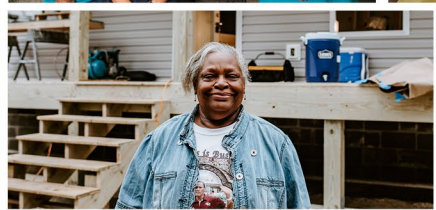




Steven A. Cohen Military Family Clinics
-
Behavioral Health Department
-
Veterans Wellness Center

Veteran Supportive Services

Jill Palmer, DSW, LCSW
Chief of Behavioral Health
San Antonio, TX



THE STEVEN A. COHEN MILITARY FAMILY CLINICS AT ENDEAVORS

- The Cohen Clinics in San Antonio, El Paso, and Killeen provide high-quality, accessible, and integrated mental health care to Veterans and their families, regardless of role while in uniform or discharge status.
- All three clinics are part of Cohen Veterans Network, a national not-for-profit organization serving Veterans and military families through 19 clinics across the country.

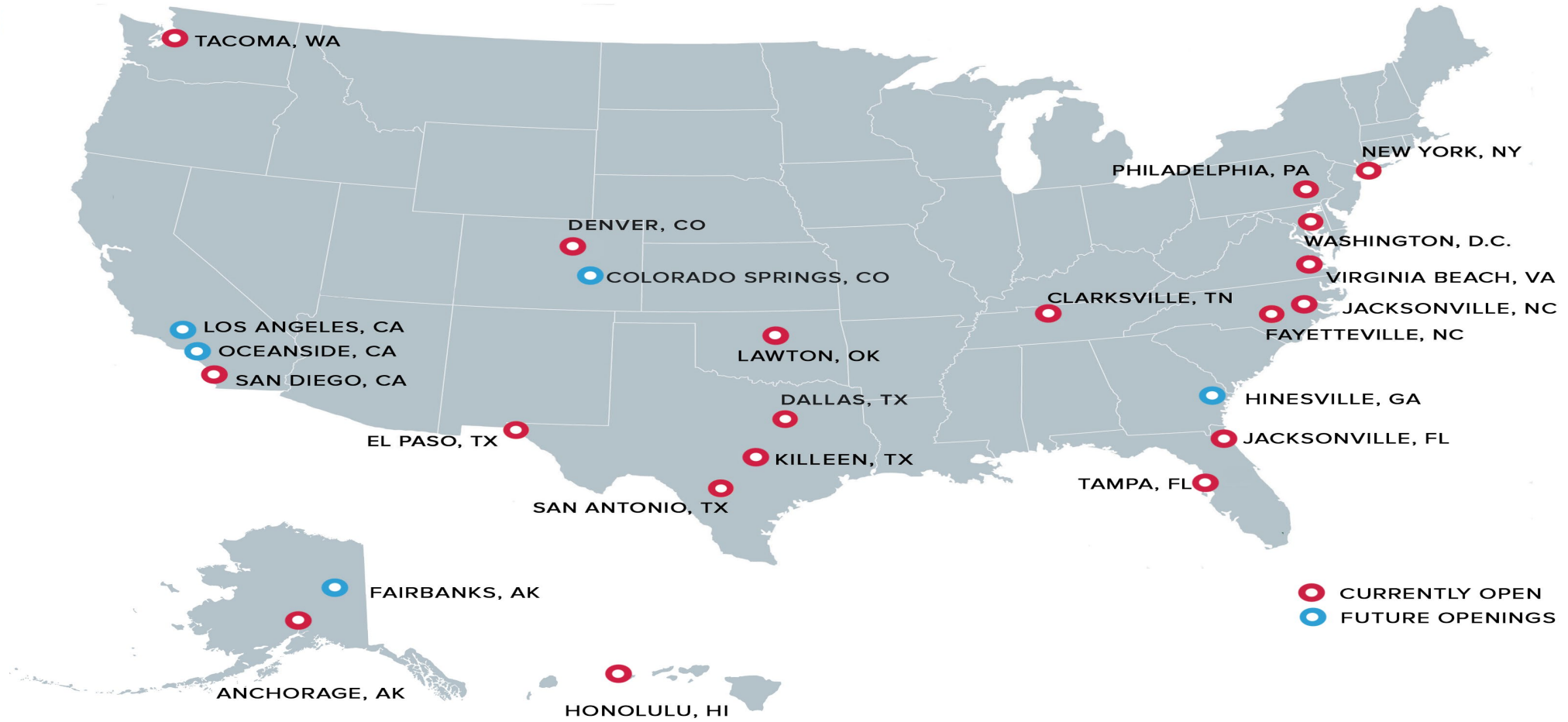
HEROIC
HONORABLE
DEDICATED
DUTY
SERVICE
BRAVE
READY
COMMITMENT
COURAGEOUS
SELFLESS
INTEGRITY
VALIANT

