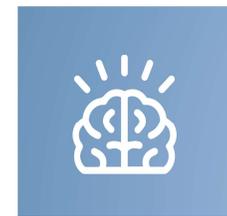
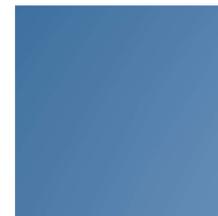


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Endeavors Veteran Wellness Center

Robin Czapla

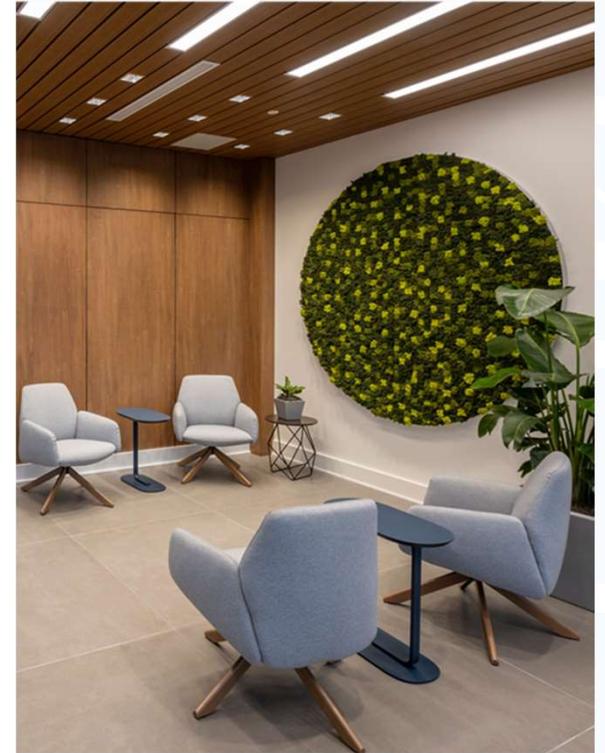


Wellness Defined

- Wellness is a conscious, self-directed, and evolving process of achieving full potential.
- 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.

[Source](#)



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Endeavors Wellness Model



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Wellness Room

- Mindful Chair
- Pandora Star Light
- Alpha-Stim
- Additional Resources for Comfort
 - Weighted Blanket
 - Non-weighted blanket
 - Neck Pillow
 - Eye Mask
 - Aromatherapy



Wellness Demonstration Project

Acupuncture
Massage Therapy
Physical Therapy
Headache Clinic
Nutritional Coaching
Wellness Room
Fitness Center or Wellness App
Therapy and Counseling
Psychiatry Services



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Meet our Community Tenants

Total Insights Psychiatry

Bexar County Military and Veterans Services

Headache Clinic of San Antonio

Outcomes Therapy

Alamo Acupuncture

Kinetic Bodyworks

TOTAL INSIGHTS
PSYCHIATRY

Dr. Melinda Fierros, MD



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How to Enroll in the Wellness Demonstration Project

- Contact Erica Solis
 - 210-429-3274
 - erisolis@endeavors.org





COMMUNITY BEHAVIORAL HEALTH SERVICES

Endeavors is a national service organization that has been serving and advocating for people in need since 1969.

Endeavors Community Behavioral Health Services provides veteran-connected individuals throughout Texas with in-person and virtual support to overcome chronic and severe mental health challenges. Whether you are a veteran or a family member of one, we're here to support you either in-person at our Wellness Center in San Antonio, or virtually across the State of Texas.

How We Help

Mental Health Counseling

Confidential individual or group therapy with a licensed clinician to address mental health concerns.

Substance Use Disorder (SUD) Counseling

Treatment and support to break free from substance dependence.

Group Therapy

Small group therapy led by an Endeavors licensed clinician.

Peer Support Services

Personalized individual or group support from trained peer support specialists who have lived experiences in recovery from trauma, substance use, and/or mental health diagnoses.

This program is supported by grants from the Bob Woodruff Foundation and the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving Veterans and their families. Visit BobWoodruffFoundation.org or TVC.Texas.gov for more information.



No-cost mental health care for Texans.

Who We Serve

- Pre-9/11 veterans seeking mental health or substance use services
- Post-9/11 veterans needing mental health counseling related to severe or chronic mental health or substance use disorders
- Veteran dependents, including spouses and adult children (ages 18-26)

In 2023 we...

provided **10,910** mental health sessions.

served **886** new clients.

conducted **73%** of sessions via Telehealth.

Scan here for consultation with our intake staff.



Community Behavioral Health Services

- CBT/DBT
- Peer Support Services
- EMDR
- SUD
- Co-Occurring Counseling
- Group therapy
- Intensive-Case Management
- Depressive disorders

Paid Research Study

- Need volunteers
- 8-week cognitive behavioral therapy
- All done via telehealth
- You get a phone throughout the study



Volunteers Needed

Research Study on Depression and Anxiety for people with hearing or mobility disability.

Suffering from Depression or Anxiety?

You may be eligible for a eight-week study cognitive behavioral therapy that could improve your mental health.

You May Qualify If You:

- Are between 22 and 64 years old
- Have moderate to severe depression or anxiety
- Have mobility or hearing disability
- Have not attempted suicide in a year
- Are not pregnant

Participation Involves:

- Following a prescribed 8-week cognitive behavioral therapy
- Three clinical assessments
- Keeping patient assessments

Potential Benefits:

Participating in this study may improve your Mental Health.

Location: Nationwide via an App. Participants will be compensated.

FOR MORE INFORMATION

Please contact (210) 844-2815 or, email researchstudy@endeavors.org, or visit Endeavors.org

CONTACT US

- **Veteran Wellness Center Building**
- (726) 207-4VWC
- VWCcommunity@endeavors.org

- **Behavioral Health Department**
- (210) 866-3860
- vwc-sa@endeavors.org

- **Website**
- [Endeavors Veteran Wellness Center](#)

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Thank You.

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