

PTSD or Post Traumatic Stress

Disorder is a normal reaction to a traumatic or life-threatening experience. Strong emotions caused by the event create changes in the brain that may result in PTSD.

PTSD symptoms include:

- ★ **Difficulty sleeping and/or nightmares**
- ★ **Frequent and distressing memories or feeling like you are reliving the event**
- ★ **Avoiding anything that reminds you of the event**
- ★ **Constantly nervous, on edge, or on guard**
- ★ **Feeling emotionally numb or overwhelmed**
- ★ **Feeling disconnected or detached from others**

Common PTSD-related Challenges

- Irritability and anger problems
- Blaming yourself/guilt
- Depression
- Work or school issues
- Relationship difficulties
- Isolation
- Drinking or drug use
- Feelings of hopelessness, shame, or despair

To learn more about PTSD, contact VA Butler Healthcare at 724.287.4781, ext. 5039 or visit www.ptsd.va.gov

VA Butler Healthcare

...providing comprehensive health care and support services for America's Veterans

ARMSTRONG COUNTY VA OUTPATIENT CLINIC

Klingensmith Building
313 Ford Street, Suite 2B
Ford City, PA 16226
724.763.4090

CLARION COUNTY VA OUTPATIENT CLINIC

AC Valley Medical Center
855 Route 58, Suite One
Parker, PA 16049
724.659.5601

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

Freedom Square
1183 Freedom Road, Suite A101
Cranberry Township, PA 16066
724.741.3131

LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724.598.6080

MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724.346.1569



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What is PTSD?

“The weakest step toward the top of the hill, toward sunrise, toward hope, is stronger than the fiercest storm.”

“Keep Going: The Art of Perseverance”

VA Butler Healthcare

325 New Castle Road

Butler, PA 16001

800.362.8262

724.287.4781

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What Can I DO?

Know that **recovery from PTSD is possible** and that it takes a great deal of courage and strength to ask for help. We believe that PTSD is treatable and that **people do get better.** You can take the first step toward your recovery by contacting us to schedule an intake evaluation:

The Center for Behavioral Health (CBH)
VA Butler Healthcare
325 New Castle Road
Butler, PA 16001
800.362.8262
724.287.4781, ext. 5039

PTSD Assessment and Treatment

The first step is to have an evaluation to identify and clarify your needs, difficulties, and goals. During this evaluation, a VA psychologist will ask you questions about your history, what is going on in your life now, and symptoms that you might be having. Based on this information, you may be referred to our PTSD Treatment Team. A team member will discuss care plan **recommendations and collaborate with you** to develop a treatment program specific to your needs and concerns.

Veterans CAN recover from PTSD

For PTSD treatment to be successful

it must be individualized to meet your needs and preferences. It is important for you to know that there are different ways of addressing PTSD and associated issues. **You will have options and choices in your treatment** and your providers will discuss these with you.

Many Veterans are concerned that they will have to talk about their trauma experience before they are ready. Effective treatments are available that involve emotionally processing trauma experiences, but this is only one choice. Treatment options that do not include trauma processing may also be highly successful in helping to **address your individual treatment needs and goals.** Most Veterans considering treatment for PTSD often begin with services designed to enhance understanding of PTSD and how **to manage and alleviate PTSD symptoms.**

About 60% of men and 50% of women experience at least one trauma in their lives.

PTSD treatment options may include:

- ★ **Psychoeducation Classes** – VA Butler's 8-week PTSD Basic Training class provides information to help you understand symptoms of PTSD, learn to cope with these symptoms, and make treatment decisions.
- ★ **Coping Skill-Building** – These are practical ideas and strategies to help you manage PTSD symptoms.
- ★ **Individual Therapy** – This includes talking with a therapist one-to-one. There are many different forms of individual therapy your providers can discuss with you.
- ★ **Group Therapy** – This includes talking with other Veterans in a group led by a VA therapist. We offer many different forms of group therapy.
- ★ **Medication** – There are a number of medications that can help alleviate symptoms of PTSD.
- ★ **Evidenced-based Treatments** – These are clinical treatments for which substantial VA research has been conducted and has demonstrated positive outcomes.

Experts believe PTSD occurs:

- ...in as many as 11 - 20% of Veterans of the Iraq and Afghanistan Wars (Operations Iraqi and Enduring Freedom), or about 11 - 20 out of 100 Operation Iraqi and Enduring Freedom Veterans
- ...in as many as 10% of Veterans of the Gulf War (Desert Storm), or about 10 out of 100 Desert Storm Veterans
- ...in as many as 30% of Veterans of the Vietnam War, or about 30 out of 100 Vietnam-era Veterans