

South Texas Veterans Health Care System

Mental Health & Recovery Services

BETSY DAVIS, PHD

PSYCHOLOGIST, LOCAL RECOVERY COORDINATOR



VA



U.S. Department of Veteran Affairs
South Texas Veterans Health Care System

VA's Approach

Recovery Model

- ▶ Beyond symptoms
- ▶ Quality of Life
- ▶ Shared decision-making

Evidence-based

- ▶ Research-based treatments
- ▶ Episodes of care
- ▶ Interdisciplinary teams



VA



U.S. Department of Veteran Affairs
South Texas Veterans Health Care System

Connecting with Services

Eligibility* & Enrollment

Audie L. Murphy Hospital
Frank Tejada Outpatient Clinic
(210) 949-3981

Primary Care Provider

Initial: (210) 949-3994
Follow-up: 1-877-537-7348
MH: Same-day intake or referral

MH Provider

Mental Health
Treatment
Coordinator

Same Day Services (Primary Care & Mental Health):

Veterans with a need for care right away will have it addressed the same day or, if after hours, by the next day.

*Individuals with Other Than Honorable discharges may be eligible for up to 90-days of mental health care

VA



U.S. Department of Veteran Affairs
South Texas Veterans Health Care System

Continuum of Care



Primary Care – Mental Health Integration (PCMHI)

- ▶ Mental health clinicians embedded in Primary Care clinics
- ▶ **Services:**
 - ▶ Same-day intakes & referrals
 - ▶ Brief therapy for mild to moderate MH concerns
 - ▶ Up to six 30-minute sessions
 - ▶ Referral to other mental health services
- ▶ **Locations:** most VA Primary Care clinics
- ▶ **Referral:** Access through Primary Care Provider (PCP) at visit; no scheduled appointment necessary.



This Photo by Unknown Author is licensed under [CC BY-NC-SA](#)

Behavioral Health Interdisciplinary Program (BHIP)

- ▶ General outpatient mental health services in interdisciplinary teams
 - ▶ medication management
 - ▶ Individual therapy
 - ▶ group therapy
 - ▶ Couples therapy
- ▶ **Locations:** ALM, FTOPC, NCFC, SBOPC, KMC, VOPC
- ▶ Telemental health: smart phone, tablet, computer, or partner clinic
- ▶ **Referral:** Consult from Primary Care or other provider



This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

VA



U.S. Department of Veteran Affairs
South Texas Veterans Health Care System

Peer Support Specialists

- ▶ Veterans with lived experience of MH/SU concerns
- ▶ Foster hope and combat stigma
- ▶ Help engage Veterans and bridge with treatment team
- ▶ Help with transition between programs
- ▶ **Location/Referral:** Embedded in many MH programs listed here
 - ▶ Or contact Ms. Kizzy Griffin (Supervisory Peer Support) at (210) 992-3967



This Photo by Unknown Author is licensed under [CC BY-NC](#)

Same Day Clinic Locations

CLINIC	PCMHI	MH Clinic	PHONE	ADDRESS
Audie L. Murphy VA Hospital	PACT/IMC Clinic: 1G	MH/BHIP Clinic: GLF	(210) 617-5300	7400 Merton Minter, SATX
Balcones Heights Outpatient Clinic	Silver & Gold PACT clinics		(210) 732-1802	4522 Fredericksburg Rd, SATX
Frank Tejada Outpatient Clinic	PACT Clinic: 1 st Floor	MH/PTSD Clinic: 2 nd Floor	(210) 699-2100	5788 Eckhert Rd, SATX
North Central Federal Clinic	PACT Clinic	MH Clinic	(210) 483-2900	17440 Henderson Pass, SATX
Shavano Park Outpatient Clinic	PACT Clinic		(210) 949-3773	4350 Lockhill-Selma Rd, SATX
South Bexar Outpatient Clinic	PACT Clinic	MH Clinic	(210) 648-1491	4610 E Southcross Blvd, SATX
Villa Serena		Substance Abuse Treatment Program	(210) 321-2700	4455 Horizon Hill Blvd, SATX
Kerrville VA Medical Center	PACT Clinic: 1 st Floor	MH Clinic: 2 nd floor	(830) 896-2020	3600 Memorial Blvd, Kerrville
Victoria Outpatient Clinic		MH Clinic	(361) 582-7700	1908 North Laurent Street, Victoria

