

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)?



THE VETERAN FAMILY SUPPORT ALLIANCE
Serving New York's Dutchess, Orange and Ulster Counties

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

LORINDA R. ARELLA, PH.D.
VETFAMSA PROJECT DIRECTOR
(845) 226-4218

JOSEPH AMATO, PH.D.
CLINICAL PSYCHOLOGIST
VA HUDSON VALLEY HEALTH CARE SYSTEM
(914) 737-4400 x 2892/ (845) 629-3431

Where to get help.....

If you or a loved one have recently 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

Hudson Valley Psychological Association
HVPA Soldiers Project 845-452-0274
Free, confidential assistance to veterans and their loved ones

SEMPER FI PARENTS OF HUDSON VALLEY NY
Monthly support groups – all branches, any deployment phase
914-474-2295 www.semperfiparentshv.org

FOUR WINDS HOSPITAL 914-763-8151
In-patient Mental Health & Support Groups for Veterans

ASSOCIATIONS FOR VETERANS AND MILITARY FAMILIES

Family Readiness Groups (any deployment phase):
* **Marines Patricia Graziano 845-563-1946**
Shelly Aiken 845-563-2907
* **Air National Guard Jeanne Dion 845-563-2062**
* **Army Reserve 877-715-7817/518-786-525/4807**
Joint Family Support Assistance (Latham, NY)
518-265-2901 ~ 1-800-342-9647
Joint Military & Family Life Consultant Program
(Latham, NY) **518-538-0894/518-786-0406**
Military OneSource <http://militaryonesource.com>
Family Matters: On-line Blog for Military Families
<http://afps.dodlive.mil/category/family-matters>
Iraq and Afghanistan Veterans of America
<http://iava.org/>
National Military Family Association
<http://www.militaryfamily.org/>

GOVERNMENT AND PUBLIC SERVICES

VA HUDSON VALLEY HEALTH CARE SYSTEM

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|---------------------|--------------|
| 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 |

HOMELESS VETERANS 877-424-3838

COUNTY LEVEL VETERAN SERVICES AGENCIES

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|------------------------------|--------------|
| Dutchess: Nelson Eddy Rivera | 845 486-2060 |
| Orange: Anthony Zippo | 845 291-2470 |
| Ulster: Terry Breitenstein | 845 340-3190 |



PRIVATE, COMMUNITY-BASED SERVICES

Hudson Valley Community Reiki www.hvcreiki.org
Horseback Riding & Eagala Therapies:
* Winslow Horses for Heroes 845 986-7625
* Eva Usadi (Damascus,PA) 917-509-5804
Biodynamic CranioSacral Therapy 845 255-1948
Center for Holistic Healing 845 255-2443
Marist College Roberta Staples 845 575 3000 x 2286#
MENTAL HEALTH ASSOCIATES (MHA):
Dutchess: 845-473-2500 ~ Ulster: 845-339-9090 x113

OTHER COMMUNITY-BASED ASSISTANCE

www.foodfightforvets.com 845-298-7522
Armed Services YMCA www.asymca.org
America's VetDogs www.vetdogs.org
Services for severely injured veterans:
• www.woundedwarriorproject.org
• www.fallenheroesfund.org

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

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| Dutchess | 845 485-5550 |
| Orange | 888.503-4673 |
| Ulster | 845 679-2485 |

PLEASE SUPPORT LOCAL BUSINESSES WHO DONATED TO VETFAMSA IN 2010:

BROTHER'S TRATTORIA
BEACON: 838-3300 ~ POUGHQUAG: 724-4700
ADAMS FAIR ACRE FARMS
DUNKIN DONUTS - MAIN ST NEW PALTZ
NEW PALTZ BAGEL CAFÉ
HANNAFORD ~ RT 32 MODENA
THE BAKERY - CHESTNUT ST, NEW PALTZ
SHOP RITE - ROUTE 299, NEW PALTZ
JEFF SCHNEIDER, MSW
HUDSON VALLEY COLONICS 845-256-1516
BADASS COFFEE WAPPINGERS FALLS
DUTCHESS PRINTING & GRAPHICS
845-226-1500