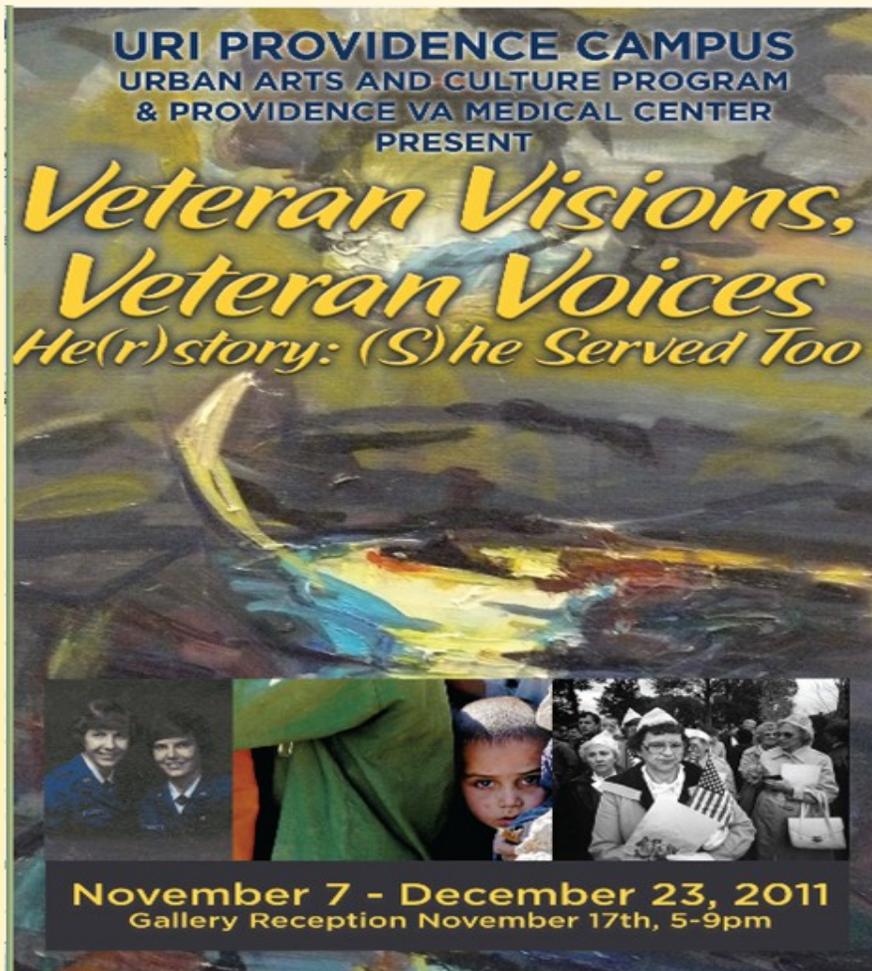


Women Warriors Newsletter

Women Veterans Program
Providence VA Medical Center
Rhode Island



Fall 2011



Women's Health Care Team

Dr. Dawna Blake, Women's
Health Care Director

Pilar Capili, RN, Clinic
Coordinator

Beth Grady, LCSW, Women
Veterans Program Manager

Dr Jon Bas, Provider

Karen Chase, NP, Provider

Dr. Joan Karl, Provider

Dr. Neha Pathak, Provider

Joyce Simon, NP, Provider

Dr. Natalie Mariano, Hyan-
nis CBOC, Provider

The Veterans Visions, Veterans Voices exhibit began November 7 and continues through December 24. The display features 200 pieces of artwork in all media, including creative writing as well as works from the Combat Paper Project and from approximately 70 Veterans from World War II to the present. In addition, there is wartime memorabilia from the Varnum Memorial Armory specific to women Veterans as well as a number of pieces from and about women Veterans.

*The Healthiest
Response to Life is
Joy*
-Deepak Chopra



TENTS TO TEA DON'T MISS IT!!!



From Tents to Tea
Friday, January 27th AND April 27th 2012
from 9:30 a.m. – 11:00 a.m.
PVAMC
5th floor, classroom 3

Fun, laughter, and friendship with other
women Veterans.

We honor YOU!

for a bistro reservation contact
Beth Grady @ 401-273-7100 ext 6191



- Free valet parking for Veterans
- Free thank-you gifts
- Live bistro music
- Delicious pastries and hot beverages

REVIEWS ARE IN!

“I always have a great time and I love hearing the stories of the WW2 lady Veterans.”

“We should have these more often.”

“A fun time and very informative”

“ I love the pastries you serve. The best cinnamon role in 25 years!”

We will see YOU at the next Tents to Tea gathering!

HELP for Military Sexual Trauma (MST)

VETERANS: Did you experience any unwanted sexual attention, uninvited sexual advances, or forced sex while in the military?

Does this experience continue to affect your life today?

