



The Phoenix VA Health Care System Mental Health Directory

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Community Mental Health Liaison

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Enrollment into the VA (Health Benefit) And VA Regional Office (Monetary Benefit)

Enrollment into the VA

If a Veteran is not enrolled at the Phoenix VA Medical Center, the Veteran should attend to the following:

He or she will need to present to the Eligibility Department at the Phoenix VA Medical Center located at [650 E. Indian School Rd. Phoenix, AZ 85012](#). The Eligibility Department should be able to assist in enrolling the Veteran into the Phoenix VA Health Care System.

Once enrolled, The Veteran can request a consult to be assigned to a Primary Care Provider in one of the VA's Outpatient Clinics to establish medical care. They will also be able to participate in other health care treatment options, such as the mental health and substance abuse clinics.

An additional location to get a Veteran enrolled in the Phoenix VA Health Care System is located at the VA Community Resource and Referral Center (CRRC) Current hours of operation are Monday – Friday 7:30am – 4:30pm. The CRRC is located at [1500 E. Thomas Rd. Ste. 106 Phoenix, AZ 85014](#). Phone number is 602.248.6040.

VA Regional Office

The VA is split into 3 sections: the [Veterans Health Administration](#) (which includes the VA Medical Centers and the Community Based Outpatient Clinics (CBOC's), the [National Cemetery Administration](#) (which includes the National Cemeteries and burial services) and lastly, the [Veterans Benefit Administration](#) (which includes the VA Regional Office or VARO). At VARO, the Veteran can learn about specific benefit information, such as a Service Connection Disability, Non-Service Connected Pension, GI Bills, VA Home Loans, VocRehab, etc. A Veteran can also be assisted at these locations to order a DD214 and find out options concerning their discharge status.

Phoenix VA Regional Office is located at [3333 N. Central Ave., Phoenix AZ](#)

The National VA Regional Office phone number is, 1.800.827.1000.

Women Veterans Program (WVP)

The Women Veterans Program works to ensure the women Veterans experience timely, high quality comprehensive Primary Care and Mental Health Care in a sensitive, respectful and safe environment. The WVP focuses on assisting and improving services for women veterans.

Location: 650 E. Indian School Road Phoenix, AZ 85012

Program Hours

Monday –Friday 7:00am – 4:30pm

Program Number: 602.277.5551 Ext. 6764

Staff Contact Numbers:

Main Point of Contact:

Administrative Assistant:
[Cathy Clark](#) 602.277.5551
Ext. 6764

Program Manager:
[Kristen Nordquist](#), LCSW
602.277.5551 Ext. 2272

Psychology
Clinical Psychologist
[Kathryn Doyle](#), Ph.D
602.277.5551 Ext. 4216

Services Offered and How to Access Them

Referral Sources: Women Veterans, providers, and community stakeholders are invited to contact [Kristen Nordquist](#), [Cathy Clark](#), or [Dr. Doyle](#) to learn more about services for women Veterans.

Designated Women Health Providers: (DWHP)

Description: Each Clinic at the main facility and the CBOCs have at least one DWHP. The Primary Care Providers are specially trained to address the unique comprehensive health needs of women Veterans. All female Veterans should be assigned to a DWHP with their Clinic. If a woman is not currently assigned to a DWHP, and would like to transfer her care, she may complete a Provider Reassignment Request Form.

Mental Health Assessment:

Description: In WVP, meetings can be scheduled with [Dr. Doyle](#) for Veterans interested in Psychotherapy only. Dr. Doyle will review possible treatment options and refer the female veteran to the relevant services. For a limited number of cases, psychotherapy can occur in the WVP.

How to access: Veterans may contact Dr. Doyle directly or may be referred by another Provider.

Services Offered and How to Access Them (con't)

Psychotherapy Classes:

Women's Wellness Drop-In Class

Description: This is a monthly drop-in class that will offer psychoeducation on a topic of interest to women Veterans. This class will include education/discussion related to that month's topic, as well as time to meet other women Veterans and learn about resources available to women Veterans at the Phoenix VA.

When: It is offered the second Wednesday of each month from 1:00 – 2:30pm

Where: Amethyst Clinic

To Refer: No referral or appointment is needed, the Veteran can walk-in to the group; if a scheduled appointment is desired or for questions please contact [Dr. Doyle](#).

Women's Breathe OK Pain Wellness

Description: This is an 8-week, closed, mindfulness based pain wellness class specifically tailored for women Veterans. The class teaches numerous skills to assist women Veterans to manage chronic pain and increase the positive dimensions of their lives.

When: Offered Monday's from 1:00 – 3:00pm

Where: Amethyst Clinic

To Refer: Please add [Dr. Doyle](#) as an additional signer to the Veteran's note. The start date of the class is rolling and Dr. Doyle will contact the Veteran to discuss the next possible start date for the class.

PRRC

Psychosocial Rehabilitation & Recovery Center

Goals of Recovery

1. You will develop a personal recovery plan
2. You will have access to support and education to improve all areas of your life
3. You will learn the skills needed to set and achieve goals
4. You will have the support needed for living, working and learning in the community
5. You will develop coping skills to function at your highest potential
6. You will improve your social, emotional and physical health

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday –Friday 7:00am – 4:30pm

Program Number
602.222.6471

Staff Contact Numbers:

Main Point of Contact:

Social Worker: [Lindsey Feldman](#),
[LCSW](#) 602.277.5551 Ext. 2545

Mental Health RN:

[Gail Bauman](#), RN 602.277.5551 Ext.
5865

Social Workers:

[Elizabeth Means](#), LCSW
602.277.5551 Ext. 6846

[Joel Thompson](#), 602.277.5551 Ext.
4416

Recreation Therapist:

[Felicia Zeigler](#), CTRS 602.277.5551
Ext. 5862

Peer Supports:

[Robert Braxton](#), 602.277.5551 Ext.
5249

Medical Support Assistant:

[Willa Johnson](#), 602.277.5551 Ext.
6471

Services Offered

Intensive Outpatient programming, including individual and group psychotherapy, recreational therapy, psycho-education, community integration

How to Access Them

Any qualified mental health provider can submit a Consult. **Vet must have had a MH Assessment within the last year. If one isn't available Vet can be referred to the Jade Opal Clinic for one OR any qualified MH Provider may complete one**

Walk-In Clinic Screenings Fridays 11:00am- 12:00pm

Phases of Evolution

1. Phase 1: Game Plan (1-2 sessions/2-5 months)
2. Phase 2: Skill Building (2-3 sessions/5-8 months)
3. Phase 3: Learn New Things (2-4 sessions/5-10 months)
4. Phase 4: Community Integration and Graduation (2-3 sessions/5-8 months)

Recreation Therapy *(Please note that all recreation therapy groups are offered simultaneously. Group options may vary from session to session. Group sessions are generally about 12 weeks long in duration and on average 8-11 recreation therapy groups are offered per week in each session.)*

Brain Games

This group is designed to improve mental and cognitive functioning through the use of puzzles, logic, problem-solving and other leisure activities. If you would like to challenge your mind to help improve memory and mental alertness, you may benefit from this group.

Ceramics

Experience a new form of creative expression or get back into an old hobby. Intro to Ceramics will allow Veterans to paint ceramic pieces with freedom of expression and desire. Ceramic pieces may include holiday decorations or household items for practical use. Join us and see where your creativity may lead you!

Community Integration

Veterans will be invited to participate in community integration activities in order to explore, learn and practice skills for independent community living. Skills may include: healthy leisure opportunities, social skills, coping skills to reduce distress while engaging in community outings, and identification of community resources to add to your recovery toolbox.

Community Team Planning

This group provides Veterans an opportunity to share ideas, brainstorm options and make plans for the upcoming weekly community integration activity in a structured committee format. In addition, Veterans will learn and discuss options for independent community involvement in their home communities.

