

What to look for.....

All military families will be affected by deployment-related stress – before the service member leaves, while they are gone, and after they return. Combat training and experience is like no other. Veterans and their families make difficult adjustments often invisible to others.

ANYONE CAN FEEL THIS WAY SOMETIMES

Certain signs of stress are typical and often improve with a little rest, time and patience. Individuals who have suffered prolonged stress, the death of someone close, or some other traumatic experience – Military or NON-Military related -- are likely to be moody, irritable, and have problems getting back to normal sleep patterns. They may drink too much or rely too heavily on something else to cope with their emotions. At first, affected individuals may withdraw from social contact, even their loved ones, or may only seek the company of others who have had similar experiences.

WHEN INTERVENTION IS NECESSARY

Common problems faced by returning Veterans may get worse over time unless they get professional help. These include Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Depression and Suicide Risk, and Substance Abuse. A Veteran may also suffer from more than one of these conditions.

ANSWERING YES TO ANY OF THE FOLLOWING QUESTIONS CAN BE A SIGN OF DANGER - PLEASE CONTACT A QUALIFIED PROFESSIONAL

POST TRAUMATIC STRESS DISORDER (PTSD)

- Have you had nightmares about your time in service?
- Have you tried hard not to think about it or avoid situations that remind you of it?
- Are you constantly on guard, watchful, easily startled?
- Are you feeling numb or detached from others, activities or your surroundings?
- Do you have sudden outbursts of anger or aggression?

TRAUMATIC BRAIN INJURY (TBI)

- Are you having unusual problems involving...
- Oversensitivity to light & noise?
 - Dizziness or blurred vision?
 - Headaches?
 - Confusion, fatigue and low mental stamina?
 - Memory or concentration problems?
 - Comprehension or word-finding difficulty?
 - Emotional changes (e.g., depression, apathy, irritability or low frustration tolerance?)
- Have you ever experienced a ...
- Blast or explosion?
 - Vehicle accident or crash?
 - Fragment or bullet wound above the shoulders
 - Fall or other type of blow to the head?

DEPRESSION

- Are you experiencing
- Little interest or pleasure in doing things?
 - Feeling down, depressed or hopeless?
 - Feeling worthless, wanting to punish yourself?

SUICIDE RISK

- Are you having thoughts of hopelessness?
 - Do you currently have any suicidal thoughts?
.... Is there a plan or an intention to act on them?
- Has anyone in your family...
- Attempted suicide
 - Suffered from serious depression?
- Have you ...
- Ever attempted suicide?
 - Been psychiatrically hospitalized in the past year?

ALCOHOL AND OTHER DRUG ABUSE

- Has your substance use increased or continued even though you tried to cutback or stop?
- Do you hide or lie about how much you use?
- Are you or others worried about your use or about how alcohol or other substances are affecting you (including prescription medications)?

www.vetfamsa.org



THE VETERAN FAMILY SUPPORT ALLIANCE
Serving New York's Hudson Valley

COMBAT-RELATED PTSD And Other Reintegration Issues

WHAT TO LOOK FOR

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WHERE TO GET HELP

For Service Men and Women and their Families

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(914) 737-4400 x 2892/ (845) 629-3431

Where to get help.....

If you or a loved one have served in the military and live in the Hudson Valley, **YOU ARE NOT ALONE.**



VETFAMSA is a coalition of mental health providers, other health practitioners, educators, members of the VA and Veteran Services Agencies, Active and Retired Military and their families, emergency services, and various other community members. We have pledged to support all men and women of the armed services, and their families and loved ones here in the Hudson Valley. We work to:

- Raise awareness about the needs of troops returning from Iraq and Afghanistan
- Identify needs of local military families as well as existing sources of support
- Improve access to services and other support for our veterans and their families
- Expand support networks and services for military families.