Both women and men can experience military sexual trauma (MST) during their service. All Veterans seen at VA healthcare facilities are asked about experiences of sexual trauma because we know that any type of trauma can affect a person's physical and mental health, even many years later. We also know that people can recover from trauma. VA has services to help Veterans do this.

MILITARY SEXUAL TRAUMA

Military sexual trauma (MST) is the term that the Department of Veterans Affairs uses to refer to sexual assault or sexual harassment that occurred while the Veteran was in the military. It includes any sexual activity where someone is involved against his or her will - he or she may have been pressured into sexual activities (for example, with threats of negative consequences for refusing to be sexually cooperative or with implied faster promotions or better treatment in exchange for sex), may have been unable to consent to sexual activities (for example, when intoxicated), or may have been physically forced into sexual activities. Other experiences that fall into the category of MST include unwanted sexual touching or grabbing; threatening, offensive remarks about a person's body or sexual activities; and/or threatening and unwelcome sexual advances.

MST can affect a person's mental and physical health, even many years later.

Some of the difficulties both female and male survivors of MST may have include:

Strong emotions: feeling depressed; having intense, sudden emotional reactions to things; feeling angry or irritable all the time

Feelings of numbness: feeling emotionally "flat;" difficulty experiencing emotions like love or happiness

Trouble sleeping: trouble falling or staying asleep; disturbing nightmares

Difficulties with attention, concentration, and memory: trouble staying focused; frequently finding their mind wandering; having a hard time remembering things

Problems with alcohol or other drugs: drinking to excess or using drugs daily; getting intoxicated or "high" to cope with memories or emotional reactions; drinking to fall asleep

Numbers to Know; Numbers to Grow

Eligibility & Enrollments
401-457-3300

OEF/OIF Program Manager:
401-273-7100, ext. 6137

Veterans CRISIS Line
(formerly called the Mental Health hotline)
1-800-273-TALK (8255)

Telephone Assistant Program
(TAP) Line
401-457-3336
1-866-590-2976

Homeless Resources
401-273-7100, ext. 3553

Hotline for Homeless Veterans
1-877-424-3838

State of Rhode Island
Department of Human
Services Division of Veterans
Affairs
401-254-8460

Veterans Benefits
Administration, Women
Veterans Coordinator
401-223-3651

Human services and helping
agencies
2-1-1

VET CENTERS:
Warwick: 401-739-0167
New Bedford: 508-999-6920
Hyanis: 508-778-0124





Providence VA Medical Center

830 Chalkstone Avenue
Providence, Rhode Island
02908
(401) 273-7100

Hyannis CBOC

VA Primary Care Center
233 Stevens Street
Hyannis, MA 02601-3766
Phone: (508) 771-3190

Middletown CBOC

One Corporate Place
(West Main Road at Northgate Road)
Middletown, RI 02842
Phone: (401) 847-6239

New Bedford CBOC

73 Huttleson Avenue
Fairhaven, Mass 02719
Phone: (508) 999-6920



Difficulty with things that remind them of their experiences of sexual trauma: feeling on edge or 'jumpy' all the time; difficulty feeling safe; going out of their way to avoid reminders of their experiences; difficulty trusting others

Difficulties in relationships: feeling isolated or disconnected from others; abusive relationships; trouble with employers or authority figures

Physical health problems: sexual difficulties; chronic pain; weight or eating problems; gastrointestinal problems

WHAT SERVICES ARE AVAILABLE?

The VA provides free, confidential counseling and treatment to male and female Veterans for mental and physical health conditions related to experiences of MST. You do not need to be service-connected and may be able to receive this benefit even if you are not eligible for other VA care. You do not need to have reported the incident when it happened or have other documentation that it occurred.

CAN I APPLY FOR DISABILITY COMPENSATION FOR CONDITIONS RELATED TO MY EXPERIENCES OF MST?

Veterans can receive compensation for disabilities that began or got worse in the line of duty, including disabilities or injuries resulting from MST. When a Veteran applies for disability compensation, the VA must first determine whether there are current disabilities related to his or her military service. If there are, compensation is based on the current level of impairment. A Veterans Service Representative at the Providence VA Regional Office can explain the compensation program in greater detail and assist you in filing a claim.

For more information, call the VA's general information hotline at 1-800-827-1000. Veterans may also speak with their existing VA healthcare provider; contact our local MST Coordinator, Judith Berger, LICSW, at 1-401-273-7100, ext. 2731, or contact their local Vet Center.

A list of VA and Vet Center facilities can be found online at www.va.gov and www.vetcenter.va.gov

The Providence VA Medical Center is committed to meeting the unique needs of women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our full time Women Veterans Program Manager is ready to assist you in getting timely access to the health care you need.
Beth Grady, LCSW, Women Veteran Program Manager, (401) 273-7100, ext. 6191 http://www.providence.va.gov/Women_Veterans_Program.asp

WOMEN VETERANS HEALTH CARE

You served, you deserve
★ the best care anywhere.