TeleMental Health

- ▶ Mental health medication or therapy via technology
 - ▶ Avoid traffic/travel time, parking, transportation concerns, hospital stress
 - ▶ Can be alternative if not able to make appointments in person
- ▶ VA Video Connect (VVC)
 - ▶ Uses a computer, tablet, or smartphone from anywhere with sufficient internet or cellular data connection.
- ▶ Telehealth through clinic
 - ▶ Go in-person to partner clinic and see VA provider
 - ▶ · Crystal City · Del Rio · Eagle Pass · Floresville · Jourdanton · Junction · Kenedy · New Braunfels · Pearsall · San Marcos · Victoria
- ▶ **Request through your MHTC or MH provider**



Specialty MH & Recovery Services

PTSD Clinical Team (PCT)

- ▶ Psychotherapy for PTSD related to military trauma (combat, non-combat, military sexual trauma)
- ▶ Time-limited, evidence-based therapies
 - ▶ individual therapy
 - ▶ group therapy
 - ▶ couples therapy
- ▶ **Location:** Frank Tejeda Outpatient Clinic, (210) 699-2120
- ▶ **Referral:** Consult from Primary Care or mental health provider
- ▶ Treatment planning resource: <https://www.ptsd.va.gov/apps/decisionaid/>



This Photo by Unknown Author is licensed under CC BY-NC-SA

Substance Abuse Treatment Program

- ▶ Outpatient:
 - ▶ Twice-weekly therapy groups
 - ▶ Medication-assisted treatment
 - ▶ **Location:** ALM (1E), KMC, and other outpatient clinics
- ▶ Residential: 28+ day residential treatment program
 - ▶ interdisciplinary group therapy
 - ▶ case management
 - ▶ medication management
 - ▶ **Location:** Villa Serena, (210) 321-2700
- ▶ **Referral:** Consult from Primary Care or mental health provider



Psychosocial Rehabilitation & Recovery Center (PRRC)

- ▶ **Stepping Stones:** ongoing group-based program for Veterans with severe mood disorders (e.g., Bipolar Disorder, Major Depression with psychosis) and psychotic disorders
 - ▶ group and individual therapy, recreation activities, recovery support
- ▶ **STARR:** intensive MH outpatient program; serves Veterans with most diagnoses
 - ▶ 10-day group therapy program, 9-2:30 daily
- ▶ **Location:** ALM 1E clinic, (210) 949-9791
- ▶ **Referral:** Consult from mental health provider



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Other Psychosocial Rehabilitation Programs

- ▶ Specialty programs for severe mood disorders (e.g., Bipolar Disorder, Major Depression with psychosis) and psychotic disorders
 - ▶ **PRIME Psychiatry Clinic**
 - ▶ Medication management, social work, and individual therapy
 - ▶ **Intensive Community Mental Health Recovery (ICMHR/formerly MHICM)**
 - ▶ Weekly home visits from interdisciplinary team (e.g., case management, medication assistance, and individual therapy)
- ▶ **Location:** ALM 1C, (210) 949-9794
- ▶ **Referral:** Consult from mental health provider



This Photo by Unknown Author is licensed under CC BY-ND

Emergency Department & Inpatient Mental Health Unit

- ▶ Acute psychiatric and safety concerns
- ▶ 24/7 service at Audie Murphy VA Hospital
 - ▶ Walk-in access
- ▶ Inpatient MH: locked unit
 - ▶ Interdisciplinary, recovery-focused approach
 - ▶ Brief duration, focus on discharge to community and connection with ongoing care



Domiciliary Care for Homeless Veterans (“The Dom” / DCHV)

