

Local and National Resources

The National Center for PTSD (NCPTSD)

<http://www.ncptsd.va.gov/ncmain/index.jsp>

Veterans Service Organization

www.va.gov/vso.

US Department of Veterans Affairs

<http://www.va.gov/>

Student Veterans of America

<http://www.studentveterans.org/>

Veterans Crisis Line

(800) 273-8255

www.mentalhealth.va.gov

Brooklyn Campus of the VA NY Harbor Healthcare System

800 Poly Place

Brooklyn, NY 11209

(718) 836-6600

Bronx Vet Center

2471 Morris Ave, Suite 1A

Bronx, NY 11702

(718) 367-3500 or (877) 927-8387

Harlem Vet Center

2279 3rd Avenue, 2nd Floor

New York, NY 10035

(212) 426-2200 or (877) 927-8387

Staten Island Community Clinic

1150 South Ave, 3rd Floor, Suite 301

Staten Island, NY 10314

(718) 761-2973

Adapted from:

Blue Stars Mothers of America, Inc. (2011).
Guide to Post Traumatic Stress.
[Pamphlet]. Unknown: Author.

National Center for PTSD (2005). Returning
from the War Zone. A Guide for Families.
[Pamphlet]. Washington, DC: Author.

National Center for PTSD (2011). "Other
Common Problems." Retrieved on November
30, 2011 from
[http://www.ptsd.va.gov/public/pages/fslist-
other_common_problems.asp](http://www.ptsd.va.gov/public/pages/fslist-other_common_problems.asp).

Meet the Staff

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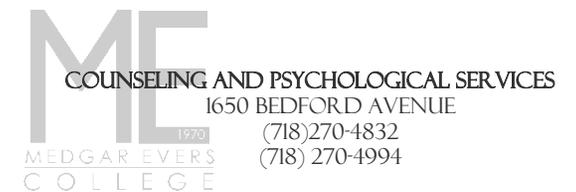
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Welcoming Veterans to the MEC Community

Support Guide and Resources



Transitioning

Veterans returning from a deployment setting to life with family and friends may find the transition difficult. This pamphlet serves as a brief guide for supporting the transition of military service members into the MEC community.

Stress Reactions

While deployed, service members may have been injured or witnessed stressful or life threatening incidents such as attacks, killings, and bombings. In addition, some may have had to deal with the death of colleagues and friends. As a result of experiencing such psychologically distressing events, veterans, like all people following a traumatic event, can be at risk of developing mild to severe stress reactions. Some common reactions are:

- Feeling hopeless about the future
- Feeling detached or unconcerned about others
- Having trouble concentrating or making decisions
- Feeling jumpy and getting startled easily at sudden noises
- Feeling on guard and constantly alert
- Having disturbing dreams and memories or flashbacks
- Having work or school problems

Post Traumatic Stress Disorder (PTSD)

PTSD is a serious mental health condition that can develop after one has been exposed to a terrifying, or traumatic, life event. PTSD symptoms can vary in its duration and expression; however, it is most often characterized by the following symptoms:

Re-Experiencing: Service members may continue to think about things that happened in the war-zone and may become distressed by these memories. They may have nightmares about events they have witnessed or actual combat situations. Sometimes, these images are “triggered” by reminders, such as sights or sounds or smells that remind them of their combat experience.

Avoidance and Numbing of Emotion:

Service members may try to avoid discussing traumatic events and may even respond angrily to those who try to remind them of these events. They may appear withdrawn physically and emotionally.

Arousal: Service members may experience difficulty relaxing and may appear anxious or hyper-alert. They may also appear to be guarded, defensive, and easily irritated.

TREATMENT

Veterans should seek treatment if they are experiencing any or many of the symptoms described in this pamphlet, AND especially if the symptoms are interfering with their relationships, work or school performance. Treatment options that have been found to be effective include:

- Individual Psychotherapy
- Family Therapy
- Medication

Encourage a veteran friend or family member to seek help!

CUNY RESOURCES

Office of Veterans Affairs

For Financial and Academic Resources:

www.cuny.edu/veterans

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Veterans Affairs Certifying Official
Office of Recruitment and Admissions

1665 Bedford Avenue

Brooklyn, NY 11225

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