Recreation Therapy Cont.:

Coping in Motion

During this group, Veterans will learn effective strategies for managing stress, emotions, and unpleasant symptoms while also having opportunities to practice skills in a safe group environment through interactive and activity based curriculum.

Creative Writing

Veterans will be provided the opportunity to engage in independent and collaborative creative writing experiences, which will unlock one's positive potential. From writing poetry to short stories to personal narratives, Veterans will gain tools for reinventing their creative writing style while developing effective coping strategies for improving quality of life.

Drumming

Have you ever been interested in drumming? Are you ready to try something new? Drumming is a group that provides the opportunity for Veterans to participate in a creative, energetic and physical activity while creating a sense of connectedness and community among group members. Whether you have never touched a drum or you are an expert player, you may find benefit from this interactive group.

Group Exercise

Let's get moving! Join us for an exercise program that has been developed for everyone, from the physically active to those with a sedentary lifestyle. The program utilizes resistance bands to safely improve muscular strength, endurance and flexibility while improving cardiovascular health through aerobic activity.

Services Offered and How to Access Them

Recreation Therapy Cont.:

Group Fitness

Do you prefer independent exercise? This group will take place indoors within the Topaz Clinic fitness center. You will have the opportunity to learn a safe and effective exercise routine using stationary bikes, treadmill, hydrotone machine, weight machines, and resistance bands to work towards your fitness and health goals. This program has also been developed for everyone, regardless of your current physical status. This group requires a medical clearance from your primary care provider prior to participation so please let Suzanne know if you are interested in participating.

Hiking to Wellness

Veterans are invited to engage in outdoor hiking experience to learn ways to exercise outdoors through some of the valley's most scenic views. Veterans will also gain knowledge in hiking safety, mindfulness practices, and destination orientation. Medical clearance from a primary care provider is required.

Intro to Computers

Veterans will be provided small group instruction to learn basic computer skills through a skill progression system, including: basic operating procedures, browsing the Internet, creating an email account

Journaling to Recovery

Journaling to Recovery group provides Veterans the opportunity to practice and develop skills in personal reflection and self-discovery to gain insight into one's mental health recovery journey through creative expression. Veterans will participate in interactive journaling experience to write and share journal entries with the group in a safe and supportive environment.

Services Offered and How to Access Them

Recreation Therapy Cont.:

Leisure Education

Veterans will be invited to explore personal leisure interests, abilities and goals while learning the benefits of incorporating a healthy leisure lifestyle into their daily recovery. During this group, Veterans will practice positive social skills while developing leisure related skills, attitudes and knowledge in order to improve overall life balance.

Life After PRRC

In this group, Veterans will discuss issues that may arise as they prepare for discharge or graduation from PRRC. Group topics may include: building community resources, exploring the community around me, developing a social accountability plan, and an independent leisure/recreation plan.

Mindfulness

Not to be confused with meditation, mindfulness is simply paying attention on purpose. This class aims to help you become more aware of thoughts, feelings, urges, and body sensations. Once you have become more aware of these you will be able to react to situations in a more effective manner. This course will teach mindfulness practices that will include progressive muscle relaxation, guided-imagery, and mindfulness meditation. Research supports that mindfulness has long-term benefits that reduce stress, anxiety, reduce rumination, increase focus/concentration/memory, decreases emotional reactivity, increases cognitive flexibility, increases quality of life and relationship satisfaction.

Musical Expressions

Do you have an appreciation for music? Are you interested in learning how music can complement and support your journey through mental health recovery? In this group, you will have the opportunity to experience playing musical instruments, explore emotional response to music, complete lyric analysis, and participate in music history and trivia, among other musical opportunities. If you enjoy music and are interested in learning how to incorporate music into your life, this group is for you!

Services Offered and How to Access Them

Recreation Therapy Cont.:

Resource Group

This group will focus on veteran's developing their independent leisure/recreation/work plan with the purpose of integrating into their local communities while problem solving barriers, researching options, and acquiring the community resources to meet their independent goals. Veterans will utilize their knowledge and own independent research of community resources to help other group members address their needs.

Therapeutic Art and Crafts

Veterans will be invited to explore a variety of arts and crafts techniques to learn and practice new strategies for coping and moving through the recovery process. Creative arts provide opportunities for relaxation, sense of accomplishment, improving fine-motor skills and focus of task, as well as possibility of developing a meaningful life-long hobby.

Volunteer Opportunities

Are you interested in giving back? Are you interested in creating a meaningful role for yourself in the community? This group will help you develop a personalized plan for community-based volunteering. Participants will receive support from staff and peers. Group facilitators will assist Veterans in identifying their volunteer goals and take action towards meeting these goals.

Walking

The purpose of walking group is to allow the opportunity to build exercise into your everyday routine while socializing with your peers. Research indicates that exercise not only contributes to improving your physical health but also your mental health. Dependent on the climate outside, we will walk at your own comfortable pace in the Indian School Park or in the basement level of the main hospital.

Services Offered and How to Access Them

Recreation Therapy Cont.:

Wellness Management and Recovery

This class will help you increase your knowledge of mental illness and provide additional strategies for treatment. The goal is to decrease intensity of symptoms experienced, and reduce how often you have to go to the hospital. The class will focus on making progress toward your goals and Recovery.

Women's Process Group

The PRRC Women's Group is a structured support group for women. Topics will vary depending upon the needs of the group with possible subjects including self-esteem, healthy relationships, interpersonal boundaries, goal-setting, and balancing life and responsibilities. The purpose of this group is to provide an environment, which women feel comfortable sharing their experiences and can gain support from other women.

How to Participate in PRRC Recreation Therapy Groups

Admission into the PRRC requires a consult from a provider within the Phoenix VA Medical Center. Once a Veteran is accepted and attends New Veteran Orientation within the PRRC, they are eligible to attend PRRC recreation therapy groups for 2 weeks (or the appropriate guesting period). Once a Veteran is admitted into the PRRC fully, they are eligible to take recreation therapy groups appropriate to their individual needs and treatment goals.

Jade Opal Clinic

Outpatient Mental Health Clinic

A Veteran can talk to a mental health provider if he/she does not have a scheduled appointment; mental health staff is available on a walk-in basis or by appointment. After hours, if a Veteran is experiencing a mental health emergency, he/she may talk with a mental health professional by going to our Emergency Department. Some of the services we have in outpatient mental health include education classes, medication management and talk therapies. We can help you with many kinds of problems, including: Depression, Anxiety, Post-deployment adjustment, Drug and alcohol abuse, Transgender issues, PTSD, Homelessness, adapting to a new medical diagnosis or long standing health concern such as diabetes, weight management, insomnia or chronic pain and many other problems.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Friday 7:00 am – 4:00 pm (Extended hours available including Saturdays)

Program Number: 602.222.2752 Fax: 602.222.2723

Staff Contact Numbers

Main Point of Contacts:

Psychology: [Dr. Teresa Imholte](#), 602.277.5551 Ext. 5866

Psychiatry: [Dr. David Schaeffer](#), 602.277.5551 Ext. 7663 **Social Work:** [Stephanie Glitsos](#) LCSW, Cell 480.335.4402

Mental Health RN's:

[Jeane Cachola](#), 602.277.5551 Ext: 5778
[Paulette Compton](#), 602.277.5551 Ext. 7011
[Staci Fine](#), 602.277.5551 Ext. 7641
[Laura Roberts](#), 602.277.5551 Ext. 7641

Social Workers:

[Amal Mullin](#), LCSW Cell 480.356.1173
[Karen Miller](#), LCSW 602.277.5551 Ext. 6852
[Michelle Sullivan](#), LCSW Cell 602.510.9573

Services Offered and How to Access Them

Walk-In Clinic for Urgent Psychiatric Needs

Individual and Group Counseling - Referral from Mental Health Provider

Medication Management – By calling 602.277.5551 Ext. 7405, 2752 for an appt. or Walk-In

Groups

Dialectical Behavior Therapy (DBT): Add [Jeanette Devevo](#) as an additional signer to Veterans note for an evaluation.