- ▶ 90+ day residential homelessness & employment program at Villa Serena.
- ▶ **Services:**
 - ▶ Case management
 - ▶ Group therapy
 - ▶ Assistance finding housing
 - ▶ Compensated Work Therapy (assistance finding employment)
- ▶ **Location:** Villa Serena, (210) 321-2700
- ▶ **Referral:** Consult from Primary Care or mental health provider



Compensated Work Therapy

- ▶ Level of support varies by program and needs
- ▶ Resume support, job connections, interview skills, liaison with employer
- ▶ Supported Employment
- ▶ Transitional Work
- ▶ Community Based Employment Support
- ▶ **Location:** Community-based & Bluff Creek Clinic, (210) 949-9010
- ▶ **Referral:** consult from PCP or MH provider



Neuropsychology

- ▶ Dementia & Cognitive Concerns
 - ▶ Comprehensive assessments
 - ▶ Support groups (including caregivers)
 - ▶ **Location:** ALM 1E, (210) 617-5121
 - ▶ **Referral:** consult from PCP or other provider
- ▶ Traumatic Brain Injury
 - ▶ Assessment and rehabilitative services
 - ▶ **Location:** ALM Polytrauma Clinic



Vet Centers

- ▶ Readjustment Centers
- ▶ Separate records/eligibility from VHA
 - ▶ combat service, Military Sexual Trauma
- ▶ Mostly Veteran clinicians/staff
- ▶ Same-day/walk-in intakes
 - ▶ Evening/weekend hours

NW: 1604 & Braun

9910 W Loop 1604 N, Suite 126

NE: Loop 410 & I-35

9504 Interstate 35 Frontage Rd #214



Helpful Resources

- ▶ **Veterans Crisis Line**

- ▶ **MyHealthVet**

- ▶ myhealth.va.gov
- ▶ Secure messaging, Rx refills, lab/test results, upcoming appointments
- ▶ 2-step registration process

- ▶ **MakeTheConnection.net**

- ▶ Veteran recovery stories





Community Resources

Steven A. Cohen Military Family Clinic at Endeavors

- ▶ Serves mostly Post-9/11 Veterans (any discharge)
 - ▶ Also serves family members (apart from Vet)
 - ▶ Offer childcare services
- ▶ Individual, group, couples, children/family therapy
 - ▶ EBP model (12-24 sessions)
- ▶ Limited medication management (refer back to VA or others)
- ▶ Life skills & Wellness groups
- ▶ Community education programs
- ▶ Sliding scale fee + insurance
- ▶ Also offers teleMH care



The Steven A. Cohen
Military Family Clinic
at Endeavors

Ecumenical Center

- ▶ Individual, couples, family therapy, parenting classes
 - ▶ Veteran-specific grant: offer on sliding scale (also insurance)
- ▶ Support groups
 - ▶ Grief/loss (SOLOS)
 - ▶ Recovery International
- ▶ Optional faith-based services
- ▶ Therapeutic arts groups
 - ▶ Monthly Poetry Writing Circle
- ▶ <https://www.ecrh.org/>



Support Groups

- ▶ PTSD Foundation of America
 - ▶ Combat Veteran & Family support groups
 - ▶ Loosely faith-based
 - ▶ Camp HOPE (Houston)



PTSD FOUNDATION OF AMERICA
PROVIDING HOPE AND HEALING FOR THE UNSEEN WOUNDS OF WAR

- ▶ NAMI Peer to Peer / Connections
- ▶ Depression Bipolar Support Alliance
 - ▶ Mondays 7-9pm, SA Clubhouse



Women Veterans Support Groups

Women Veterans

- ▶ Grace After Fire (women Vets only)
 - ▶ [Peer to Peer Support groups](#)
- ▶ WoVeN ([Women Veterans Network](#))
- ▶ Pink Berets
 - ▶ [Support groups & holistic therapies](#) for trauma
 - ▶ Culinary, art, equine therapy



GRACE
AFTER
FIRE

Helping women Veterans help themselves.



