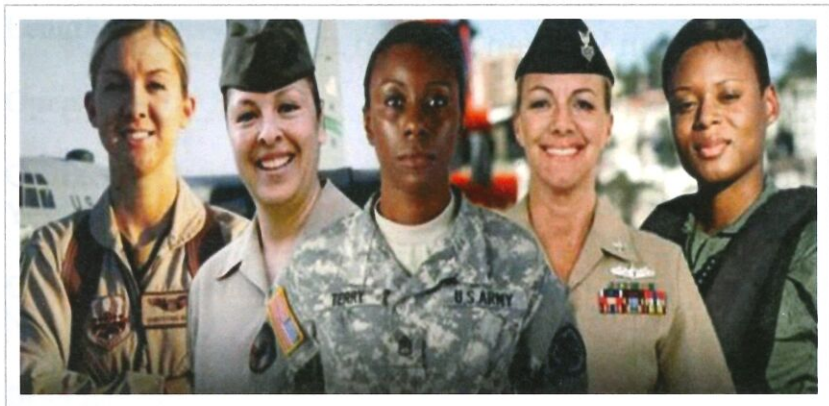


Groups for Women Veterans



Richard L. Roudebush VA Medical Center
& Community Based Outpatient Clinics (CBOC's)

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Groups open to women Veterans eligible for VA care

Women Veterans Finding Meaning Support

Group leader/contact number:

Chaplain Sherri Headen 317-988-9531

When:

Ongoing, every Thursday, 1430-1530

Where:

C-2090

Length: 10 weeks

Open/closed: Open

Contact the leader before attending?:

Yes

Other requirements:

No

Brief description:

This group helps you begin to heal from trauma and challenges in your life. This approach will use your own understanding of religion and/or spirituality.

Groups open to women Veterans eligible for VA care Women's Chronic Pain

Group leader/contact number:

Beth Holder, CTRS Recreation Therapist 317-988-3148

When: 2nd Friday of each month, 1400-1530

Where: PRMS Chronic Pain Clinic

Open/closed: Closed

Contact the leader before attending?: Yes

Other requirements:

Enrolled in/graduated from chronic pain clinic

Brief description:

This group offers a safe and supportive place for Women Veteran's with chronic pain. Group members will learn strategies to build and keep a healthy support system. Group members will also have hands-on practice of relaxing and fun activities.

Groups open to women Veterans eligible for VA care Women's iREST

Group leader/contact number:

Jayne Brosmer, DPT 317-988-9545

When:

To be determined

Where: A-2015

Length: 6 weeks

Open/closed: Open

Contact the leader before attending?: No

Other requirements:

Veteran must call to schedule (317-988-2909)

Brief description:

iREST provides you with tools to help you relax deeply and release stress. The group leader will guide members with meditation. This will help group members restore the mind and body to natural functioning.

Groups open to women Veterans enrolled in Psychiatry Services**

Bloomington Women's Group

Group leaders/contact numbers:

Lynn Young-Bolden 317-988-0204 &

Linda Kranitz, Ph.D. 317-988-0206

When:

Every Monday, 1400-1530

Where: Bloomington CBOC

Length: 16 weeks

Open/closed: Open

Contact the leader before attending?: Yes

Other requirements: Enrolled in psychiatry services, referral from your mental health provider.

Brief description:

In this group, you will learn about coping styles that may lead to emotional pain or physical health problems. Group members will also learn strategies to manage unwelcome feelings.

Groups open to women Veterans enrolled in Psychiatry Services**

Women's Seeking Safety

Group leader/contact number:

Donna Finch, LCSW 317-988-2738

When:

Fridays 1100-1200

Where: SUDRP

Length: Ongoing

Open/closed: Open

Contact the leader before attending?: Yes

Other requirements: Enroll in SUDRP via orientation which is every day at 1:00 or schedule intake with group leader

Brief description:

This group is for women veterans with PTSD who have (or are) using substances to cope with stress. Group members will learn and practice more effective ways to cope with emotions. Group members will also learn about the connection of thoughts, feelings and behaviors.

Groups open to women Veterans
enrolled in Psychiatry Services**

Women's Process Group

Group leader/contact number:

Christina McNeely, LCSW 317-988-3449

When:

1st and 3rd Thursdays of each month, 1300-1400

Where: C-5094

Length: Ongoing

Open/closed: Open

Contact the leader before attending?: No

Other requirements:

Enrolled in psychiatry services, referral from mental health provider

Brief description:

This process group is CBT informed. This group is for women only. Group topics are generated by group members. This allows member to identify and work on the treatment needs they see as relevant.

Groups open to women Veterans
enrolled in Psychiatry Services**

Warrior Renew

Group leader/contact number:

Jennifer Fox, LCSW 317-988-2567

When: ~~Thursdays 0830-1030~~ *Tuesdays 9-11*

Where: OEF/OIF/OND Clinic

Length:

14 wks., with option to continue another 14wks

Open/closed: Closed

Contact the leader before attending?: Yes

Other requirements:

Enrolled in psychiatry services, must attend individual therapy appointments with their MHTC while participating in the group.

Brief description:

This group uses a workbook written for survivors of MST. Details of trauma will not be shared during this group. Group members will learn about relationship patterns and the definition of military sexual trauma. Group members will also talk about how to cope with feelings, nightmares and triggers. Group members will discuss how to let go of guilt, self-blame and shame. Finally, the group will focus on finding meaning, purpose, and joy after MST.

Groups open to women Veterans enrolled in Psychiatry Services** Women's Group

Group leader/contact number:

Dr. Donna Lazarick 317-988-3367

When:

Every Wednesday 1730-1900

Where:

OEF/OIF/OND Clinic

Length: Ongoing

Open/closed: Open

Contact the leader before attending?:

If you would feel more comfortable

Other requirements:

Enrolled in psychiatry services, all eras welcome

Brief description: This is a therapy group that focuses on current and past stressors. Group members will sort out emotions, build personal power & self-esteem. Topics include safety, trust, relationship issues, etc. This group will help women Veterans connect with each other, so they feel less alone.

**Must be enrolled in Psychiatry Services to attend this group. Also, must keep appointments for therapy and/or medications.

If you would like to enroll in Psychiatry Services, you may:

- ✓ Ask for a referral from your primary care provider
- OR -
- ✓ Walk-in to Mental Health Enrollment (D-5029) during standard business hours



Other important contact information:

Richard L. Roudebush VA Medical Center

1481 West 10th Street
Indianapolis, IN 46202
Main number: 317-554-0000

Bloomington Community Based Outpatient Clinic (CBOC)

455 South Landmark Avenue
Bloomington, IN 47403
812-336-5723

Local Women Veterans Mental Health Champion:

Jennifer Fox, LCSW
317-988-2567

Local Women Veteran website:

<https://www.indianapolis.va.gov/services/women/index.asp>

Local Women Veterans Program Manager:

Judith Kelly, MSN, RN
317-988-4642

Local Military Sexual Trauma Coordinator:

Christina McNeely, LCSW
317-988-3449



VHEI committee Approved 8.31.2017

VA Staff: Please contact Jennifer Fox for group updates or additional copies of this brochure (317-988-2567). Developed 9/2017.