LGBTQ Groups: Add [Dr. Leonardo Caraballo](#) as an additional signer to Veterans note.

Wellness Management and Recovery (SMI) 16 weeks add [Dr. Michelle Melton](#) as an additional signer to Veterans Note or call 602.277.5551 Ext. 7816.

Individual Therapy 12-16 weeks on average Evidenced based Psychotherapy Add Team Psychologist as an additional signer to Veterans note.

Group Therapy:

Mindfulness 4 weeks add [Dr. Leann Grant](#) as an additional signer.

Veteran's Toolkit 12-week curriculum Vet can "Drop In" Providers can add [Amal Mullin](#), LCSW as an additional signer to Veterans note

Co-Occurring Groups 12 weeks add [Dr. Carl Isenhardt](#) as an additional signer to Veterans note.

Pre-Contemplation Group add [Dr. Carl Isenhardt](#) as an additional signer to Veterans note.

ACT for Interpersonal Effectiveness 12 Weeks add [Stephanie Glitsos](#), LCSW as an additional signer to Veterans note.

Depression: MAP Group 4 weeks Focuses on behavioral activation. This group is not appropriate for a person with a Dx of Personality D/O Please add [Michelle Sullivan](#), LCSW as an additional signer

Anxiety Group 4 weeks add [Dr. Michelle Melton](#) as an additional signer to Veterans note.

Insomnia Group Sleep Well Group add [Dr. Andrea Hekler](#) as an additional signer to Veterans note.

Men's Cognitive Processing Therapy for PTSD (12 weeks) add [Michelle Sullivan](#), LCSW as an additional signer to Veterans note

Women's Sexual Trauma Processing Group (On-Going) add [Karen Miller](#), LCSW as an additional signer to the Veterans note

Men's Combat Trauma Process Group (On-Going) add [Karen Miller](#), LCSW as an additional signer to the Veterans note

Anger Management Group Description: 8 Weeks and utilize the SAMSHA Anger Management materials.

Where / When: Jade Opal Clinic Saguaro Room
Wednesdays starting April 12th, 10:00 – 11:30am
Facilitator Dr. Isenhardt

Jade Opal Clinic Saguaro Room starting May 5th from
12:30pm – 2:00pm Facilitator Andrea Sheldon

Jade Opal Clinic Saguaro Room from 1:00pm – 2:30pm
facilitator Teresa Imholte

How to Refer: Please contact [Andrea Sheldon](#), LCSW

Psychosis Life Skills Group On-Going add [Helen McNicholas](#) as an additional signer to the Veterans note

Distress Tolerance Group Walk-In On-going. This group teaches skills for tolerating painful events, urges, and emotions when you cannot make things better the right way. **Where/When/How Long** – At the Main Campus Jade Opal MH Clinic Saguaro Rm. D143 / Wednesday 3:00-4:00pm / **How to Refer** – No referral needed. Contact [Jeanette Devevo](#), LCSW 602.277.5551 Ext. 5412

PATHfinders Group (3 five week modules) add [Dr. Leann Fierstein](#) as an additional signers to the Veterans note

Transition and Care Management (TCM)

(Formally the OEF/OIF/OND Program)

Transition and Care Management focuses on assisting our newest generation of Veteran transition from active duty to Veteran status. Programming assists in recognizing common post deployment needs and assisting in service linkage and system navigation. The TCM Program offers service focused on transition, which may include formal case managed, combat related TBI evaluation, and mental health comprised of medication management and therapy services.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Friday 7:00 am – 4:00 pm

Program Number: 602.277.5551 Ext. 6750

Staff Contact Numbers

Main Point of Contact

Program Manager [Cara Garcia](#) LCSW,
602.277.5551 Ext. 3950

Program Administrative Assistant [Jose Hernandez](#),
602.277.5551 Ext. 6465

Psychology

Clinical Psychologist [Dr. Adriana Weyer](#),
602.277.5551 Ext. 7889

Polytrauma Neuropsychology [Dr. Mary Lou Bushnell](#),
602.277.5551 Ext. 5661

Psychiatry/PA

Psychiatrist Dr. [Peter Pinto](#),
602.277.5551 Ext. 6438

Psychiatrist (PA) [Rick Markson](#)
602.277.5551 Ext. 5665

Physician Assistant Medical Intake and
TBI 2nd Level Evaluator 602.277.5551
Ext. 5729

Mental Health RN/LPN

Case Manager [Sheritha Evans](#) RN,
602.277.5551 Ext. 2016

Case Manager [Cheryl Thompson-
Maxson](#) RN, 602.277.5551 Ext. 5429

Case Manager [Jennifer Dobberstein](#), RN
602.277.5551 Ext. 6883

Case Manager [Vicki Vick](#) LPN,
602.277.5551 Ext. 4197

Services Offered and How to Access Them

Referral Sources: Veteran self-referral, consult or outreach from internal and/or external community stakeholders, VA outreach and DOD outreach.

Psychiatry/Medication: To initiate *Psychiatry Services:* For Veterans requiring *specialty* mental health services, please use Mental Health Outpatient Consult in CPRS. Veteran will be scheduled with a BHIP Provider in the Jade Opal Clinic.

For Veterans with mild to moderate anxiety, depression, PTSD, or substance misuse, consider a warm handoff to PCMHI provider (Add DCM as an additional signer noting Veterans interest in meeting with psychiatry provider in PCMHI)

For a Follow Up Appointment with Rick Markson or Dr. Pinto, Veterans can schedule with the Amethyst Clinic Clerks at Ext. 6750

Mental Health History and Assessment (MH H&A):

Description: In TCM, MH H&A is completed for Veterans interested in psychotherapy only. If Veterans are interested in psychotherapy services *and psychiatric/medication* services please use the Mental Health Outpatient Consult in CPRS. MH H&A's are comprehensive Intakes used to assist in diagnosis, treatment planning, and generating appropriate referrals for Veterans.

To request: A MH H&A, add Kelly Rieke, LCSW as an additional signer to Veterans note. *If possible, indicate scheduling preference for the Veteran (e.g. day of the week/time of day that the Veteran is able to attend appointments).*

Social Work

Clinical Social Worker [Jeanette Devevo](#)

LCSW, 602.277.5551 Ext. 5412

Clinical Social Worker [Kelly Rieke](#)

LCSW, 623.772.4090

Case Manager [Patricia Bishop](#) LCSW,

602.277.5551 Ext. 5762

Case Manager [Judi Orosz](#) LCSW, Cell

480.243.4564

Outreach and Transition Social

Worker [Shilo McVey](#) LMSW,

602.277.5551 Ext. 6443

Veterans Benefit Administration

Representative [Harry Miller](#)

Individual Psychotherapy:

Individual Readjustment Counseling: Focuses on Post Deployment Transition issues. May be used to prepare Veterans for group Services or evidence based psychotherapy protocols. **To Refer:** to individual readjustment counseling, add Kelly Rieke, LCSW as an additional signer to Veterans note. Please indicate Veterans needs and goals for psychotherapy services.

Cognitive Process Therapy (CPT): Offered in group only format at the SW CBOC (No Trauma account/all eras). **To Refer:** Place a consult to the PCT Clinic and specify CPT at the SW CBOC.

Marriage/Couples Counseling: **To Refer:** Please add [Jeanette Devevo](#) as an additional signer to Veterans note or Kelly Rieke, LCSW at the SW CBOC.

Group Psychotherapy Services:

PATHfinder Group: Description: DBT skills only focusing on being more comfortable with emotions (rather than avoiding or resorting to anger), using more effective skills when feeling very stressed, improved communications with *Cont. to right*

Group Psychotherapy Services: *Cont. from lower left* Others and feeling more comfortable with yourself by learning to be present (rather than being stuck in your head) This group is best suited for Veterans who have been deployed to Iraq or Afghanistan. *Offered Thursdays 10:00am-12:00pm in the Amethyst Clinic* **To Refer:** Please add [Jeanette Devevo](#) as an additional signer to Veterans note.

