

WELCOME TO DEPT. OF TEXAS VFW STATE SURGEON'S

# Monthly Healthcare Newsletter

*so glad you're here*

GREETINGS COMRADES!

## Healthcare Highlights



June is PTSD Awareness month and Men's Mental Health Awareness Month. PTSD Symptoms in Veterans

PTSD can show up soon after combat or other trauma, or it may not appear until months or years later. Symptoms may come and go. If they last more than a month, cause distress, or affect daily life, you may have PTSD.

There are four main types of symptoms:

### 1. Reliving the Trauma

- Nightmares or flashbacks.
- Triggers like loud noises, crowds, or news reports can make you feel like it's happening again.

### 2. Avoidance

- Avoiding people, places, or situations that remind you of what happened (like driving, crowds, or certain conversations).
- Trying not to think or talk about the trauma.

### 3. Negative Thoughts and Feelings

- Feeling numb, disconnected, or losing interest in things you used to enjoy.
- Feeling guilt, shame, or believing the world is unsafe.

### 4. Feeling On Edge (Hyperarousal)

- Always on alert, jumpy, or quick to anger.
- Trouble sleeping, focusing, or managing risky behaviors (like drinking, drugs, or reckless driving).

If these symptoms sound familiar, know that you're not alone—and help is available.



# RESOURCE LIST

## **MENTAL HEALTH & WELLNESS SERVICES - ENDEAVORS®**

WE PROVIDE A RANGE OF TOOLS AND SERVICES AIMED AT ASSISTING VETERANS AND THEIR FAMILIES IN LEADING FULFILLING LIVES. OUR OFFERINGS INCLUDE FREE AND LOW-COST COUNSELING, MENTAL HEALTH SUPPORT, LIFE SKILLS COURSES, FITNESS CLASSES, CASE MANAGEMENT, AND MUCH MORE.



## **HOME - VMHD**

THE VETERANS MENTAL HEALTH DEPARTMENT (VMHD) IS FOCUSED ON ENSURING ACCESS TO COMPETENT MENTAL HEALTH SERVICES FOR SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES.



**[HTTPS://WWW.MENTALHEALTH.VA.GOV/](https://www.mentalhealth.va.gov/)**

**VA HAS A VARIETY OF MENTAL HEALTH RESOURCES, INFORMATION, TREATMENT OPTIONS AND MORE—ALL ACCESSIBLE TO VETERANS, VETERANS' SUPPORTERS AND THE GENERAL PUBLIC.**



## **MILITARY COUNSELING FOR STRESS | MILITARY ONESOURCE**

MILITARY ONESOURCE IS YOUR FREE 24/7 GATEWAY TO INFORMATION, ANSWERS AND SUPPORT. AS A DEPARTMENT OF DEFENSE-FUNDED PROGRAM, WE PUT EXPERT CONFIDENTIAL HELP TO WORK FOR SERVICE MEMBERS, IMMEDIATE FAMILY AND SURVIVORS WHO NEED A LITTLE EXTRA GUIDANCE FOR ALL THINGS MILILIFE.



## **VETERAN MENTAL HEALTH SERVICES**

THROUGH OUR INTERACTIVE PROGRAMS, MENTAL HEALTH WORKSHOPS, AND A BROAD OFFERING OF PROFESSIONAL SERVICES, VETERANS CAN BUILD RESILIENCE TO HELP OVERCOME MENTAL HEALTH CONDITIONS, INCLUDING PTSD, MILITARY SEXUAL TRAUMA (MST), TRAUMATIC BRAIN INJURY (TBI), AND MORE.



## **FREE COUNSELING FOR VETERANS | INDIVIDUAL AND GROUP TREATMENT OPTIONS**

U.S.VETS OFFERS FREE COUNSELING AND TREATMENT SERVICES DESIGNED TO ADDRESS THE UNIQUE NEEDS OF EACH CLIENT IN A SAFE AND CONFIDENTIAL ENVIRONMENT. PLEASE CONTACT US IF YOU NEED MENTAL HEALTH AND WELLNESS SERVICES.



## **THE HEADSTRONG PROJECT - 501C3 NONPROFIT FOR VETERAN MENTAL HEALTH**

THE HEADSTRONG PROJECT IS A NON-PROFIT MENTAL HEALTH ORGANIZATION PROVIDING CONFIDENTIAL, BARRIER-FREE, AND STIGMA-FREE PTSD TREATMENT TO OUR VETERANS, SERVICE MEMBERS, AND FAMILY CONNECTED TO THEIR CARE.



## **MENTAL HEALTH SERVICES FOR SERVICE MEMBERS, VETERANS & FAMILY**

ENTERSTONE'S MILITARY SERVICES EXISTS TO BREAK DOWN BARRIERS TO CARE OFTEN EXPERIENCED BY OUR NATION'S SERVICE MEMBERS AND THEIR FAMILIES. WE ARE COMMITTED TO PROVIDING MENTAL HEALTH SERVICES FOR OUR HEROES—INCLUDING ACTIVE DUTY SERVICE MEMBERS, MEMBERS OF THE NATIONAL GUARD OR RESERVES, VETERANS, AND MILITARY FAMILY MEMBERS.