MISSION
PATRIOTIC
RESPECT
ALWAYS
COUNTRY
SEMPER
DEFEND

Cohen Veterans
Network



Cohen Clinic Locations





Who We Serve

- **Active Duty Service Members**
- **Post-9/11 Veterans**
 - **Anyone who has served in the United States Armed Forces, regardless of role while in uniform, discharge status, or combat experience.**
 - **This includes the National Guard and Reserves.**
- **Family members as determined by the Veteran**
- **Family members of active duty service members**



Services Offered

- **Counseling Services**
 - **For individuals, couples, and families**
- **Case Management**
 - **To assist with additional resources needed in the community**
- **Medication Management**
 - **To provide medications to assist with the therapeutic process**
- **Life Skills Classes**
- **Support Groups**



Eliminating Barriers to Care

All post-9/11 Veterans and their families are eligible for treatment, and cost will never be a barrier to care at our Steven A. Cohen Military Family Clinics.

- **Childcare**
 - **Provided free of charge, to anyone receiving services**
- **Transportation**
 - **Provided to and from our clinic within 20 miles**
- **Telehealth ANYWHERE within the state of TX**
 - **Confidential online therapy that is easily accessible through a smartphone, table, or computer**
 - **Has been shown to be equally as effective as in-person therapy**

CONTACT INFO

Presenter Info

Kristy Dean
Regional Director
krdean@endavors.org

San Antonio

SAclinic
@endeavors.org

210-399-4838

El Paso

EPclinic
@endeavors.org

915-320-1390

Killeen

KNclinic
@endeavors.org

254-213-7847

If our clinic is closed and assistance is needed, contact *Vets4Warriors* at 855-838-8255 or the *National Veterans Crisis Hotline* at 800-273-8255 and press 1.

**FROM
HELP
COMES
HOPE**

Behavioral Health -Veteran Services

Margarita Ochoa-Smith, LPC-S, LCDC, ADC, ICADC
Director of Behavioral Health

ENDEAVORS®





Behavioral Health Services

Who We Serve

Veterans

Victims of Crime

Those experiencing Housing Instability or Chronic Homelessness



Veteran Services

Target Population

Pre-9/11 Veterans

Anyone who has served in the United States Armed Forces, regardless of role while in uniform, discharge status, or combat experience.

This includes the National Guard and Reserves.

Dependents as defined by the VA

Surviving Spouses as defined by the VA

Post 9/11 Veterans in need of Co-Occurring or SUD Tx.

Post 9/11 Veterans in need of 6-9month Treatment Episode



Services Provided

- **Individual Therapy**
- **Group Therapy**
- **SUD Treatment**
- **Co-Occurring Treatment**
- **Peer Support Services**
- **Intensive Case Management**
- **Wellness Groups**



Increasing Access to Care

- **State Wide Telehealth**
- **Sober Living Vouchers**
- **Assistance with Technology Needs**
- **Specialized Dual Credentialed Staff**



Funding Sources



BOB WOODRUFF
FOUNDATION

Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families.

Visit TVC.Texas.gov for more info.

Bob Woodruff Foundation

Ensuring that our nation's impacted veterans, service members, and their families have access to the highest level of support and resources they have earned, for as long as they need it.



Contact Info.