TCM Drop-In Group: Description: Support group for TCM combat veterans with an opportunity to speak to other TCM combat veterans and a mental health provider regarding post deployment concerns Including: financial and budgeting, Well-being and self-care, transition issues, and crisis management. *Offered Thursdays 3:00-4:00pm in the Amethyst Clinic* **To Refer:** No referral or appointment needed, Veteran can walk-in to group; for questions contact Shilo McVey, LMSW

Creative Writing Group: Description: Veterans will use creative writing as a strategy to cope with stressors and symptoms of PTSD. *Offered Thursday's from 1:00-2:00pm in the Amethyst Clinic* **To Refer:** Please add [Rick Markson](#), PA-C as an additional signer to Veterans note.

Brain Boosters Group: Description: Veterans will learn techniques and strategies to help with memory, attention, sleep difficulties, irritability, and more. Education will be provided regarding the cognitive effects of TBI, blast exposure, aging, and PTSD. *Offered Tuesday's 5:00pm or Wednesday's 1:00pm in the Topaz Clinic.* **To Refer:** Please add [Mary Lu Bushnell](#), Ph.D. as an additional signer to Veterans note.

Distress Tolerance Group Walk-In On-going. This group teaches skills for tolerating painful events, urges, and emotions when you cannot make things better the right way. **Where/When/How Long** – At the Main Campus Jade Opal MH Clinic Saguaro Rm. D143 / Wednesday 3:00-4:00pm / **How to Refer** – No referral needed. Contact [Jeanette Devevo](#), LCSW 602.277.5551 Ext. 5412

Life Paths ACT Group Reconnect with your values to live more fully in the present moment the group teaches mindfulness skills which enables you to better cope diff emotions and pain to spend more time to doing what matters in your life. Monday 10-1130 4 week group. C-sign Dr. [Christina Krieg](#) **Psychoeducational Classes & Workshops:**

TCM Orientation Group: Description: For TCM combat Veterans that are new to the Phoenix VAHCS. Provides information on common post deployment concerns; staff is available to coordinate care and refer to mental health services. *Offered the 2nd and 4th Thursday of each month 2:00-3:00pm in the Amethyst Clinic.* **To Refer:** Walk-in service – no appointment needed, for questions contact [Shilo McVey](#), LMSW

Benefits Information: Description: A representative from the VA Regional Office will be on site to assist Veterans with questions/needs regarding benefits, service connected claims, assistance with completing claims paperwork etc. *Offered the 2nd and 4th Thursday of each month in the Amethyst Clinic the Monday with in the same week.* **To Refer:** Please send the interested TCM Veteran for this walk-in service (No appointment required).

AW2

Care Giver Support: Description Team member the caregiver support program will be on site to answer questions, check on status of claims etc. Mon, Tues, Thurs, and Fri from 0800-1600 Amethyst clinic walk in.

Substance Abuse Residential Rehabilitation Treatment Program (SARRTP)

The SARRTP is an intensive residential program for Veterans who have attempted treatment for substance abuse disorders in the past but have been unsuccessful in maintaining recovery outside a structured setting. The SARRTP is a 24-bed unit, which currently houses 20 male and 4 female residents. Length of stay is based on need but typically lasts from 1 to 3 months.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Sunday

Program Number: 602.277.5551 Ext. 3952, 5399

Staff Contact Numbers

Main Point of Contact

Program Manager Therapist [Jama Burkeen](#) 602.277.5551 Ext. 5459

Social Work Admissions

Coordinator [Veronica Volcan](#)
LMSW, 602.277.5551 Ext. 5399

Physician

Dr. [Carlos Carrera](#) 602.277.5551
Ext. 2824

Psychiatrist/PA

[Dr. Sharron Jones-Daggett](#)
602.277.5551 Ext. 7640

PA [Laura Fox](#), 602.277.5551 Ext.
2555

Mental Health RN

RN Manager [India Caldwell-Cox](#),
602.277.5551 Ext. 5134

Social Work

[Jim Jones](#) LMSW, 602.277.5551
Ext. 5727

[Melisa Thesing](#) LCSW
602.277.5551 Ext. 7766

Therapist [Cornell Poitier](#)
602.277.5551 Ext. 2566

Therapist [Frank Yeargin](#)
602.277.5551 Ext. 2566

Recreation Therapist

Dr. [Beth Dietrich](#) 602.277.5551
Ext. 5395

Services Offered and How to Access Them

Participants will be in therapeutic recovery groups daily for a minimum of 6 hours Monday – Friday and 4 hours Saturday and Sunday.

Eligibility

The Veteran Must:

Have current difficulty with substance abuse, be medically and psychiatrically, stable Not be in need of medically assisted withdrawal (Inpatient Detox), Have had previous unsuccessful attempts at treatment or sobriety, Need the structure and support of residential treatment, Not be in danger to self or others, Lack a stable lifestyle or living arrangement, Be capable of self care Have treatment and rehabilitation needs that can be met by the Program.

How to Refer:

The Veteran must first be screened for eligibility for SARRTP. A Veteran may request a referral (consult) from their Provider or call Ext. 3952 and ask to schedule a screening. If found appropriate, for residential treatment after the screening the Veteran will be contacted by a SARRTP clinician with a target admission date. If admission dates are longer than 2 weeks the Veteran will be offered alternative treatment options. While waiting placement the Veteran should attend SARRTP Preparation Group (offered Tues. and Thur. at 3:00pm in the Brite Building #31. Veteran should obtain a TB test prior admission to the Program

Services Offered and How to Access Them

Recreation Therapy:

Journaling Group - Journaling group provides the Veterans the opportunity to practice and develop skills in personal reflection and self-discovery to gain insight into one's substance abuse and mental health recovery journey through creative expression. Veterans will participate in interactive journaling experience to write and share journal entries with the group in a safe supportive environment.

Leisure Education – Veterans will be invited to explore personal leisure interests, abilities and goals while learning the benefits of incorporating a health leisure lifestyle into their daily recovery. During this group, Veterans will practice positive social skills while developing sober leisure related skills, attitudes and knowledge in order to improve overall life balance. Interventions include drumming circle, discussion groups, team building exercises, and leisure participation.

Community Integration – Veterans will be invited to participate in sober community integration activities in order to explore, learn and practice skills for independent community living. Skills may include: healthy leisure opportunities, social skills, and coping skills to reduce distress while engaging in community outings, and identification of community resources to add to your sobriety toolbox.

Creative Expression – Veterans will creatively express and investigate recovery based topics to help foster increased self-awareness and personal expression. Veterans will be invited to explore a variety of arts and crafts techniques to learn and practice new strategies for coping and moving through the recovery process.

Exercise – Exercise opportunities are offered throughout the week to help Veterans begin to develop a healthy lifestyle and increase physical activity. Interventions offered include walks, hikes, yoga, and/or group exercise sessions.

Services Offered and How to Access Them

Recreation Therapy Con't:

Weekly Goals: Each week Veterans are assisted in developing three weekly goals. Veterans are taught about the purpose and rules of writing goals. Veterans review progress towards these goals within a group setting.

How to participate in SARRTP Recreation Therapy Groups.

All Veterans admitted to the SARRTP Program are expected to participate in all programming as scheduled. Consult to SARRTP for admission screening is required for participation in the Program

Substance Use Disorder Treatment Program (SUDTP)

The Substance Use Disorder Treatment Program's (SUDTP) mission is to provide Veteran centered, evidence based, state of the art, high quality outpatient rehabilitation and treatment services for Veterans with substance use disorders. The SUDTP identifies and addresses goals of rehabilitation, recovery, health maintenance, improved quality of life, and community integration.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Friday 7:30am – 4:30pm

Program Number: 602.277.5551 Ext. 7640

Staff Contact Numbers

Main Point of Contact

Program Manager [Becky Hyduke-Rundall](#) LCSW,
602.277.5551 Ext. 7741

Social Work

[Jeremy Pottle](#) LCSW,
602.277.5551 Ext. 7208

[Dr. Ed Mann](#) Ph.D.

