



VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

LAST UPDATE: NOVEMBER 2018

ORGANIZATION NAME <small>*CLICK ON ORG NAME TO BE DIRECTED TO WEBSITE</small>	EMAIL	PHONE #	SERVICES OFFERED
<u>Brain, Education, Strategies, Technology</u>		(949) 310-3202	BEST has identified the fewest apps that can solve the most problems—at home, in the community, at school or at work—and they provide online courses with short video lessons that you can play until you learn how to use them to keep track of your life and your goals and to maximize your energy and productivity.
<u>Boot Campaign</u>	<u>info@bootcampaign.org</u>		Boot Campaign’s revolutionary Health and Wellness pipeline provides Veterans access and funding to individualized and comprehensive roadmaps to recovery from invisible wounds of war. Joining forces with evidence-based treatment and training partners across the United States, Boot Campaign helps Veterans and their families struggling with traumatic brain injury, post-traumatic stress disorder, chronic pain, self-medication and insomnia.
<u>Brainline</u>	<u>info@BrainLine.org</u>	703.998.2020	BrainLine also provides military-specific information and resources on traumatic brain injury and post-traumatic stress disorder (PTSD) to veterans, service members, and their families.
<u>Give an Hour</u>	<u>info@giveanhour.org</u>		Provides free mental health care to active duty, National Guard and Reserve service members, Veterans, and their families.
<u>Home Base Program-Clinical Intensive Care Program</u>	<u>wmdavidson@partners.org</u>	617-724-5202	Home Base has launched the country’s first two-week Intensive Clinical Program (ICP) to treat Veterans and Families who are struggling with the Invisible Wounds of War, including Post-Traumatic Stress, Traumatic Brain Injury, Military Sexual Trauma, Depression, Anxiety and co-occurring substance use disorders. Based in Boston, but serving Veterans and Families from across the country, the Intensive Clinical Program offers a holistic and innovative approach to clinical care.
<u>IRAQ AND AFGHANISTAN VETERANS OF AMERICA</u>	<u>info@iava.org</u>	212-982-9699	IAVA’s <u>one-on-one support program</u> connects members with best in class resources nationwide. Additionally IAVA has been working to test



VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

LAST UPDATE: NOVEMBER 2018

<u>(IAVA)</u>			<p>innovative pilots across the country including working with <u>VetsPrevail</u> to bring online cognitive behavioral therapy to our members and with <u>Mission Reconnect</u>, in a time limited study, to bring connecting exercises to couples.</p> <p>IAVA has also partnered with <u>PatientsLikeMe</u>, a free online mental health support network for Veterans. <u>PatientsLikeMe</u> provides a safe community where Veterans connect with one another and learn from each other's shared experiences living with post-traumatic stress, traumatic brain injury or more than 2,400 other conditions.</p>
<u>Lone Survivor Foundation</u>	https://lonesurvivorfoundation.org/contact/	832-581-3592	Provides therapeutic retreats for service members, Veterans and their families affected by Post-Traumatic Stress, mild Traumatic Brain Injury, Chronic Pain, and Military Sexual Trauma.
<u>NRD.GOV</u>	https://nrd.gov/Contact-Us		The National Resource Directory (NRD) is a resource website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them.
<u>Operation Mend-Intensive Treatment Program</u>	operationmend@mednet.ucla.edu	310-267-2110	Provides advanced surgical/medical services as well as intensive treatment for PTSD and mild TBI for post 9/11 era service members and Veterans injured during combat operations or while training for service. Participants in the program will receive the personalized care for which UCLA Operation Mend is known. All care, travel and accommodations are arranged and provided for at no cost to Operation Mend patients and their families.
<u>Operation First Response: The Last Mission Project</u>	info@operationfirstresponse.org	888-289-0280	Provides financial support for Veterans undergoing extended treatment for PTSD.
<u>Project Sanctuary</u>	Info@ProjectSanctuary.us	720-561-9193	Therapeutic retreats for the entire family that include counseling, education, and therapeutic recreation.
<u>PTSD Foundation of America</u>	http://ptsdusa.org/contact-us/	877-717-7873	Provides pastoral counseling and peer mentoring, both on an



VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

LAST UPDATE: NOVEMBER 2018

			individual basis and in group settings.
<u>Rapid Response Referral Program</u>		212-982-9699	Whether you're thinking about school, need help navigating the VA, or are confronting significant challenges like unemployment, homelessness, legal, financial or mental health struggles, RRRP can get you connected to the quality resources you need to get back on your feet and meet your goals.
<u>Save a Warrior</u>	https://saveawarrior.org/contact-1/#contact		Save A Warrior™ has changed countless lives through the "War Detox" program, which supports the healing from Post-Traumatic Stress (PTS). The program is a week-long event that specializes in connecting Active Duty Military, Returning Veterans, and First Responders experiencing psychological trauma.
<u>USA Cares-Combat Injured Program</u>	info@usacares.org	800-773-0387	The Combat Injured program removes any financial barriers preventing a Veteran from attending inpatient treatment for Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI) and Military Sexual Trauma (MST).
<u>USO</u>	https://www.uso.org/contact	888-484 3876	The USO works with Stronger Families to bring programming that helps military couples strengthen their relationships while working on tough issues in a fun and nonthreatening environment. Couples learn to improve their communication, better understand each other's needs, resolve conflict, rekindle romance and find renewed hope. The USO and Stronger Families also offer all active-duty military members and their spouses' FREE premium access to online resources at Oxygen365.com , a website to help couples who are unable to personally attend the live events. The site offers a customized growth plan for couples – such as access to relationship expertise through video podcasts covering topics such as communication, conflict resolution, intimacy, finances and issues related to deployment and reintegration.
<u>U.S. Expeditions and</u>	https://www.usx.vet/contact		USX serves the Veteran and science communities by connecting Research Initiatives with Nexus Expeditions. By connecting passionate,



VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

LAST UPDATE: NOVEMBER 2018

<p><u>Explorations</u></p>			<p>determined Veterans with opportunities to participate in the process of scientific discovery, we advance technology and human understanding while providing a powerful sense of purpose to our nation's heroes.</p>
<p><u>Veteran's PATH CenterPoint Retreats for Women Veterans</u></p>	<p>athena@veteranspath.org</p>	<p>615-236-6612</p>	<p><u>CenterPoint Retreats</u> are six-day retreats, based on a model of experiential, body-centered, relationship-based healing that serve the growing numbers of women veterans who are committed to their full recovery from stressful and/or traumatic experience. CenterPoint Retreats are nourishing, educational, and healing, and provide a peaceful and supportive natural environment for women veterans to learn tools for holistic recovery from PTSD, MST, and chronic stress, and to re-orient towards a fulfilling life of ease and satisfaction.</p>