge

Familiarization with selected cultural characteristics, history, values, belief systems, and behaviors of the members of another ethnic group

Has the ability to be appropriately responsive to the attitudes, feelings, circumstances of groups of people that share a common and distinct racial, national, religious, linguistic, or cultural heritage

Can Function effectively and appropriately in diverse cultural interaction and settings

Adams, D. L. (1995). Health issues for women of color: A cultural diversity perspective.



**PTSD, TBI, AND BEYOND:  
VETERAN MENTAL HEALTH  
AND SUCCESS IN POST-  
MILITARY LIFE**

- |   |             |
|---|-------------|
| 1. Posttraumatic Stress Disorder can be cured   | A  —————  D |
| 2. Posttraumatic Stress Disorder is a crutch that veterans use to excuse poor behavior  | A  —————  D |
| 3. If a Veteran was knocked unconscious, they have a TBI  | A  —————  D |
| 4. All TBIs are the same  | A  —————  D |
| 5. If a veteran has a diagnosable mental health condition, they also likely have a substance use disorder                               | A  —————  D |
| 6. Substance use disorders are limited to illicit or mind-altering substances   | A  —————  D |
| 7. A veteran can struggle with emotional disturbance even if they haven't been exposed to traumatic events                              | A  —————  D |
| 8. Depression and anxiety are common challenges when it comes to veteran mental health  | A  —————  D |
| 9. Many veterans struggle with finding something to fill a sense of meaning and purpose after leaving the military                      | A  —————  D |
| 10. Veterans often question their connection to God or a Higher Power as a result of their experiences                                  | A  —————  D |
| 11. There are situational and systematic reasons for a veteran's unacceptable behavior  | A  —————  D |
| 12. Service members often engage in actions, or fail to prevent actions, that go against their own belief about what is right and wrong | A  —————  D |
| 13. When leaving the military, veterans sometimes struggle with meeting some of their basic needs: shelter, safety, employment          | A  —————  D |
| 14. Learning how to meet old needs in new ways is difficult for a veteran   | A  —————  D |
| 15. Changes in mental health impact a veteran's relationships   | A  —————  D |
| 16. Relationship challenges exist inter-generationally (spouses, peers) as well as intra-generationally (parents, children)             | A  —————  D |

## BOOKS

### Veteran Mental Health

*On Combat: The Psychology and Physiology of Deadly Conflict in War and Peace* and *On Killing: The Psychological Cost of Learning to Kill in War and Society* Dave Grossman

### Vietnam

*We Were Soldiers Once...and Young: The Battle that Changed the War in Vietnam*  
Hal Moore and Joseph Galloway

### Persian Gulf War

*Crusade: The Untold Story of the Persian Gulf War*  
Rick Atkinson

### Somalia

*In The Company of Heroes* Michael Durant and Steven Hartov

### Iraq

*Boots On the Ground: A Month with the 82nd Airborne in the Battle for Iraq* Karl Zinsmeister

*In The Company of Soldiers: A Chronicle of Combat in Iraq* Rick Atkinson.

### Afghanistan

*Not a Good Day to Die: The Untold Story of Operation Anaconda* Sean Naylor.

*Red Platoon: A True Story of American Valor* by Clinton Romesha

### The Aftermath

*Lethal Warriors: When the New Band of Brothers Came Home* by David Philipps

*The Invisible Front: Love and Loss in an Era of Endless War* by Yochi Dreazen

## BLOGS

[www.veteranmentalhealth.com](http://www.veteranmentalhealth.com)

[www.havokjournal.com](http://www.havokjournal.com)

[www.taskandpurpose.com](http://www.taskandpurpose.com)

## PODCASTS



**BEYOND the UNIFORM**

[www.beyondtheuniform.io](http://www.beyondtheuniform.io)

**SuccessVets.com**

[www.successvets.com](http://www.successvets.com)

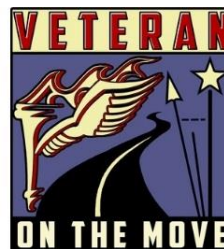
WWW.

Veteranology  
.com



WWW.

veteranonthemove  
.com



**ChangeYour  
POV**

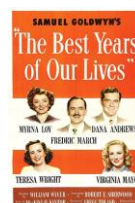
[www.changeyourpov.com](http://www.changeyourpov.com)

## MOVIES

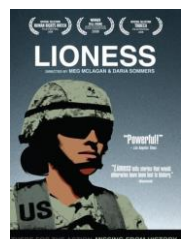
ACRONYM: The Cross-Generational Battle With PTSD



Thank You for Your Service



The Best Years of our Lives



Lioness