602.277.5551 Ext. 6089

[Christopher Harris](#), LMSW

602.277.5551 Ext. 5318

[Kelly Morrison](#) LMSW,

602.277.5551 Ext. 2541

Addiction Therapist [Dyan](#)

[Langley](#), BSW, 602.277.5551

Ext. 7640

[James Palazzolo](#) LMSW,

602.277.5551 Ext. 2544

Services Offered and How to Access Them

SUD PRIMARY PROGRAMS

Screening Hours – Monday thru Friday 1:00pm – 3:00pm

Intensive Outpatient Treatment Program – 9 hours per week for 6 weeks, mornings only.

Justice Involved Intensive Outpatient Program – 9 hours per week mornings only, **To Refer Co-sign [Becky Hyduke-Rundall](#), LCSW for any referrals.**

Outpatient Program – 6 hours per week for 6 weeks. Mon & Wed 10am-Noon and 4:00-6:30pm.

Seeking Safety – PTSD and substance abuse treatment Tues. 9:30 – 11am and Thurs. 12:30 – 2:00pm **To Refer add [Chris Harris](#), LMSW as an additional signer to the Veterans note.**

AFTERCARE PROGRAM

AM Aftercare – Attendance in 1-4 continuing care groups weekly is encouraged for 6 weeks post discharge from any primary program to help insure Veterans treatment goal and recovery success. Must be staffed by SUDTP Staff.

[Becky Hyduke-Rundall](#), LCSW or the Veteran can walk in

PM Aftercare – Tuesday 5:00pm – 6:00pm

Relapse Prevention – Tues. or Thurs. at 10:00am

Other SUD Services –

Buprenorphine **To Refer** Consult required

Some SUD treatment services available at the SE and SW CBOC'

Treatment Modalities

- Cognitive Behavioral Therapy
- Motivational Interviewing
- Psychoeducation
- Mindfulness
- The Matrix Model

PHX-BRITE POST-HOSPITAL SWS ORIENTATION

*Information for Providers, Discharge Planners, and MSA's**

This group is an opportunity for Veterans that are hospitalized to receive an immediate orientation into the Specialty Mental Health Programs in Bldg. 31/Brite Bldg. This is not meant for Veterans already engaged in SUD, PRRC, MHICM, or SARRTP services.

When/Where/How to Refer: Mon at 9:00am and 1:00pm, Tues at 3:00pm, Weds at 2:00pm, Thurs at 9:00am. Groups will be held in Bldg. 31/Brite Bldg. Please call 602.277.5551 Ext. 7640 for any questions or to refer.

Veterans will be provided information on all the Programs in Bldg. 31/Brite Bldg. including SUD, SARRTP, PRRC, MHICM and CWT. They will be given opportunities to to schedule appointments with Providers in the appropriate Programs within a week of their orientation for an individual assessment.

Please indicate which Program the Veteran would be most appropriate for in the discharge note.

COGNITIVE BEHAVIORAL THERAPY (CBT) and MINDFULNESS for SUD – LOSS AND ADJUSTMENT

Where/When – Thursdays 08:30-10:00am Bldg. 31. Do you have a substance abuse treatment need? Have you ever considered that you may have unresolved loss which is creating and or contributing to substance abuse problems? Loss can include a long list of events not commonly considered. Death is only one cause for experiencing loss – loss of a job, home, relationship, limb, and much more. **How to Refer and Requirements** – Contact [James Palazzolo](#) 602.277.5551 Ext. 2544. **Must have a SUD Diagnosis, agree to 6 sessions of treatment each session is 1.5 hours, weekly journal entries, weekly homework assignments

Veterans Justice Outreach (VJO)

The Veterans Justice Outreach (VJO) Program is under the Phoenix VA Health Care System's comprehensive network of homeless services for Veterans. The aim of the VJO Program is to avoid the unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible, justice-involved Veterans have timely access to the Veterans Health Administration (VHA) services, as clinically indicated.

Location: [1500 E. Thomas Rd. Ste. 106 Phoenix, AZ 85014](#)

Program Hours

Monday – Friday 7:30am – 4:30pm

Program Number: 602.277.5551 Ext. 7640

Staff Contact Numbers

Main Point of Contact

Supervisor [Penny Miller](#)

LCSW, Cell 602.717.6785

VJO Social Worker [Ellyn](#)

[Black](#) LCSW, Cell

602.513.6859

VJO Social Worker [Joan](#)

[McCarthy](#) LCSW, Cell

602.339.2786

[Cindy Huerta-Montoya](#)

LCSW, Cell 602.228.3075

[Stephanie Dove](#) LCSW, Cell

480.202.6312

[Anna Bourne](#) LCSW, Cell

480.450.0088

Services offered and How to Access Them

VJO specialists provide direct outreach, assessment and case management for justice-involved Veterans in local courts and jails and liaison with local justice system partners.

Mission of the VJO Program

- To provide support, information, and resources to facilitate a successful transition from the justice system to the community.
- To prevent homelessness
- To reduce the impact of medical, psychiatric, and substance abuse problems
- To decrease re-incarceration rates
- To build and develop a network of care that includes VA and non-VA resources.

How to Refer:

Veterans and families can contact VJO social workers for services Monday through Friday 7:30am – 4:30pm (excluding holidays).

*****The VA cannot provide legal services.** For legal assistance, visit the “State Side Legal Help” Website or contact a local VJO specialist, who may know of community legal assistance.

Compensated Work Therapy (CWT)

Compensated Work Therapy is a recovery orientated, vocational model in the continuum of the Veterans Health Administration (VHA) Work Restoration Services. The mission of the CWT Program is to provide vocational services and support to help facilitate re-entry into the employment sector. CWT supports through vocational case management and workplace supports that facilitate and encourage continued employment success. CWT endeavors to match and support work ready Veterans in competitive jobs and utilizes the Veteran's skills, abilities and job preferences to help the develop good job matches with local businesses and industries in regards to their specific employment needs. (Per legislation in support of rehabilitative eservices, participation in CWT cannot be used to reduce, deny or discontinue VA Compensation or pension during participation in the Program

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Friday 7:00am – 4:30pm

Program Number: 602.277.5551 Ext. 5987

Staff Contact Numbers

Main Point of Contact

Supervisor Manager Billy Kyles, LCSW
602.277.5551 Ext. 5987

Transitional Work

Aleishia James-Cooper, LMSW
602.277.5551 Ext. 7202
Ruby Sheffer, VRS
602.277.5551 Ext. 5269

Community Based Employment Services

Jeffery Gilliam, MSW
602.277.5551 Ext. 3141

Supportive Employment

Sergio Morning, VRS
602.277.5551 Ext. 2552
Paul Velez-Salazar, VRS
602.277.5551 Ext. 4098

CWT/SARRTP

Jared Kinnaman, CRC, VRS
602.277.5551 Ext. 5051

CWT/Peer Support Services

Thomas (TJ) Blake, LSAT, CPS, ITE,
BAABS, AASCDC
602.277.5551 Ext. 6239

Services offered and How to Access Them

Transitional Work (TW): Is a pre-employment vocational program where Veterans are matched to real life work assignments in the VA or community setting for a time limited basis. Veterans are supervised by personnel of the sponsoring site, under the same expectations experienced by non-CWT workers. Veterans are not considered employees and receive no traditional employee benefits. They earn the greater of federal or state minimum wage. Through Transitional Work placements, Veterans develop marketable skills, improve employability, increase self-confidence, build self-esteem and enhance their capacity to withstand the demands of work.

Community Based Employment Services (CBES): Offers community based Employment services and supports to help Veterans secure and maintain competitive employment in the community setting. Vocational supports are individualized, flexible and designed for each Veteran based on their strengths, interests and support needs.

