

## YOU CAN GET BETTER

Scott Yunik served in the U.S. Army from 2007 to 2011, including a year-long deployment in Iraq. He came to VA Butler Healthcare for the first time this spring for substance abuse treatment and currently resides at VA Butler's Domiciliary.

VA Butler's 56-bed Domiciliary is a residential facility on VA Butler's main campus for Veterans who may be dealing with issues such as homelessness, mental health, substance abuse and unemployment. Residents participate in a full range of rehabilitation services including physical,

behavioral, spiritual, psychosocial, addiction counseling, vocational, dietary, occupational therapy and intervention.

Scott already has participated in many VA programs during his stay, including "Veteran X", psychotherapy, community re-entry, drug and alcohol rehabilitation, and the recent VA2K Walk and Roll Event. He also is early-on in treatment for Post-traumatic Stress Disorder (PTSD) at VA Butler.

"Having PTSD does not limit you to



a life of misery and isolation. Therapy is not easy, but the only way to get better is to reach out for help. You can get better."

While learning to be around people again and dealing with anxiety have been challenging for Scott, support from VA staff has been very helpful in his recovery. "Everyone on staff here has been

amazingly helpful and truly wants only the best for us," he said. To other Veterans, he advises: "The services and programs are there for you, but you have to advocate for yourself."

One way Scott is learning to advocate for himself is through "Veteran X." "Veteran X" focuses on providing Veterans the opportunity to take an active role in choosing treatment goals and finding solutions to problems they may be facing. In the program, Veteran "X" has a number of challenges similar to those faced

by the group's participants. While helping Veteran "X" to solve his issues, participants gain valuable skills and information to resolve their own issues.

From substance abuse and PTSD treatment, to group recovery through "Veteran X," VA Butler has the programs, services, support, and more for Veterans. Recovery is possible, and VA Butler is here to help. Learn more about the many programs and services available at [www.butler.va.gov/services](http://www.butler.va.gov/services).

“Therapy is not easy, but the only way to get better is to reach out for help. You can get better.” — Scott Yunik, U.S. Army Veteran

## THIS MONTH IN HISTORY...JULY

- 2 The Army Air Corps is established (1926)
- 4 The first Fourth of July celebration is held west of the Mississippi River when Lewis and Clark fire the expedition cannon and order an extra ration of whiskey for the men (1804)
- 17 Congress passes an act establishing that "every officer, seaman, or marine, disabled in the line of duty, shall be entitled to receive for life, or during his disability, a pension from the United States" (1862)
- 21 The Veterans Administration (VA) is created (1930)
- 27 Armistice ends the Korean War (1953)
- 28 World War I begins (1918)

## STAY SAFE IN THE SUMMER HEAT



Heat is the number one weather-related killer. When going out in the heat this summer: wear sunscreen, drink plenty of fluids, and wear cool, light-colored clothing. Have questions or concerns? Talk to your health care team.



## WEEKLY RECOVERY GROUPS FOR VETERANS “Veteran X” and “Veteran HOPE”

VA Butler Healthcare offers two weekly recovery groups for Veterans, “Veteran X” and “Veteran HOPE.” Participants from these groups recently participated in their first combined activity — a Memorial Day parade followed by a picnic.

In these recovery programs, participants serve as the treatment team for a fictitious Veteran “X” or Veteran “HOPE.” Veteran “X” and “HOPE” have a number of social barriers that are similar to those faced by the groups’ participants. While helping Veteran “X” and “HOPE” to solve his/her issues, the participants gain valuable skills and information to resolve their own issues.

To learn more about “Veteran X,” contact Cary Adkins 724.996.8892. To learn more about “Veteran HOPE,” contact Nicole Thompson 724.285.2756. Veterans are invited to join the groups at any time!

## CLINICAL PHARMACY SPECIALISTS

Did you know VA Butler has specially trained Clinical Pharmacy Specialists ready to help you meet your health care goals? A Clinical Pharmacy Specialist (CPS) is a medication expert that can help manage your medications in between appointments with your VA Provider. A CPS has the ability to prescribe certain medications and can provide close follow-up to help improve your health.

Clinical Pharmacy Specialists are available at the main Butler campus, and all five community-based outpatient clinics. If you are interested in scheduling an appointment with a CPS, please contact your VA Butler health care team today!

## SAVE THE DATE - Welcome Home Event

Have you recently returned from military service? Now is the time to take advantage of the benefits VA offers Veterans, including five years of cost free health care. Veterans can receive cost free medical care for any condition related to their service in the Iraq/Afghanistan theater for five years after the date of their discharge or release.

You can learn about this benefit and more at the upcoming Welcome Home Event for Post 9/11 Veterans and their families at Moraine State Park. This year’s event is a family-friendly picnic on Sunday, August 14, from 1 to 4pm. Food, games, and giveaways will be available for all attendees. Information also will be available about VA eligibility/enrollment and VA programs/services. Representatives from the Veterans Benefits Administration (VBA), the Vet Center, and VA Butler will be available throughout the day to assist Veterans and their families and answer any questions about VA.

For more information, contact VA Butler’s Transition and Care Management Program Manager at 1.800.362.8262, ext. 2493.

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

## EVENTS

- HCC Town Hall Meeting**  
7 Thursday, July 7 • 5:30pm  
VA Butler Healthcare Auditorium
- Behavioral Health Council Meeting**  
12 Tuesday, July 12 • 10am  
VA Butler Healthcare, Room 218WS
- Mental Health Creative Arts Event**  
10 Tuesday, July 19 • 11am-1:30pm  
VA Butler Picnic Shelter (Outside)
- Farmers Market**  
20 Friday, July 29 • 10am-2pm  
Outside Lawn, Primary Care Main Entrance



800.362.8262  
724.287.4781

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