MILITARY FAMILY- AND VETERAN-FRIENDLY SERVICES IN OUR AREA

HVPA Soldiers Project www.hvpa.org 845-452-0274
Free, confidential assistance to veterans and their loved ones

DISABLED AMERICAN VETERANS (DAV)

845 291-1197 877-I Am A Vet (877-426-2838)

BRAIN INJURY ASSOC. OF NYS 845-527-7913

FOUR WINDS HOSPITAL 914-763-8151

In-patient Mental Health Programs for Veterans

Women Veterans Program 845-647-8006

Samaritan Village: Ellenville, NY

LEGAL SERVICES OF THE HUDSON VALLEY 914 949-1305

Support Services for Veterans Families 914-664-6943

Common Ground Homeless Housing (914) 788-1368

US Department of Labor ONE-STOP Newburgh 845-568-5379

Vet2Vets Orange County (845) 342.2400 ext: 237

(In Westchester: see Family Services * In Putnam see Vet Svc Agency)

FAMILY SERVICES OF WESTCHESTER www.fsw.org

www.foodfightforvets.com 845 298-7522

American Red Cross * Emergency Services for

Military Personnel 24hr hotline 877-272-7337

Hudson Valley Community Reiki www.hvcreiki.org

Warrior Camp® 855 877-4968

Center for Holistic Healing 845 255- 2443

Hudson Valley Colonics 845 256-1516

Therapeutic Equestrian Center www.myfeettakewings.org

Educated Canines Assist. w/Disabilities dale@ecad1.org

Creative Warriors www.ocartscouncil.org

Military OneSource <http://militaryonesource.com>

Family Readiness Groups(any deployment phase):

* **Marines** Patricia Graziano 845-563-1946

Shelly Aiken 845-563-2907

* **Air National Guard** Patricia Shilling 845-563-2062

* **Army Reserve** 877-715-7817/518-786-525/4807

Joint Family Support Assistance 800-342-9647

Joint Military & Family Life Consultant Program (Latham,NY)

518-538-0894 or 518-786-0406

Services for severely injured veterans:

- www.woundedwarriorproject.org
- www.fallenheroesfund.org

ASSOCIATIONS FOR VETERANS AND MILITARY FAMILIES

Soldier On www.wesoldieron.org

<http://mybattlebuddyfitness.wordpress.com>

SEMPER FI PARENTS OF HUDSON VALLEY NY

(845) 242-2230 www.semperfiparentshv.org

www.womenveteransofthehudsonvalley.com

Sullivan County Veterans Coalition 845-791-4041

COMMITTEE FOR THE FAMILIES OF IRAQ & AFGHANISTAN

WAR VETS (Monticello) www.familiesofwarvets.org

Family Matters: On-line Blog for Military Families

<http://afps.dodlive.mil/category/family-matters>

Iraq and Afghanistan Veterans of America

--Rapid Response Referral Program iava.org/rrrp

National Military Family Association www.militaryfamily.org

TEAM RED WHITE & BLUE Sports & Fitness www.teamrwb.org

Armed Services YMCA www.asymca.org

America's VetDogs www.vetdogs.org

GOVERNMENT AND PUBLIC SERVICES

19th Congressional * Office of Chris Gibson

www.vetsny19cd.weebly.com 518-567-8920

COUNTY LEVEL VETERAN SERVICES AGENCIES

Dutchess: Nelson Eddy Rivera 845 486-2060

Orange: Christian Farrell 845 291-2470

Putnam: Karl Rohde 845-808-1620

Ulster: Steve Massee 845-340-3190

Sullivan: John Crotty 845-807-0233

24-Hour Hotline For Veterans and Military Families:



VA HUDSON VALLEY HEALTH CARE SYSTEM

Castle Point Campus 845 831-2000

Women's Health x 5658

Montrose Campus 914 737-4400

Carmel CBOC 845 228-5291

Monticello CBOC 845 791-4936

Pine Plains CBOC 518 398-9240

Poughkeepsie CBOC 845 452-5151

Castle Point Campus 845 831-2000

Goshen CBOC 845 294-6927

New City CBOC 845 634-8942

Port Jervis CBOC 845 856-5396

VA Home Front (Homeless Vets) 1-877-4AID-VET

MIDDLETOWN VET CENTER 845 342 9917

PRIVATE, COMMUNITY-BASED SERVICES

MENTAL HEALTH ASSOCIATIONS (MHA):

Dutchess: 845-473-2500 ~ Ulster: 845-339-9090 x113

Orange: 845-342-2400

Alcoholics Anonymous (AA) www.ny-aa.org

Dutchess 845 452-1111

Orange 845 534-8525

Ulster 845 326-2525

Al-Anon (for family members of alcohol abusers)

<http://www.al-anon.org>

Domestic Violence 24 Hour Hotlines

Dutchess 845 485-5550

Orange 888 503-4673

Ulster 845 679-2485

CIVILIAN VOLUNTEER OPPORTUNITIES

HV VA Medical Foster Home 914-737-4400 x5033

VETFAMSA 845-226-4218