Continue CWT Program

Supported Employment (SE): Is an evidenced based vocational therapy that provides assistance in locating and maintaining competitive employment for Veterans with serious mental illness. Vocational services are integrated with mental health treatment and vocational supports are provided as long as clinically required. Supported Employment consist of full-time or part-time competitive employment. Veteran's vocational skills, abilities and job preferences are matched to specific needs of an employer in appropriate job settings.

Compensated Work Therapy/Substance Abuse Residential Rehabilitation Treatment Program (CWT/SARRTP): Employment services are available to Veterans enrolled in the SARRTP program. CWT staff provide individualized vocational services and supports during the Veteran's active participation in the recovery process. Employment services are provided on a one on one basis and services are tailored to meet the needs of the Veteran while in recovery.

CWT Peer Support Services: Peer Support services are available to all Veterans enrolled in the CWT program by a Certified Peer Support Specialist. Peer Support services are an important component to the recovery model and offers a wide range of services to support the needs of Veterans. Services include but are not limited to: Individualized supports to help achieve recovery and vocational goals, vocational and career guidance, assistance to help identify personal strengths and overcome barriers, and bridges the gap between the Veteran and their CWT treatment team.

CWT Employment Workshops: Are designed to teach, educate and inform Veterans about the CWT programs and services, the employment sector. The workshops offer tips on the things Veterans can do to improve their chances of getting and/or maintaining successful employment. Workshops are held daily in the BRITE building 31 and are open to all Veterans, no appointment required.

Orientation to the CWT Programs: Held every 2nd & 4th Mondays @2-3pm BRITE building Rm 1013. There is no appointment required and all Veterans and staff are welcome.

Referrals to CWT

Referrals to the CWT program requires an electronic consult from the Veteran's treating provider (e.g., Psychiatrist, Primary Care Provider, Nurse Practitioner, or Physician Assistant). In addition, the CWT program provides vocational assistance which does not require a consult.

Housing and Urban Development VA Subsidize Housing (HUDVASH)

HUD-VASH is a clinical social work program with a housing component. HUD-VASH stands for *Housing and Urban Development – VA Supportive Housing*, which is a collaborative effort between the U.S. Department of Housing and Urban Development and the U.S. Department of Veterans Affairs to provide clinical social work services to Veterans with a Section 8 voucher.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Friday 7:30am – 4:30pm

Program Number: 602.277.5551 Ext: 7807

Staff Contact Numbers

Main Points of Contact

Supervisors [Michelle Hovis](#)

LCSW, 602.277.5551 Ext.

3589 LCSW, [Dan Morgan](#),

LCSW 602.277.5551 Ext. 7433

[Beth Ann Elliot](#) LCSW, Cell

480.352.2146

HUDVASH Team Lead

[Richard Bohannon](#) LCSW,

480.268.1218

Health RN/NP

[Rattana\(Sherry\)Weishaar](#) ,RN

602.320.1986

[Mary Grosskopf](#), RN

602.881.8244

Recreation Therapist

[Barbara Tennis](#) 602.290.8185

Services Offered and How to Access Them

Recovery Support for:

- Physical Health
- Mental Health
- Employment/Education
- Substance Abuse

New Skills:

- Social Skills
- Strengthened Natural Support System
- Financial Management Skills

Groups:

- VASH 101 Group: *How to be a good tenant, searching for housing.*
- VASH 202 Group: *Adjustment to Housing*
- Stressed-Out no more Group: *Coping Skills*
- VASH Substance Abuse Recovery Group
- Recreation Therapy: *HUD-VASH*
Drumming
Music Ensemble

**Individual Counseling Upon Request*

Services Offered and How to Access Them

Recreation Therapy:

Individual (1:1)

Recreation therapist works with individual to assess recreation and leisure interests; facilitates recreation and leisure interventions to include but not limited to, helping decrease isolation; supporting sobriety efforts, and helping with pain management; developing relaxation skills, and decrease symptoms of mental illness.

Community Reintegration

Community Reintegration activities are group activities within the community that provide Veterans with the opportunity to participate with peers to enhance optimal recreation, leisure and functioning. The ultimate goal is that the individual will, through Community Reintegration, re-gain their social skills and obtain continued leisure interests and choose to participate in community recreation and leisure activities independently, either in activities they once enjoyed or have gained new and healthy recreation and leisure interests and activities; and to provide individuals with recreation and leisure opportunities to optimize veteran's quality of life.

Drum Group

Participants learn to play hand drums and additional rhythm instruments in a drum circle format. Participants play along within the group and if comfortable doing so, play solos. Benefits include, but not limited to socialization; self-expression; confidence building; memory work, focus development, reduction of negative thinking, experience state of flow, enhancement of coping.

Music Ensemble

This fun filled and energizing music program is for instrumentalists and vocalists that incorporate a wide range of musical styles and interests.

Services Offered and How to Access Them

Recreation Therapy Con't:

HUDVash 202

This group has a primary focus on housing and related topics but also has a recreation therapy component in each session. Participants receive knowledge of the available housing and recreation and leisure resources in their community, build upon social skills, report on motivation towards developing and maintaining relationships, and the desire to sustain independent living skills.

How to Participate in HUDVash Recreation Therapy Program

Veterans must first be enrolled in the HUDVash program. Once enrolled in HUDVash, a provider can place a consult for HUDVash Recreation Therapy Services to participate in the programs.

Mental Health Intensive Case Management (MHICM)

Mental Health Intensive Case Management Program (MHICM) provides services to Veterans with a diagnosed serious mental illness. The Mission of the MHICM Program is to reduce inpatient hospitalizations and examples of interventions utilized include: medication management crisis intervention, community integration and supportive counseling.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Friday 7:30am – 4:30pm

Program Number: 602.277.5551 Ext.6731

Staff Contact Numbers

Main Point of Contact

Supervisor [David Klein](#),
LCSW, 602.277.5551 Ext.
6731

Mental Health RN's

[Michelle Mills](#), 602.277.5551
Ext. 7641, [Mark Larson](#),
602.277.5551 Ext. 7641

Social Work

[Tracy Hastings](#) LMSW,
602.277.5551 Ext. 6536

[Brenda Nichols](#) LMSW,
602.277.5551 Ext. 7644

[Krista Drain](#) LMSW,
602.277.5551 Ext. 5864

[Jessica Martin](#) LCSW,
480.431.3663

[Andrea Valenti](#), LMSW
602.359.4766

Services Offered and How to Access Them

- Intensive and supportive case management in the home or place of residence
- Coordination of Primary medical and mental health care
- Assistance with medication management
- Crisis management
- Information, referral assistance in applying for needed benefits
- Counseling and assistance regarding family issues, finances, housing alternatives, social skills, and activities of daily living
- Access to vocational assessment and counseling

To Refer: Veterans must be eligible for VA services and enrolled in the Phoenix, Healthcare System. Veterans are referred through VA healthcare professionals, inpatient wards and outside resources

Entry Requirements:

- Veterans who have a diagnosis of a serious mental illness
- Veterans with frequent hospital admissions related to psychiatric illness
- Veterans with a desire to improve their quality of life

Exclusions:

- Veterans whose primary problem is substance abuse or dementia
- Any Veteran who does not voluntarily agree to be in the Program

Primary Care – Mental Health Integration (PCMHI)

PCMHI locates mental health services conveniently in primary care to address Veterans' needs often on the same day as a Primary Care Provider (PCP) visit. When PCPs recognize that a Veteran has a mental health concern, they collaborate with PCMHI providers who are co-located within those clinics. PCMHI providers first see the patient for a brief assessment and treatment planning. Many mental health and behavioral health concerns are addressed in primary care with brief, targeted therapies. Primary care and PCMHI providers work together to care for Veterans using a team-based approach, providing Veterans with continuity of care and a timely, collaborative care experience.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours

Monday – Friday 7:30am – 4:30pm

Program Number: 602.277.5551 Ext.2927

Staff Contact Numbers

Main Point of Contact

Primary Care-Mental Health

Integration, Program Manager:

[Kristy Straits-Troster](#), PhD, ABPP

602.277.5551 Ext. 5383

Administrative Nurse

Manager

[Lydia Rutherford](#), RN

602.277.5551 Ext. 2540

Depression Care Managers are Co-located in Primary Care Clinics and can connect you with other members of the same PCMHI Team as needed including Psychologists, Psychiatrists, and Social Workers

Main Facility

Emerald Clinic [Lydia Green](#), RN

602.277.5551 Ext. 3404

Thunderbird CBOC

[Valissa Witmer](#), RN 602.633.6925

Northwest CBOC

[Robert Neal](#), RN 623.322.8692

Southeast CBOC

[Kathleen Gallager](#), RN

602.339.0169

[Beckie Coleman](#), RN 480.825.7208

Northeast CBOC (Scottsdale)

[Cheryl Zarobell](#), RN 480.579.2234

Midtown Clinic

[Vicky Markey](#), RN 602.234.7121

[Sue Fradkin](#), RN 602.234.7192

Services Offered and How to Access Them

Behavioral Health Classes Offered

- *Sleep Interventions* – (varied class options) – Learn about skills / habits that will help you maximize the quality of your sleep
 - ❖ Sleep Screening Class
 - ❖ Sleep Management Class
 - ❖ CBT-I Class- 6 week evidenced based insomnia treatment
- *Problem Solving Training* – (4 week class) Learn effective problem solving strategies and identify the barriers that stand in the way of living the life you love
- *Chronic Pain Self-Care Class* – 6-week class that covers a variety of behavioral and cognitive skills for managing pain. The groups' focus is on improving functioning and quality of life
- *CPAP Adherence Group* – 5 week class that provides education regarding the effects of untreated sleep apnea and the desensitization protocol to increase CPAP use
- *Anger Management* - (6 week class) Identify triggers / cue, learn skills for reducing anger and preventing aggression
- *Mindfulness Based Stress Reduction (MBSR)* –
- (8 Week class) Learn tools to fully engage with the present moment and reduce stress. Mindfulness is one of PCMHI's most popular classes.
- *Veteran's Toolkit* – On-going No appointment needed. Learn new coping skills at each weekly session

PCMHI Services Cont.

- *Smoking Cessation* – (4 week class) Education and support to be smoke free
 - ❖ 1st four Wednesdays of the month, Veterans may drop in on any Wednesday
 - ❖ No Appointment needed, 2:00pm – 3:30pm, prosthetics conference room, 2nd floor

For all groups patients should:

- **Have mild-to-moderate psychological distress or symptoms**
- **Be psychiatrically stable / not suicidal**
- **Not be considered for treatment with specialty mental health**

To Refer:

Community Providers-Veterans can ask their Primary Care Provider or Depression Care Manager about these classes

VA Providers-Please co-sign [Dr. Andrea Saathoff](#) to a note indicating, which class the Veteran, is interested in

Health Care for the Homeless Community Resource and Referral Center (CRRC)

Location: [1500 E. Thomas Rd. Ste. 106 Phoenix, AZ 85014](#)

Program Hours

Monday – Friday 7:30am – 4:30pm

Program Number: 602. 248.6040

Fax: 602.279.8957

Staff Contact Numbers

Main Point of Contact

CRRC Coordinator [Penny Miller](#), LCSW Phone
602.717.6785

HCHV Coordinator [Jeff Willgale](#), LCSW
Phone:602.339.2695
HVHC Section Chief [Amanda Mason](#), LCSW Phone:
602.568.8157

[Bella Hudspeth](#) Admin
Assistant 480.369.5204

Employment

Employment Specialist [Mike Sandoval](#) 602.248.6040
Community Employment
Coordinator [Terry Titus](#)
480.341.3904

Outreach Workers

[Caryl Gobel](#), LCSW,
480.244.8589
[Gil Vergara Calderon](#) LMSW,
480.353.9537
[Maria Beltran](#) LMSW,
480.406.7214
[MaryAnn Zoeller](#) LCSW,
602.316.8869

Addiction

Addiction Therapist [Rick Isles](#)
602.228.0594

Peer Support Specialists

[Regina Locke](#) 480.389.7837
[David Donaldson](#)
602.248.6040
[James Loehr](#) 602.248.6040
[Raymond Perez](#) 602.248.6040

HPACT

Medical Support Assistant
[Greg McGill](#) 602.568.9318
HPACT LPN [Courtnee Kinnaman](#) 480.540.7039
HPACT RN [Dennis Reinhart](#)
602.571.2085

Grant Per Diem

MANA House, US Vets
TIP/UMOM [Holly Dahlseid](#)
LCSW, 602.708.7213
US Vets TIP [Veronica Bishop](#)
LCSW, 602.803.8869
[John McVade](#) LMSW,
602.510.7971
CASS Vets [Esther Thomas](#),
LCSW 602.803.2148

VBA

[Anthony Irby](#) 602.627.2857

Services Offered and How to Access Them

Daily:

Courtesy SHUTTLE (Round-trip to/from VA&CRRC

Eligibility Verification & Registration

Clothing & Hygiene Program (Limited In-Kind Benefits

Outreach & Assessment for all Healthcare and Housing

Needs

Peer Support

Employment Services

Medical Care

Substance Abuse Services

Every:

Weds & Fri 9:00am-4:00pm VA Benefit/Claims Assistance

Mon-Thurs HUDVASH Screenings

National 24/7 Call Center for Homeless Veterans

1.877.424.3838

Additional Services Provided by Our Community Partners:

- Transitional Housing Screenings
- Senior Housing Placement
- Free Phone Service
- Children and Family Services
- Child Support Services
- Rally Point Navigation
- Apartment Finder Assistance
- Financial Counseling

How to Refer: The primary referral process for the Veteran to receive care at the CRRC is by walk in.

Southwest Community Based Outpatient Clinic (SW-CBOC)

The Southwest Community Based Outpatient Clinic is designed to provide ease of access to care for Veterans located in the Avondale, Buckeye, Goodyear, Laveen, Tolleson, West Phoenix, and other Southwest Valley communities. The SW-CBOC provides Primary and Mental Health care services, Social Work services, Clinical Pharmacy Consultation and a Laboratory Draw Station. The clinic does not have its own pharmacy onsite; Prescriptions will be filled and mailed through the Main Facility.

9250 W. Thomas Rd., Suite 400
Phoenix, AZ 85037
Program Hours
Monday – Friday 7:30am – 4:00 pm
Phone: 623.772.4000
Fax:623.772.6630

Staff Contact Numbers

Main Point of Contact

Administrative Officer Phil
Hinkel

Psychology

Lead Psychologist: [Maria
Hamilton](#) Phone:
623.772.4049

[Spencer Beck Ph.D](#) Phone:
623.772.4052

PCT Psychologist [Angela
Cusimano](#) Phone:
623.772.4091

Psychiatry

Lead [Laurie Heltzel](#) PA

Mental Health RN's

[Ed Schofield](#), RN 623.772.2489

Social Work

TCM Social Worker

[Kelly Rieke](#), LCSW
623.772.4090

PACT Social Workers

[Tenisha Girley](#), LMSW
623.772.4007

[Katia Blevins](#), LMSW
623.772.4080

Services Offered and How to Access Them

General:

Individual Therapy:

Evidenced Based Psychotherapy: (12-16 weekly sessions on average) CBT, IPT, CBTI, Time limited, structured, goal-orientated individual treatment. **To Refer:** Co-sign Dr. [Maria Hamilton](#)

MAP Moving Actively and Productively (Depression Group) The MAP Group consists of a 1-hour group session for 4 weeks. The group focuses on behavioral activation, which is an evidenced based treatment for depression. **Where/When:** Tuesdays from 1:00PM-2:00pm on the odd months of the year (Jan, March, May, July, Sept, and Nov) the group will start the first Tuesday of the month. **How to Refer:** Co-sign Dr.

