

VA BUTLER'S CENTER FOR BEHAVIORAL HEALTH

U.S. Marine Corps Veteran Dan Bonner served in Vietnam from June '66 — February '68 supporting the 1st Battalion, 7th Marines, Chu Lai Vietnam, I Corp. After being discharged in April 1969, he attended college before becoming a workaholic at several high pressure jobs in Pittsburgh. When he retired and job pressures diminished, the memories of Vietnam dominated his thoughts. Thanks to his wife's encouragement, Dan came to VA Butler's Center for Behavioral Health (CBH) for

counseling. "The Center for Behavioral Health has been the most helpful experience for me at VA Butler. Over the past six years, I have had the distinct honor to receive counseling from Dr. Mary Jane Niebauer, who has always been supportive, direct, and most of all, encouraging," said Dan. "It has taken a long time. She has brought me through several issues of great importance, which have directly influenced both my work and home life." VA Butler's CBH is a treatment resource

for Veterans struggling with a wide range of emotional, readjustment, and behavioral health issues such as PTSD, depression, anxiety, mental illness, substance abuse, or military sexual trauma (MST). "The most challenging part of being a part of CBH is opening up. Combat Veterans are used to the government sending you out to where you may not return. It is hard to trust a system that now tells you, 'We're here to help you.'" VA Butler Healthcare is here to help you. Dan encourages all Veterans,

regardless of age or service experiences to enroll at VA Butler. "The VA provides Veteran-specific counseling and health services. Veterans here are surrounded by men and women of similar experiences, and we can help each other as we did in our respected services." Dan already is helping other Veterans at VA Butler as the spokesman for the VA Butler Veterans Behavioral Health Advocacy Council. The Council's mission is to establish a true partnership between Veterans and their



families, VA mental health professionals, community partners and Veteran service organizations. Their combined goal is to improve the quality of VA mental health services and Veterans' understanding of those services, while also promoting the best use of those services.

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THIS MONTH IN HISTORY...OCTOBER

- 2** Scientists announce findings that smoking can cause cancer [Make a quit plan. VA's smoking quitline counselors can help. Call them at 1-855-QUIT-VET] (1964)
- 13** U.S. Navy is established (1775)
- 14** U.S. Air Force Captain Chuck Yeager becomes the first man to break the sound barrier, flying in a rocket-powered research aircraft (1947)
- 19** As their band plays *The World Turned Upside Down*, the British Army marches out in formation and surrenders to the Americans at Yorktown. The war between Britain and its American colonies is effectively ended (1781)
- 21** During World War II in Europe, American troops capture Aachen in western Germany after a week of hard fighting. It is the first large German city taken by the Allies (1944)
- 24** The United Nations is founded [70th anniversary] (1945)

OCTOBER 4-10, 2015 IS NATIONAL MENTAL ILLNESS AWARENESS WEEK



During this week, consider becoming a member of Butler's Behavioral Health Council to better assist Veterans in their mental health recovery. Call 724.742.0348, 724.967.3733, or 724.282.4159 for more information.

OCTOBER FLU CLINICS

The single best way to protect against the flu is to get vaccinated each year. VA Butler Healthcare is offering flu vaccination clinics to Veterans at the main campus and other community locations this month. For more information, call 724.285.2223 or visit www.butler.va.gov/calendar.asp.

Thursday, October 1 | 10am-2pm

VFW Post #2145, 603 Liberty Street, Clarion, PA 16214

Friday, October 2 | 11am-2pm

American Legion Post #343, 134 N. Jefferson Street
New Castle, PA 16101

Saturday, October 3 | 10am-2pm

Michael A. Marzano VA Outpatient Clinic
295 Kerrwood Dr., Ste. 110, Hermitage, PA 16148

Thursday, October 8 | 11am-2pm

American Legion Post #852, 227 W. Prairie Street
Harrisville, PA 16038

Saturday, October 10 | 8am-12pm

VA Butler Healthcare, Primary Care Clinic
325 New Castle Road, Butler, PA 16001

Tuesday, October 13 | 10am-2pm

VFW Post #7073, 214 River Avenue, Parker, PA 16049

Thursday, October 15 | 5pm-7pm

VA Butler Healthcare, Primary Care Clinic
325 New Castle Road, Butler, PA 16001

Wednesday, October 21 | 3pm-7pm

VFW Post #128, 179 Virginia Avenue
Rochester, PA 15074

Saturday, October 24 | 8am-12pm

VA Butler Healthcare, Primary Care Clinic
325 New Castle Road, Butler, PA 16001

Tuesday, October 27 | 10am-2pm

VFW Post #7505, 331 Mars-Valencia Road
Mars, PA 16059

NEW LOCATION FOR CLARION CBOC

We are excited to announce the relocation and enhanced services of the Clarion County Community Based Outpatient Clinic (CBOC), a partnership between VA Butler Healthcare and Valor Healthcare. The new clinic provides new and improved services to Veterans in Clarion County.

The new CBOC opened on September 28 at its new location:

Clarion County VA Community Based Outpatient Clinic

56 Clarion Plaza, Suite 115
Monroe Township, PA 16214

A grand opening celebration is planned for October 9 at 11am and all Veterans are invited to attend! If you have questions, please contact Timothy Florian, VA Butler's Community-Based Outpatient Clinic Manager, at 724.287.4781, ext. 4565.

NEW OCTOBER FITNESS CLASSES

Check out VA Butler's weekly fitness classes with certified, experienced instructors. Classes are offered Monday through Friday from 4:30 to 5:30pm, and are provided free of charge to Veterans, however Veterans must pre-register before attending classes. To pre-register, call 800.362.8262, ext. 2292. Following is the lineup of new classes starting this month!

• **Monday/Wednesday: P.E. Plus**
Join us for a one mile warm-up walk on the grounds of VA Butler followed by cardiovascular drills and strength exercises.

• **Tuesday/Thursday: Boxercise**
Put on some boxing gloves for a full body workout. Learn basic boxing skills and other exercises that will work the entire body.

• **Friday: Yoga:** This is a gentle yoga class. Chair support is offered to safely perform seated and standing postures designed to increase flexibility, balance and range of movement.



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

EVENTS

Veterans Behavioral Health Council Meeting
13 Tuesday, October 13 • 10am
Room 218WS, VA Butler Healthcare



325 new castle road . butler pa 16001



800.362.8262
724.287.4781

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www.butler.va.gov/news/MediaCenter.asp

