

ENDEAVORS®



The Steven A. Cohen
Military Family Clinic
at Endeavors

Scott Rheinschmidt, Ph.D., LPC-S
Clinic Director

Phone 210-399-4838
Cell 210-709-9878
Fax 210-877-9279

srheinschmidt@endeavors.org
endeavors.org

6363 De Zavala Road
Suite 300
San Antonio, Texas 78249

Mayra I. Rivero-Díaz

Veteran Supportive Services
Regional Director

210.413.6466 ext. 278
mrivero@endeavors.org

ENDEAVORS®

6363 De Zavala Rd.
San Antonio, TX 78249

endeavors.org

If you or someone you know needs:

food | clothing | health care | employment | child care | utility/rent assistance
counseling/mental health | elder care | drug treatment | adult literacy

Call 2-1-1 or 210.227.4357

2-1-1 Texas/United Way HelpLine is a public/private partnership between the Texas Health and Human Services Commission and United Way of San Antonio and Bexar County.

Happy, Healthy, and Ready
www.readykidsa.com



The Steven A. Cohen
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Natasha L. Walden
Outreach Director

Phone 210-399-4838 ext. 385
Cell 210-709-6915
Fax 210-877-9279

nwalden@endeavors.org
endeavors.org/cohen-clinics

6333 De Zavala Road
Suite B101

All post-9/11 Veterans, active duty service members (with a TRICARE referral), and military families are eligible for treatment and we believe cost should never be a barrier to care at our Cohen Clinic.

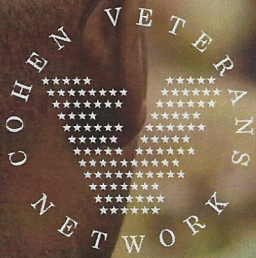
Services Offered:

- Telehealth
- Case Management
- Life-Skills & Wellness Events
- Support Groups
- Medication Management

210-399-4838 ★ SAclinic@endeavors.org ★ @CohenClinicSA



The Steven A. Cohen
Military Family Clinic
at Endeavors, San Antonio



The Steven A. Cohen
Military Family Clinic
at Endeavors

Now Serving
Active Duty
Service Members
with a **TRICARE** referral

WHAT WE DO

Cohen Clinics provide **high-quality, confidential, accessible, and personalized therapy** for a variety of mental health concerns including:

- PTSD
- depression
- transition challenges
- anxiety
- sleep
- stress problems
- relationship and family difficulties
- anger

WHO WE SERVE

- ★ **Military Family Members** including spouses or partners, parents, siblings, adolescents, caregivers, and other family members of post-9/11 veterans and service members.
- ★ **Post-9/11 Veterans** including those from the National Guard and Reserves, regardless of role in uniform, discharge status, or combat experience.
- ★ **Active Duty Service Members** with a TRICARE Referral.*

Requirements for Active Duty Service Members:

*TRICARE REFERRAL

- Referral is required prior to being seen for individual therapy or medication management, but no referral is necessary for couples or family therapy.
- Service member can obtain this referral from their military treatment facility (primary care clinic or mental health clinic).

RELEASE OF INFORMATION

- Service member must sign a release of information in order for the clinic to share treatment summary with the military medical center. Summary will be shared with active duty member prior to sending and will not include detailed personal information.
- Note: Cohen Clinic clinicians will not communicate with commanders/supervisors.

Please note: These requirements only apply to Active Duty Service Members and do not apply to veterans or military family members.

CONTACT US

☎ 210-399-4838

✉ SAclinic@endeavors.org

endeavors.org/cohen-clinic-sa



Referral Guidelines

To ensure a smooth intake and treatment process for services at the Steven A. Cohen Military Family Clinic at Endeavors, we ask the following:

Eligibility: In order to be eligible for service at the Cohen Military Family Clinic at Endeavors, the individual(s) must be one of the following:

- Post 911 Veteran -regardless discharge status (**Dishonorable, Bad Conduct etc.**)
- **Active Duty (with a Tricare Referral)**
- Family Members (**as defined by the Veteran**)
 - Spouses, Partners, Significant Others, Parents, Siblings, Children, i.e.
 - Regardless of citizenship status
- National Guard and Reservist (**not on orders**) *If activated clinician can continue to see service member. If questions about FFD, the clinician may release records to client with intent of client presenting it to the Command Medical officer.*
- Must have served at least 1day in the service

Issues that Can be Referred:

- Trauma related deployments (**PTSD**)
- Trauma related other issues (**life experiences, violence, natural disasters, life threatening health issues, i.e.**)
- Communication issues in couples or in parent-child relationships
- Mood Instability such as depression, anxiety
- Substance issues and additions
- Anger Management
- Parenting Issues
- For children: behavioral problems in school or at home
- Coping Issues with chronic pain and health
- Marital /Significant Other relational issues
- Stress Management

Available Treatments:

- | | |
|----------------------|--|
| • Individual Therapy | Marital/Couples Counseling |
| • Family Therapy | Case Management |
| • Group Therapy | Medication Management |
| • Child Therapy | Life Skills Workshops/Trainings & Support Groups |
| • Telehealth | |

Required Documentation:

Those requesting services must provide supporting documentation proving time served. This can be in the form of the following:

- DD 214; NGB 22; DD 256; DD 257 (**preferred**)

- DD1300
- Expired CAC Card
- Expired Dependent ID Card
- Military ID (**retiree, i.e.**)-Dependent ID Card
- VA Card
- Statement of Services
- Documentation showing service (**old DEERS form**)
- Documentation showing relation to Veteran
 - Marriage Certificate
 - Lease/ Utility Bill
 - Veteran communication, such as a letter or in person

Confidentiality: We will not share confidential information unless required by law. We comply with federal guidelines set by the Health Insurance Portability and Accountability Act (HIPAA). ****Unless the client(s) has signed the Consent to Release Information form. To ensure that you are able to acquire information while the client(s) are in MFC's care, please ensure that the Release of Information is:**

- Completely Filled out
- Your name and organization have been listed on the release form
- The client has signed the release form

Exclusions: Cohen military Family Clinic strives to provide high quality evidence based short term outpatient integrated treatment that on average will last for 8 – 17 sessions. For these reasons, the clinic is currently not capable of providing therapeutic services for those that require long term treatment and/or may have acute disorders. The following circumstances are not eligible for services:

- Schizophrenia
- Bipolar Disorder- Expected one that is stable and seeking trauma work
- Actively under the influence of drugs or inebriated to the point of function being compromised
- Server Developmental Learning Disabilities-unable to benefit from talk therapies
- Severe Traumatic Brain Injury
- Long term medication needs

****All referrals will be reviewed for services****

Referral Process: One can be referred by having the community partner call in, complete the MFC Referral Form, or by calling on their own. If a client is being referred to our agency please:

- Fill out the referral form
- Ensure that the client fits in one of the categories for eligibility
- Ensure that the client has supporting documentation
- Verify that the client does not fall under one or more circumstance listed in exclusions
- Has completed, listed you and your organization, and signed the release of information form.

****To verify that a client is receiving treatment, an Informed Consent form must be completed****

If you have any questions, please contact the Outreach Department:

- ❖ *San Antonio, TX (299)399-4838 EXT. 4000 or SAclinic@endeavors.org*
- ❖ *(SA) Outreach Director, Natasha Walden, (210)399-4838 EXT.385 or nwalden@endeavors.org*
- ❖ *(SA) Psych Tech, Andrew Santos, (210)758-7025 or asantos@endeavors.org*
- ❖ *El Paso, TX (915) 320-1390 or EPclinic@endeavors.org*
- ❖ *(EP) Outreach Director, Benjamin Miranda, (915)270-5320 or bmiranda@endeavors.org*
- ❖ *Killeen, Tx (254) 213-7847 or KNclinic@endeavors.org*
- ❖ *(KN) Outreach Manager, Amanda Tindell, atindell@endeavors.org*

HOME STUDY SERVICES

Through regularly scheduled in-home visits, our staff delivers timely, high-quality home study reports submitted to the Texas Department of Family Protective Services (DFPS). We currently provide home study services for adoptive/foster families in 65 Texas counties.

Assessments include:

- Thorough review and documentation of adoptive/foster family homes, lifestyles, and child-care readiness



HOUSING SERVICES

Services within this program encourage self-sufficiency by offering supportive housing services for individuals and families experiencing chronic homelessness as well as having a disabling condition.

Services offered:

- Case management services, symptom management, and life skills training in parenting, finance, and more

RAPID RESPONSE

With over 1,000 professional reserve staff located throughout the United States, Endeavors is able to provide resources and assistance to state, tribal, and local health authorities within 72 hours of activation in response to natural disasters, as well as crisis and public health emergencies.

