



STRESS LESS THIS SUMMER

No one knows better how stress can negatively impact your life than U.S. Army Veteran Kristina “Kris” Berry. Kris suffered a major breakdown due to stress, but with help from VA programs such as one-one-one

counseling, the Telephone Lifestyle Coaching (TLC) program, and the Veterans Crisis Line, she is doing great today and managing her stress.

In addition to counseling, Kris participated in VA’s Telephone Lifestyle

Coaching (TLC) program to better manage her stress. TLC uses coaching calls to help Veterans reach their health goals. Veterans may focus on any combination of six healthy lifestyle goals, including stress management.

“TLC was a great program, and it was convenient for me. My TLC coach called me at night since I worked during the day and also had weekend hours. She made it so simple; she put it in my terms, and was there at night when I was available to do it,” said Kris. “I learned how to turn difficult

people and difficult situations around to make them positive – that to me was immeasurably helpful! The TLC book really helped too because I could refer to it and go back time after time to re-teach myself key areas.”

Kris’s advice to other Veterans dealing with stress: “Talk to someone. We all have bad days, and sometimes we just need to be heard. You don’t have to physically go into a VA hospital to get help from the VA. There’s CBOCs, 800 numbers, etc. If you’re having a bad day, take advantage of the Veterans Crisis

Line. It’s a very important tool.”

The Veterans Crisis Line connects Veterans in crisis and their families and friends with VA responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and press 1, chat online, or send a text message to 838255 to receive confidential support.

We are here to help you have a stress-free summer! To learn more about managing stress, talk to your VA health care team or visit www.prevention.va.gov/Manage_Stress.asp. ★

“Talk to someone. We all have bad days, and sometimes we just need to be heard.” Kris Berry, U.S. Army Veteran

THIS MONTH IN HISTORY...JULY

- 2 The U.S. Constitution takes effect [the 225th Anniversary] (1788)
- 4 The 50-star flag makes its debut in Philadelphia (1960)
- 6 John Marshall, the third chief justice of the Supreme Court, dies at the age of 79. Two days later, while tolling in his honor in Philadelphia, the Liberty Bell cracks (1835)
- 18 Inventor Thomas Edison records the human voice for the first time [Today you can listen in to VA Butler’s audio podcasts any day online!] (1877)
- 20 The U.S. Army Women’s Army Auxiliary Corps (WAAC) begins its first training class at Fort Des Moines, Iowa (1942)
- 27 Armistice ends the Korean War [the 60th Anniversary – Thank You Korean War Veterans!] (1953)



The second annual, nationally recognized and supported “Hiring our Heroes” event will take place in VA Butler’s Auditorium on Wednesday, July 31, from 9am-12pm for Veteran job seekers, active duty military members, Guard and Reserve members and eligible spouses. For registration questions, please contact hiringourheroes@uschamber.com or call 202-463-5807.



One of the many ways VA Butler Healthcare is partnering with the community to end Veteran homelessness is through a contract housing program called *Tomorrow's Hope*. *Tomorrow's Hope* provides transitional housing (60-90 days), counseling, education, life skills, and job training to homeless Veterans.

VA Social Worker Sandy Beahm conducted the first Clinical Video Telehealth (CVT) session with U.S. Army Veteran J. Anthony Cazzell this spring at *Tomorrow's Hope*. Beahm and Cazzell were able to meet for health services without physically being in the same place.

Beahm will continue to conduct daily sessions with Veterans at *Tomorrow's Hope* – providing individualized case management that includes identifying/reviewing Veterans' goals, future plans, problems/concerns, and how they're adjusting to the facility. Additional VA providers will soon be connecting virtually with the 10 VA Butler Veterans residing at *Tomorrow's Hope*. More services will also be available soon, including individual and group substance abuse counseling. ★

We want to hear from you! Email amanda.kurtz2@va.gov or lauren.heiger@va.gov to share your story with us!

IMPROVING ACCESS *New Kiosks and Extended Hours*

New kiosks are available at VA Butler Healthcare in Primary Care, Specialty Clinics, Behavioral Health, *MOVE!* (Auditorium), Dental, and Cardiopulmonary, as well as at all five of our Community-based Outpatient Clinics. The new VetLink Kiosks have touch-screen technology to allow for easy access to make changes to health information. On VetLink you can:

- Check-in for previously-scheduled VA medical appointment
- Update contact information
- Update demographic information
- Update and validate insurance information
- View a VA account balance
- Print a VA appointment itinerary slip

Extended hour appointments for primary care services are available Monday through Friday at 7:15am and 7:45am, as well as on Mondays, Wednesdays, and Thursdays at 4:45pm and 5:15pm. Starting this month (July 13, 2013), primary care and mental health services also will be on Saturdays from 8am-12pm. In addition, VA Behavioral Health has scheduled appointments available Monday through Friday at 7:00am, as well as individual and group therapy appointments Monday, Tuesday and Wednesday from 4:30pm-6:30pm. VA Staff during extended hours will consist of one VA Provider, Registered Nurse, and Medical Support Assistant. **We look forward to serving you when it is convenient for you!** ★



JULY 28, 2013 IS WORLD HEPATITIS DAY

500 million people worldwide live with either chronic hepatitis B or C. World Hepatitis Day provides an opportunity to raise awareness and influence real change in disease prevention and access to testing and treatment. VA Butler Healthcare is offering a new support group to help Veterans diagnosed with Hepatitis C. If you're interested in attending, talk with your VA health care provider, or call (724) 285-2768. You also can learn more about hepatitis and effective treatment online at: www.veteranshealthlibrary.org, www.hepatitis.va.gov, and www.myhealth.va.gov. ★

EVENTS

11 July Podcast • Streamlining VA's Delivery of Service
Thursday, July 11 • 12pm • Chat link: butler.va.gov/news/MediaCenter.asp

19 Farmers Market
Friday, July 19 • 10am-2pm
Outside Lawn, Primary Care Entrance

20 Bikers for Vets Annual Benefit Ride
Saturday, July 20 • Departs at 11:15am
VA Butler Healthcare, Flagpole Entrance

31 Hiring Our Heroes – Job Fair
Wednesday, July 31 • 9am-12pm
VA Butler Healthcare Auditorium



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