

## GO TO THE VA RIGHT NOW!

U.S. Navy Veteran Clarence Warden was always stressed. He turned to drugs and alcohol, and knew something was going on with his life that he did not like. He needed to get help, and so he made the decision to do so.

“I got to the point where I decided, ‘I’m going to the VA right now!’ Cold turkey,” he said. “I haven’t regretted it. It was one of the best decisions I’ve made.” Clarence has participated in VA’s substance abuse programs and Posttraumatic Stress Disorder (PTSD) treatment, and he is going on six years clean.

PTSD can occur after someone goes through a traumatic event like combat,

assault, or disaster. Most people have some stress reactions after a trauma. If the reactions don’t go away over time or disrupt your life, you may have PTSD.

“The thing that impresses me the most is what treatment has done for my relationships with family and friends.”

Clarence’s friends and family have noticed he’s a different person, and they understand about PTSD now.

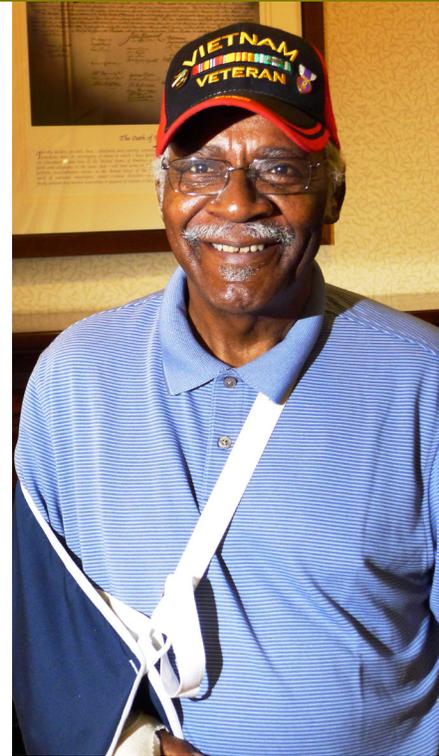
Don’t let PTSD hurt your relationships, or get in the way of your life. Recovery from PTSD is possible, and there are many different ways of addressing PTSD and associated issues. Veterans have options and choices in their treatment. The first step is to have an evaluation

to identify and clarify your needs, difficulties and goals.

Clarence continues to attend weekly group PTSD treatment with other Veterans. “We seek help from the VA psychologist, and we seek help from each other. We all have the same problems, and all feel comfortable telling each other instead of holding it in,” he said.

Help is available at VA Butler Healthcare. “We’re done for if we don’t get help. And that’s what VA is there for, that’s what it’s all about...help. You have to want it. You have to be serious about getting help. Get into the VA’s programs.”

If you or someone you know is in need of an evaluation for PTSD, contact



VA Butler Healthcare’s Behavioral Health Department at 800-362-8262, ext. 5039.

“We all have the same problems, and all feel comfortable telling each other instead of holding it in.” —Clarence Warden, U.S. Navy Veteran

## THIS MONTH IN HISTORY...JUNE

- 1 The first U.S. congressional act on administering oaths becomes law (1789)
- 7 The United Colonies change their name to the United States (1775)
- 10 Alcoholics Anonymous is founded (1935)
- 16 The first Father’s Day is celebrated in Spokane, Washington (1910)
- 19 The Statue of Liberty arrives in New York City from France (1885)
- 22 The GI Bill is signed into law [70th anniversary] (1944)
- 26 The United Nations charter is signed (1945)



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#PTSD AWARENESS • JUNE 2014

## JUNE IS PTSD AWARENESS MONTH

Help raise awareness of Posttraumatic Stress Disorder (PTSD) and effective PTSD treatments. Get involved in spreading the word about PTSD treatment and recovery. Visit [www.ptsd.va.gov](http://www.ptsd.va.gov) for more information.



**Can't seem to shake this squeezing pain ...**

It's not always this obvious.

## MAN UP! JUNE 9-15 IS MEN'S HEALTH WEEK

Women are 100 percent more likely than men to seek preventative health care according to the Centers for Disease Control and Prevention. Men's Health Week, June 9-15, 2014 is a week devoted to heightening awareness of preventable health problems in men. A health checklist for men will vary by age group, but tracking basic health measures like blood pressure and body mass index (BMI) are important at any age. Getting an annual flu shot, keeping up-to-date on tetanus shots and getting an HIV test also are important preventive health practices for men.



## VA BUTLER PODCASTS—LISTEN IN!

Did you know? VA Butler hosts bi-monthly audio podcasts on key VA topics. Check them out on the web now! [www.butler.va.gov/news/MediaCenter.asp](http://www.butler.va.gov/news/MediaCenter.asp).

Is there a VA topic you're interested in hearing more about? Email [Amanda.Kurtz2@va.gov](mailto:Amanda.Kurtz2@va.gov) and your topic could be featured in an upcoming podcast!

## WELCOME HOME & 5 FREE YEARS

Have you recently returned from military service? Or, are you still on active duty or an activated member of the National Guard or Reserve? You can receive VA care and benefits assistance. AND, OEF/OIF/OND combat Veterans can receive **five years of cost free medical care** for injuries or illness related to their active duty or military service.

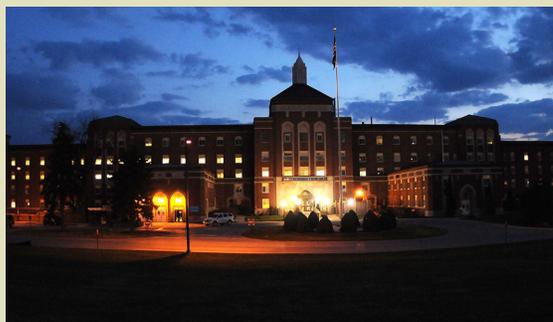
VA Butler Healthcare is ready to provide health care and more to our newest Veterans returning from the armed forces. Contact VA Butler's new OEF/OIF/OND Program Manager, Steve Salomonsen, at 800.362.8262, ext. 2493 or visit [www.butler.va.gov/services/returning/index.asp](http://www.butler.va.gov/services/returning/index.asp).

*Save the Date! This year's "Welcome Home Event" will be August 2, 2014 from noon to 6pm at the 16th Annual Regatta at Lake Arthur!*

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

## EVENTS

- 10 Tuesday, June 10 • 10am  
VA Butler Healthcare, Room 218WS
- 14 Bantam Jeep Festival – VA Butler Outreach  
Saturday, June 14 • 9am-6pm  
Sunday, June 15 • 9am-3pm  
VA Butler Healthcare Booth  
[www.bantamjeepfestival.com](http://www.bantamjeepfestival.com)
- 26 PTSD Awareness Day  
Thursday, June 26 • 9am-3pm  
Informational Table  
VA Butler Primary Care Waiting Area



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800.362.8262  
724.287.4781

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