

PTSD AWARENESS MONTH



EMORY HEALTHCARE VETERANS PROGRAM

June is PTSD Awareness Month

An estimated 1 in 3 service members will return home with invisible wounds such as PTSD, traumatic brain injury, depression, or anxiety brought on by what they experienced during military service.

Our program is free and confidential to eligible post-9/11 veterans, service members, and National Guard reservists living anywhere in the United States, regardless of deployment history or discharge status.

Our two-week Intensive Outpatient Program can be completed in-person at our clinic in Atlanta, Georgia, or in the privacy and comfort of your own home via telemedicine.

Returning to the things you love is possible. When you're ready, we're ready to help. Treatment works – Call [888-514-5345](tel:888-514-5345) to talk with a veteran care coordinator today.



EHVP Announces Partnership with the South Carolina Department of Veterans Affairs

We are honored to announce a new partnership between EHVP and the South Carolina Department of Veterans Affairs. Major General (ret.) William F.

Grimsley, SC Secretary of Veterans' Affairs, met with EHVP leadership to make the partnership official.

"We hereby commit the South Carolina Department of Veterans Affairs (SCDVA) and Emory Healthcare Veterans Program (EHVP) to an enduring partnership that will significantly enhance veteran mental healthcare in South Carolina. To this end, the SCDVA will inform, educate, and refer eligible post-9/11 veterans to EHVP for no-cost medical treatment of post-traumatic stress disorder, traumatic brain injury, military sexual trauma, anxiety, and depression related to military service. Our goal is to heal these invisible wounds and empower South Carolina's veterans to live their best lives," said Major General (ret.) Grimsley.

[Watch the Signing](#)

By the Numbers: Intensive Outpatient Program since June 2020 during the COVID-19 pandemic:

32 cohorts completed the IOP via telemedicine

47 cohorts completed the hybrid in-person IOP

350 assessments for the IOP completed



Intensive Treatment Programs for PTSD Decrease Suicide Ideation

The increasing suicide rates among U.S. service members and veterans are a major concern. The Veterans Administration (VA) estimates 17 veterans take their lives every day. Further, the VA data showed the suicide rate of veterans was 1.5 times the rate of non-veteran adults in 2017.

Addressing suicidal ideation, the act of thinking about or planning suicide, is a critical factor in suicide prevention. EHVP has recently completed a study that shows intensive treatment programs such as EHVP's Intensive Outpatient Program lead to significant reductions in suicidal ideation among warriors in as little as two weeks.

Research shows program participants experience a significant decrease in PTSD symptoms and suicidal ideation after completing the two-week program. The

study also found that participants maintain those gains three months after graduation.

[Read the Study](#)



PREVENTS Launches New App for Suicide Prevention

As we face the tragedy of suicide in our nation, we must reach beyond what we have done before. We must change the way we think about, talk about, and address emotional pain and suffering. Suicide is preventable - but only if we empower ourselves with the knowledge, tools, and resources to deal with it.

We know that people want to help, but often don't know how to reach those who are struggling. In addition, those you are hurting don't always know how -or are afraid- to seek help. We must change this mindset so we can stop the rising rates of suicide in our nation.

To that end, **PREVENTS**, a federal inter-agency effort, has developed the How We R.E.A.C.H. Coaching Tool that will revolutionize how we reach out to those who are struggling - and how we reach out for help ourselves.

By working together, supporting one another, and recognizing when to REACH to those in need, we have the power to change how we address mental illness and suicide in America. We can all learn how to REACH to care for our own emotional wellbeing and the wellbeing of those we love. Please join us. REACH now, learn how! Together we will prevent suicide.

[Learn to REACH](#)



[Watch Now](#)

Free, Confidential Care Where You Are

"I felt comfortable being able to complete the Intensive Outpatient Program at home. My wife was there to participate in the family sessions with me, and I was able to go downstairs during breaks and help my son with his homework. The ease of

the internet and being in my own space motivated me to complete the treatment," said a graduate of the Intensive Outpatient Program via telemedicine.

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PROCESSING THROUGH GRIEF



Embrace

Be present and acknowledge your grief. Ignoring or resisting your feelings of sadness and pain will only prolong the grieving process. By sitting with these feelings, you can begin to accept and process the loss.

LEARN MORE: emoryhealthcare.org/gotyoursix

Access the Toolkit

We Got Your Six Toolkit

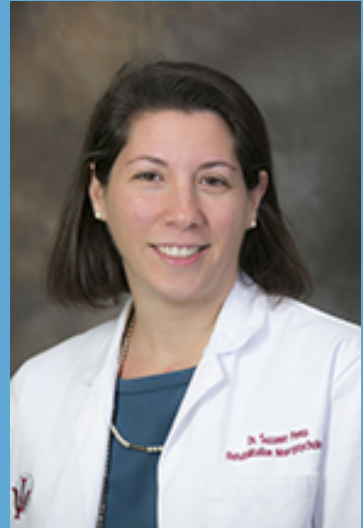
These are challenging times for everyone. To help, EHVP created content to keep you and your family both mentally and physically healthy. Our toolkit contains guides for practicing mindfulness, building resilience, and processing grief, among other topics.

Top Honor for EHVP Clinician

Please join us in congratulating Dr. Suzanne Penna on her election to the Presidency of the Association of Internship Training Centers in Neuropsychology (AITCN).

Dr. Penna was instrumental in the development of our Traumatic Brain Injury treatment model.

Congratulations, Dr. Penna!



Give Today

Help Us Heal Invisible Wounds

Because of our donors' generous gifts, we have made incredible progress in serving veterans and service members over the past five years. Please consider helping us make the next five years as remarkable as the last by donating to the program. Your gift will help transform and possibly save the lives of our nation's heroes.