## **MENTAL HEALTH CARE FOR MILITARY AND FAMILIES - GIVE AN HOUR**

GIVE AN HOUR IS POISED TO STEP IN AND PROVIDE CONFIDENTIAL, NO-COST MENTAL HEALTH CARE SERVICES TO ACTIVE-DUTY MILITARY, RESERVISTS, GUARD, VETERANS, AND, IN CERTAIN CASES, SPOUSES AND CAREGIVERS.





# Highlights

## #TEXASVFWSTRONG

- VFW POST 4709 IN DISTRICT 17 HELD THEIR MONTHLY YOGA CLASSES. AMAZING PARTICIPTION AND DEDICATION. STATS INCLUDE: Classes taught = 8; Hours = 16; Avg # Participants = 34 (down by 8 vs April); Mile's driven = 240
- On Monday May 26th (Memorial Day), Post 4709 hosted Congressman Morgan Luttrell from District 8 and his team for the Murph Challenge. The event took place at Candy Cane Park and had an excellent turnout of roughly 40- 50 participants.
- VFW 76 organized and executed their first Suicide Prevention & Mental Health Fair & 3k run/walk. Over 30 vendors and over 200 runners registered for this event.
- In collaboration with AMVETS California we partnered up to bring awareness around suicide prevention affecting our military and Veterans. Community partners joined together to provide support and resources surrounding mental health.
- VFW and local woman veteran organizations helped a woman veteran in Polytrauma unit of the VA with her mortgage and other services needed.

AMAZING WORK #TEAMTEXAS



# VAVS PROGRAM

**VETERAN AFFAIRS VOLUNTARY SERVICE OR BETTER KNOWN AS VAVS, IS THE FEDERAL GOVERNMENT'S LARGEST VOLUNTEER PROGRAM AND VFW HAS BEEN INVOLVED IN THE PROGRAM SINCE ITS INCEPTION IN 1946.**

AS A DEPARTMENT, WE ARE IN DIRE NEED OF VFW VAVS DEPUTY REPRESENTATIVES ACROSS THE STATE.

IF YOU ARE NOT ALREADY SIGNED UP AS A VAVS LEAD/DEPUTY REPRESENTATIVE, AND YOU ARE SERVING IN THE CAPACITY OF A POST SURGEON/DISTRICT SURGEON, PLEASE REACH OUT TO ME TO DISCUSS HOW WE CAN GET YOU INVOLVED.

IF YOU ARE INTERESTED IN SUPPORTING AND VOLUNTEERING AT THE VA, I ENCOURAGE YOU TO ALSO REACH OUT TO SEE HOW WE CAN BEST GET YOU INVOLVED.

- QUARTERLY FACILITY MEETINGS
- ANNUAL JOINT REVIEW (NOV)
- MANY OPPORTUNITIES TO SERVE
- STAYING UP TO DATE ON YOUR VA'S UPDATES
- ADVOCACY FOR CHANGE



## VA VOLUNTEER PROGRAMS



**VFW is seeking volunteers for VA Volunteer Service Programs**

*(VFW Membership not required)*

### **Volunteer Opportunities**

*(In-person or Online)* Compassionate

Contact Corps  
Corporate Volunteerism  
Physician Ambassador Program  
Student Volunteer Program /  
James H. Parke Memorial Scholarship  
Volunteer Transportation Network  
Voter Assistance

### **Join a Legacy of Service**

Volunteer once, occasionally, or regularly — your assistance and time are priceless to the VFW, Department of Veterans Affairs (VA), and our Nations Veterans.

**No Computer? No Problem.**  
**Call 1-800-VFW-1899 for assistance today!**





## Coming Up

### HEALTHCARE FOR HEROES HUDDLES

Join us via Zoom each month for informative presentations from subject matter experts from leading healthcare organizations who share resources and tools.

2nd Thursdays @6:30pm CST

We will be picking back up on 7.10.25 with a special guest speaker!

Stay tuned for more information!

Meeting ID: 820 1717 6671

Passcode: 367120

[CLICK HERE FOR LINK!](#)



## Free Resources

### WOMAN VETERANS RESOURCE GUIDE

A comprehensive resource guide for woman Veterans encompassing a plethora of topics from healthcare to employment and more.

[INSTANT DOWNLOAD](#)

### VA 2025 HANDBOOK

[INSTANT DOWNLOAD](#)

### VA NEW LOGIN INSTRUCTIONS

[CLICK HERE FOR LINK!](#)

# Important Contacts

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## Stay Connected!



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[@txvfwstatesurgeon](https://www.instagram.com/txvfwstatesurgeon)

[LET'S CHAT!](#)