

# FRONT & CENTER

Providing News to Our Veterans

January 2016

## CVT TO HOME

**B**ernard Williams served in Vietnam with the 101st Airborne. After returning home, it was clear to him that something was not right, but it was not until years later that it officially was known as Post-traumatic Stress Disorder (PTSD). Today, Bernard receives care through VA Butler’s Center for Behavioral Health for PTSD. He uses the new “CVT to Home” program to meet with his therapist from the comfort of his own home.

“Clinical Video Telehealth (CVT)” is a new telehealth program at VA Butler. The program allows a VA

provider at one of VA Butler’s facilities to talk to a Veteran right from their home. Veterans need to have internet access and a web camera to participate.

“In my life, when PTSD is at its worst, that’s exactly when I need to have one-on-one contact to keep the symptoms in check. But, it is also when I do not want to travel for fear of panic attacks and a heightened level of anxiety, so coming into a waiting room or dealing with traffic is not always possible,” said Bernard. “With the VA’s new program, that is no longer a

problem. From the safety and comfort of my home I can relax and work out issues that need addressed that day.”

Bernard’s VA psychologist, Dr. Mary Jane Niebauer, introduced him to the new Telehealth program, and it was “music to his ears.” Once he got familiar with the process for logging on and bringing up the program on his home computer, it worked and has continued to work out great.

“I do not believe that technology will ever fully replace the need to meet in-person, but it is a

tremendous tool for both the Veteran and the caregiver,” added Bernard. “I travel to Butler when weather, scheduling, and symptoms do not pose a problem, but if snow is forecasted, it is nice to know I will not have to reschedule.”

“CVT to Home” is just one of many VA Butler Healthcare Telehealth programs available to Veterans. VA Butler offers three types of Telehealth—Home Telehealth (HT), Store-and-Forward Telehealth (SFT), and Clinical Video Telehealth (CVT)—and new programs are being



Dr. Mary Jane Niebauer “meets” with Bernard through CVT

added and expanded regularly. Veterans interested in a VA telehealth program should talk with their health care team at VA Butler, or visit [www.butler.va.gov/services/Telehealth.asp](http://www.butler.va.gov/services/Telehealth.asp) to learn more.

“From the safety and comfort of my home I can relax and work out issues that need addressed that day [thanks to the VA’s new ‘CVT to Home’ program].” — Bernard Williams, Vietnam Veteran

## THIS MONTH IN HISTORY...JANUARY

- 1 The Emancipation Proclamation takes effect (1863)
- 1 During the American Revolution, George Washington unveils the Grand Union Flag, the first national flag in America (1776)
- 10 *Common Sense*, a 50-page pamphlet by Thomas Paine is published. It influenced, among others, the authors of the Declaration of Independence (1776)
- 16 The Gulf War begins (1991)
- 25 President John F. Kennedy conducts the first live televised presidential news conference, five days after taking office (1961)
- 27 “An Agreement Ending the War and Restoring Peace in Vietnam” is signed in Paris (1973)

# 2016

## HAPPY NEW YEAR

### RESOLVE TO LIVE HEALTHIER

Want to lose weight, exercise more, stress less, quit smoking, or limit alcohol this New Year? VA Butler Healthcare can help you with your healthy living New Year’s resolutions. Talk to your VA Butler health care team today—800.362.8262.



## 72 HOUR NOTICE

**R**eminder Veterans! Please notify VA Butler Healthcare when treated in or admitted to a hospital for non-preapproved health care **within 72 hours** of admission by leaving a message on the notification line number, 724.285.2594. *This is not an authorization of payment.*

## BENETRAVEL PAYMENTS NEW DEBIT CARD

**V**A Butler Healthcare is transitioning BeneTravel payments for Veterans receiving cash or check to a new Direct Express Debit MasterCard. Veterans already receiving BeneTravel payments through direct deposit (EFT) are not affected. For more information, stop by the Agent Cashiers Office, contact Lorain Hesidenz at 724.285.2528, or visit <https://fiscal.treasury.gov/GoDirect/>.

The Direct Express® Debit MasterCard® card is a safer, more convenient way to receive federal benefits.



VA is now offering the Direct Express® card to veterans receiving medical benefits. Just like electronic fund transfers (EFT) directly to bank accounts, deposits to the Direct Express® card are safer and faster than paper checks.



- Anyone receiving VHA medical benefits can enroll
- No bank account needed
- Payments are automatically deposited to your Direct Express® card
- Use your card anywhere debit MasterCard® is accepted
- Recommended by the U.S. Department of the Treasury

## SHARING ELECTRONIC MEDICAL RECORDS

**V**eterans, “Connect Your Docs” through the Virtual Lifetime Electronic Record (VLER) Health Exchange program. VLER gives VA and non-VA health care providers secure access to certain parts of your electronic health record.

That means both your VA and non-VA health care providers can securely access information on your allergies, health problems, medications, lab results, encounters, and more. This should help you and your health care providers, avoid the need to fax, mail or carry paper health records from one provider to another. It also means VA and non-VA health care providers can access more of your key health care information in near real time, instead of days or weeks — enabling them to quickly make informed decisions that result in better care.



Samantha Krivak is VA Butler’s new Rural Health Community Coordinator. She serves as the primary local contact for VLER. To learn more about VLER—

Call Samantha: 1.800.362.8262, ext. 4809

Visit: Room 105W

Go Online: [www.butler.va.gov/patients/Virtual\\_Lifetime\\_Electronic\\_Record.asp](http://www.butler.va.gov/patients/Virtual_Lifetime_Electronic_Record.asp) or [www.va.gov/VLER](http://www.va.gov/VLER)

Call VLER Hotline: 1.877.771.VLER (8537), Monday - Friday, 7am to 9pm

We want to hear from you! Email [amanda.kurtz2@va.gov](mailto:amanda.kurtz2@va.gov) to share your story with us!

## EVENTS

**12** Veterans Behavioral Health Council Meeting  
Tuesday, January 12 • 10am  
Room 218WS, VA Butler Healthcare

**7** HCC Town Hall Meeting  
Thursday, January 7 • 5:30pm  
Room 403C, VA Butler Healthcare

**M-F** FREE Weekly Veteran Fitness Classes  
Monday-Friday • 4:30pm-5:30pm  
Room 403C, VA Butler Healthcare  
Call 800.362.8262, ext. 2292 to pre-register



800.362.8262  
724.287.4781

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