THE PINK BERETS

Spouse/Caregiver Services

- ▶ Support
 - ▶ VA Caregiver Support Program
 - ▶ VA Coaching Into Care
 - ▶ PTSD Foundation
- ▶ Education
 - ▶ NAMI Family-to-family
 - ▶ NAMI Homefront
- ▶ Therapy
 - ▶ Cohen MFC – Spouse Resiliency Group
 - ▶ Ecumenical Center
 - ▶ Vet Center (if Veteran is engaged in care)



Caring for a Veteran?

Call VA's Caregiver Support Line for help toll-free:

1-855-260-3274

Monday – Friday, 8:00 am – 11:00 pm EST
Saturday, 10:30 am – 6:00 pm EST

 Department of Veterans Affairs



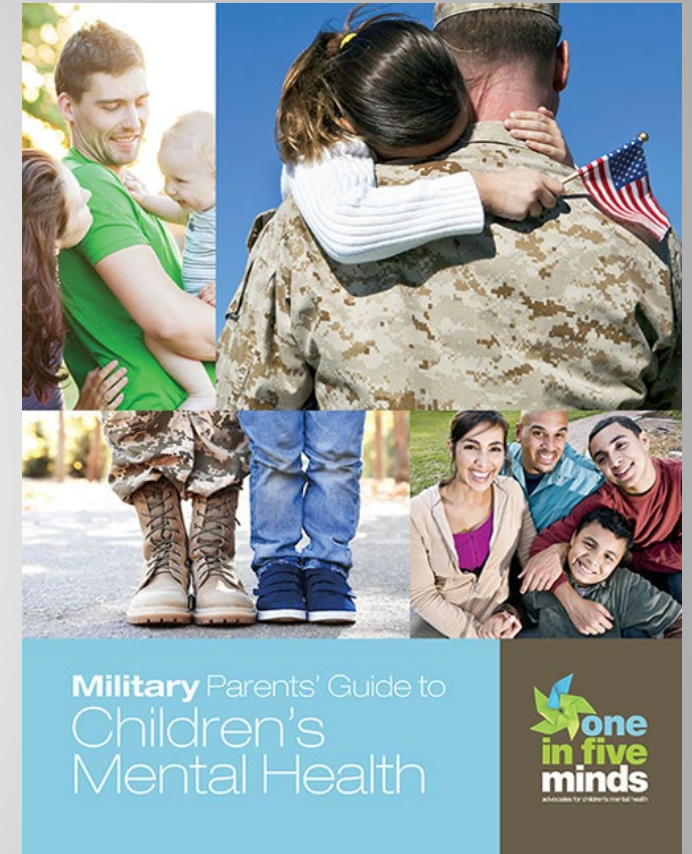
Need support helping a Veteran get into care? **Call us.**

1-888-823-7458

www.va.gov/coachingintocare

Parenting & Children's MH

- ▶ Cohen Military Family Clinic at Endeavors
- ▶ Clarity Child Guidance Center
 - ▶ Provides medication, therapy, hospitalization
 - ▶ [1 in 5 minds campaign](#)
 - ▶ Blogs & videos
 - ▶ Downloadable parenting guides & handbooks
 - ▶ [General](#)
 - ▶ [Military-specific](#)
- ▶ VA resources
 - ▶ <https://www.veterantraining.va.gov/parenting/>
 - ▶ Parenting2Go app
- ▶ Ecumenical Center – Child/Parent Relationship Training
- ▶ True Counseling – parenting classes



Recreation & Social

- ▶ Operation Comfort
- ▶ The Mission Continues
- ▶ Club Vet (ALM VA)
- ▶ Paws for Purple Hearts
- ▶ Heroes on the Water
- ▶ Project Healing Waters
- ▶ Team RWB
- ▶ Women Veterans of SA
- ▶ Soldier Songs & Voices
- ▶ Veterans Yoga Project
- ▶ Veteran's Writing Collective