Presenters Contact Information

Margarita Ochoa-Smith

210-355-1609

mosmith@endeavors.org

Referrals

Call: 210-866-3860

Email: VWC-SA@Endeavors.org

<https://www.endeavors.org/programs/veteran-wellness-center/>



Veteran Wellness Center

Kimberly Anderson

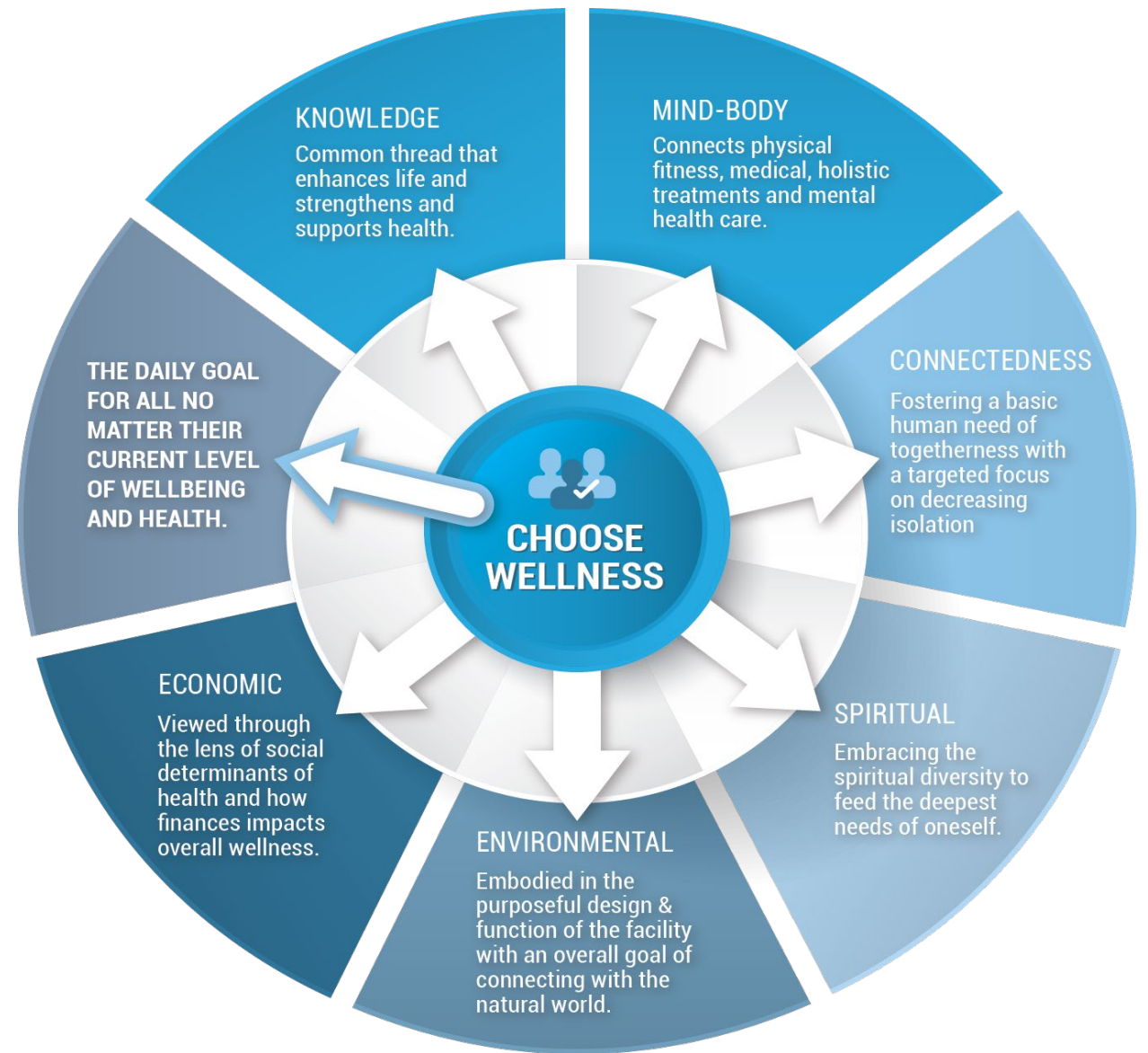
Director of Wellness

ENDEAVORS[®]





Endeavors Wellness Model:





Wellness Defined:

- **Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment**
- **Wellness is positive and affirming**
- **The definition of wellness used by the National Wellness Institute:**
 - ***Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.***

https://www.nationalwellness.org/page/Six_Dimensions

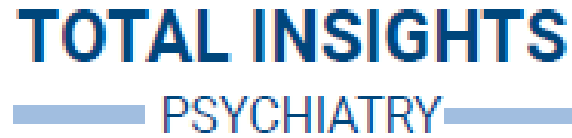
Fitness Center

- Personalized Goal Assessment
- Small Group Training
- Nutritional Support
- Tai Chi & Yoga Classes





Tenants



Dr. Melinda Fierros, MD



CONTACT US

Kimberly Anderson
Director of Wellness

Phone Number
726-207-4892

Email
vwccommunity@endeavors.org

Website
Endeavors.org



THANK YOU

ENDEAVORS®