Ready to deploy reservists are CPR and first-aid certified and include licensed case managers, clinicians, and child and direct care staff with bilingual skills who are proficient in behavioral management, trauma response, shelter operations, and more.

SAFE SERVICES

Endeavors provides support for victims who have suffered physical, sexual, financial, or emotional harm as a result of the commission of a crime.

Services offered to victims:

- Professional counseling, case management services, victims' rights advocacy, and needs assessments
- Application assistance for Crime Victims' Compensation program

MIGRANT SERVICES

Our team has extensive knowledge and the expertise to provide high-quality, trauma-informed, culturally, and linguistically appropriate care to migrant families navigating the U.S immigration process. This program will address direct care, migrant wellness support, case management, home study and post-release services, staffing, and holistic programming for unaccompanied migrant children and families.

Services offered to migrants:

- Comprehensive Mental Health Screening and Evaluation
- Individual and Family Therapy
- Human Trafficking and Victim Educational Classes



San Antonio, TX and Surrounding Area Services

Endeavors is a nonprofit organization that serves people in need across the United States and one U.S. territory by connecting them to valuable resources and services during times of crisis. We aim to continue expanding our services, both virtually and in-person, to help more people in need.

COHEN CLINIC AT ENDEAVORS 210-399-4838

The Steven A. Cohen Military Family Clinic at Endeavors, San Antonio provides high-quality, accessible, mental health care virtually and in-person by credentialed staff trained to work specifically with the military population.

Post-9/11 Veterans, active duty service members (with a TRICARE referral), and military families can utilize these services and we believe cost should never be a barrier to care.

VETERAN WELLNESS CENTER 210-866-3860

Addressing a gap between mental health care and the recovery of the homeless Veteran population across Texas, the Veteran Wellness Center provides in-person holistic and mental health care services for Veteran and Veteran families with chronic long-term needs.

Services include:

- Wellness education, supportive services, physical health, holistic health, counseling, collaborative care, and more

VETERAN SUPPORTIVE SERVICES 210-469-9664

Currently serving dozens of counties across Texas, this program provides one-on-one resource support and temporary financial assistance for low-income Veterans and Veteran families experiencing or at-risk of homelessness.

Additional services include:


- Assistance in obtaining VA benefits and services
- Access to mental health resources, job placement assistance, substance abuse programs, etc.

ENDEAVORS UNLIMITED 210-523-0377

Endeavors Unlimited (EU) is dedicated to employing individuals with disabilities and helping those in the program achieve stability, success, and self-sufficiency. EU provides award-winning commercial services for business and government entities as well as residential services in certain markets.

Services offered:

- Commercial Custodial
- Grounds Maintenance
- Seasonal Disinfecting & Sanitization Services



LOOKING FOR ADDITIONAL RESOURCES?

CASE MANAGEMENT RESOURCE REFERRALS INCLUDE ASSISTANCE WITH:

- Housing
- Healthcare
- Medication Management
- Legal Services
- Mental Health Resources (*Long-term, acute care*)
- Employment
- Education
- Disability (*SSI, SSDI, VHA, VBA*)
- Transportation
- Childcare

THE STEVEN A. COHEN MILITARY FAMILY CLINIC AT ENDEAVORS

6333 De Zavala Road, Suite B101
San Antonio, Texas 78249

Ask to speak with a Case Manager today:

210-399-4838



The Steven A. Cohen
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BENEFITS OF CASE MANAGEMENT AND HOW IT WORKS

When long-term, intensive case management is needed, our program provides advocacy-based case management services. Based on individual needs, the Case Manager will link individuals to needed resources and monitor the results of referrals made to ensure all needs were addressed.

FAQ'S

DOES IT INTERFERE WITH MY THERAPY SERVICES?

No, you are able to continue to work with your current clinician, and receive case management simultaneously.

DO I LOSE CASE MANAGEMENT SERVICES WHEN I AM DONE WITH MY COUNSELING?

No, you are able to receive case management services for up to 12 months after your last counseling session. You are able to use case management as many times as needed.

WHAT IS THE COST OF CASE MANAGEMENT SERVICES?

There is NO cost associated with case management services, as they are included with your treatment at our clinic.

Ask to speak with a Case Manager today:

210-399-4838



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★ What It Is ★

Cognitive Behavioral Therapy (CBT) is a short-term, goal-orientated treatment that focuses on problem solving present-day issues. It is strongly supported with research and typically can be effective in fewer than 12 sessions.

★ How It Works ★

CBT works by helping you identify unhelpful patterns of thinking and behavior. Once you identify these patterns, you can learn to develop more helpful and flexible responses.

★ What It Helps ★

Extensive research has shown CBT can be effective for depression, anxiety, chronic pain, panic disorder, substance use disorder, eating disorder, obesity, chronic fatigue, and many other issues and conditions. CBT can be effective for acute (short-term) or chronic (long-term) problems.

Counseling Sessions Focus On

- Learning to recognize unhelpful ways of thinking
- Learning to improve your emotions through modifying unhelpful ways of thinking
- Learning life-long skills
- Changing your behavior based on new thoughts
- Practicing skills out of session

Goals Include

- Identifying distorted ways of thinking
- Modifying ways of thinking to be more accurate & helpful
- Changing unhealthy /unhelpful behavioral patterns
- Relating to others in a more balanced and healthy way

★ ★ ★ Ask your clinician about CBT today ★ ★ ★



★ What It Is ★

Cognitive Behavioral Therapy for Insomnia (CBT-I) is a short-term, goal-orientated treatment focused on issues related to sleep. CBT-I is strongly supported with research and has been shown to improve sleep in 75-80% of individuals with insomnia.

★ How It Works ★

CBT-I works by identifying and changing thoughts and behaviors that prevent restful, quality sleep. CBT-I is typically 6-8 weekly sessions.

★ What It Helps ★

CBT-I is an effective therapy for insomnia. CBT-I improves sleep and reduces/eliminates the need for sleeping pills. It can be a helpful treatment for sleep problems alone, and with co-occurring disorders like PTSD or depression. CBT-I also reduces pain, fibromyalgia, substance abuse, and PTSD in insomnia patients with these comorbid health problems.

Counseling Sessions Focus On

- Learning about practicing healthy sleep techniques
- Creating a plan for sleep restriction to limit time spent in bed to develop a more stable sleep schedule
- Learning relaxation techniques
- Identifying and changing the negative thoughts and worries that prevent sleep
- Practicing skills out of session

Goals Include

- Reducing sleep-interfering thoughts and behaviors
- Developing healthy behavioral patterns that support sleep
- Increasing quantity and quality of sleep

★ ★ ★ Ask your clinician about CBT-I today ★ ★ ★



★ What It Is ★

Cognitive Processing Therapy (CPT) is a research-supported, short-term therapy to address symptoms of Post-Traumatic Stress Disorder (PTSD).

★ How It Works ★

CPT targets ways of thinking that might keep you "stuck" in your PTSD. CPT works by teaching you how to think through your stuck points and consider new, more balanced ways of thinking. CPT is typically 12 weekly sessions.

★ What It Helps ★

CPT is an effective treatment for PTSD. It is considered a "Gold Standard" treatment, meaning that it has the highest level of research evidence to support its use.

Counseling Sessions Focus On

- Identifying negative thoughts and feelings
- Learning skills to evaluate your thinking
- Considering alternate views of the trauma, yourself, and the world

Goals Include

- Feeling the natural emotions associated with the traumatic event
- Recognizing inaccurate and unhelpful trauma-related thoughts
- Developing skills that can be used in the future to promote recovery and effective coping



Ask your clinician
about CPT today



★ What It Is ★

Prolonged Exposure Therapy (PE) is a research-supported, short-term, effective therapy to address symptoms of Post-Traumatic Stress Disorder (PTSD).

★ How It Works ★

PE helps you process traumatic events by gradual and repeated exposure to trauma-related memories, emotions, and situations. PE is typically 8-15 weekly sessions.

★ What It Helps ★

PE is an effective treatment for PTSD. It is considered a “Gold Standard” treatment, meaning that it has the highest level of research evidence to support its use.

Counseling Sessions Focus On

- Learning about symptoms of PTSD
- Learning breathing techniques to manage distress
- Imaginal exposure: Repeatedly revisiting the traumatic memory in a safe environment, describing the event aloud in detail
- In vivo exposure: Repeatedly engaging in activities, situations, or behaviors that have been avoided since the trauma, but are not normally dangerous

Goals Include

- Reengaging with people, places, activities, and thoughts you have been avoiding
- Improving your feelings of safety, competence, and well-being
- Developing healthier and more realistic ways of seeing the world
- Changing unhealthy, unhelpful behavioral patterns

★ ★ ★ Ask your clinician about PE today ★ ★ ★