[Maria Hamilton](#)

CAN Cutting Down on Anxiety Now (Anxiety Group)

The group consists of a 1-hour group session for 4 weeks. The group focuses on CBT based anxiety management tools. **Where/When:** Tuesdays from 1:00pm-2:00pm on the even months of the year. (Feb, April, June, Aug, October, and Dec.) The group will start the first Tuesday of the month. **How to Refer:** Co-sign

Dr. [Maria Hamilton](#)

MHICM Peer Support

[Henry \(Scott\) Stevens](#) Cell:
602.541.5732 Phone:
623.772.4099

For established MHICM Veterans, provides supportive assistance as needed

Recreation Therapist

[Carolyn Curcio](#), CTRS
602.277.5551 Ext. 2586

General Services Con't

PATHfinder Group: Description: DBT skills only focusing on being more comfortable with emotions (rather than avoiding or resorting to anger), using more effective skills when feeling very stressed, improved communications with Others and feeling more comfortable with yourself by learning to be present (rather than being stuck in your head) *Offered Thursdays 10:00am-12:00pm in the SW CBOC* **To Refer:** Please add [Dr. Maria Hamilton](#) as an additional signer to Veterans note.

SW CBOC PCT Services: Trauma-focused Psychotherapy, Including Cognitive Processing Therapy (CPT), Prolonged Cognitive Process Therapy (CPT): Offered in-group only format at the SW CBOC (No Trauma account/all eras). **To Refer:** Place a consult to the PCT Clinic and specify CPT at the SW CBOC.

TCM Social Worker Services: Provides assessments, resource connections, therapy (individual, couples, and family) and group skills, using evidenced based practices.

Treatment focuses on clear achievable goals related to transition, post-deployment, and readjustment needs. For TCM Therapy referrals co-sign Kelly Rieke. LCSW

Mental Health Nurse: Provides RN Case management. Medication checks, supportive counseling, communication between the Veteran and Provider

Exposure (PE) For description see PCT on page ** **To Refer** Please place a consult to PCT and specify interest in services at SW CBOC

Recreation Therapy at the SW-CBOC currently offers the following groups:

Group Exercise Each exercise group consists of stretching, resistance band exercises, flexibility and low impact cardio all done while seated in a chair and listening to music.

Adaptive Yoga This yoga class has been modified to accommodate seated participants. It is designed to promote relaxation, increased flexibility, improve physical strength, enhance focus, and assist with pain management.

Group Exercise Core Stability Each exercise group consists of stretching, resistance band exercises, flexibility and low impact cardio all done while seated in a chair and listening to music. There will be a section of core work, promoted to target lower back pain and balance issues

TAI CHI A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” regular practice promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain.

How to Refer Request a consult for OP Rec Therapy and specify the SW CBOC location

[Timothy Dixon](#)

AW2

Eligibility Requirements:

In order to be considered eligible for entry into AW2, Soldiers must have sustained wounds, illness, or injuries incurred in the line of duty (LOD) after September 10, 2001 and received, or are expected to receive at least a 30 percent Army Disability rating from the Integrated Disability Evaluation System (IDES) for one of the following conditions:

Blindness or severe loss of vision

Loss of limb

Hearing loss or deafness

Burns or permanent disfigurement

Paralysis/spinal cord injury

Traumatic Brain Injury (TBI)

Fatal and incurable disease with limited life expectancy of one year or less

-Or-

Receive a 30 percent IDES (Army) disability rating for any other combat related condition or caused by an instrumentality of war (Answering Yes to V/1 or V/3 on DA Form 199), including Post Traumatic Stress Disorder (PTSD) and other Behavioral Health (BH) conditions

-Or-

Receive a combined 50 percent IDES (Army) disability rating for any other combat related conditions or conditions caused by an instrumentality of war (Answering Yes to V/1 or V/3 on DA Form 199)

The AW2 Director has the authority to approve an exception to policy to allow a Soldier or Veteran not meeting the above criteria into the AW2 Program on a case by case basis.

Descriptions:

The AW2 Advocate guides Soldiers, Families and Caregivers throughout the recovery and transition process and educates them on the benefits and resources available. Each severely wounded, ill or injured Soldier and Veteran enrolled in AW2 is paired with an AW2 Advocate. Together they collaborate to set goals for the Soldier's/Veteran's and Family's future to meet the personal needs and abilities of the individual AW2 Soldier or Veteran.

Dates and times, Amethyst Clinic:

Monday thru Thursday from 0630 to 1500

Please make an appointment due to outreach schedule

Midtown VA Clinic (MT-CBOC) Posttraumatic Stress Disorder Clinic (PCT)

The Midtown Clinic VA Clinic is an outpatient clinic designed to provide ease of access to care for Veterans located in the heart of Phoenix. This clinic provides Integrated Primary Care Mental Health services, Social Work, Nutrition, Clinical Pharmacy Consultation and a Laboratory Draw Station. The entire Post Traumatic Stress Disorder (PTSD) Clinic is located at the Midtown location. The clinic does not have it's own pharmacy onsite, Prescriptions will be filled and mailed through the Main Facility.

Location: 5040 N. 15th Ave
Phoenix, AZ 85015

Program Hours

Monday – Friday 7:30am – 4:00 pm

Program Number: 602.234.7080

Fax: 602.234.7082

Staff Contact Numbers

Main Point of Contact

Administrative Officer

Psychology

PCT Psychologist [Angela](#)

[Cusimano](#) 602.234.7154

PCMHI Psychologist Dr. Andrea

Saathoff 602.234.7100

PCMHI Psychologist Dr. Andrea

Hekler 602.234.7128

Psychiatry

[Dr. Aida Lacevic](#) 602.234.7198

Depression Care Manager

[Vicky Markey](#), RN Phone:

602.234.7121

[Sue Fradkin](#), RN Phone:

602.234.7192

Mental Health RN's

[Donna Venters](#) NP

Social Work

[Sharon Colman](#), LCSW

602.234.7157

[Jenn Nelson](#), LCSW 602.234.7148

[Jennifer Cataleta](#), LCSW

602.234.7151

[Amanda Kraker](#), LCSW

602.234.7152

General:

Please refer to PCMHI and

Women's Group Where/When Midtown Clinic

Fridays 10:00am – 11:30am

Preparation for trauma treatment; abstinence preferred (Closed, 12 Week group focused on core Seeking Safety modules) Veterans from all departments welcome (MHTC will resume care post-graduation) **How to Refer** – Please contact [Jennifer Cataleta](#), LCSW or [Donna Venters](#), NP

PCT Men's Group Where/When Midtown Clinic,

Mondays 2:00pm – 3:30pm Preparation for trauma treatment; abstinence preferred (Closed, 12 Week group focused on core Seeking Safety modules) Veterans from all departments welcome (MHTC will resume care post-graduation) **How to Refer** – Please contact Dr. [Courtney Baker](#)

Posttraumatic Stress Clinic (PCT) (Located within the Midtown Clinic)

We are dedicated to working with veterans and service members who have experienced traumatic events in their lives. Our purpose is to help you deal with the immediate and long-term effects of these events. We are committed to respectfully help you reach your goals using resources and Programs within our clinic,

Location: [5040 N. 15th Ave Phoenix, AZ 85015](#)

Program Hours

Monday – Friday 7:30am – 4:30pm

Program Number: 602.234.7080

Staff Contact Numbers

Main Point of Contact

Supervisor [Karen Kattar](#)

Psy.D., Clinical Psychologist,
Ext. 2507

Mental Health RN

[Donna Venters, NP](#)

Social Work

[Sharon Coleman, LCSW](#)

602.234.7157

[Jenn Nelson, LCSW](#)

602.234.7148

[Jennifer Cataleta, LCSW](#)

602.234.7151

[Amanda Kraker, LCSW](#)

602.234.7152

Treatment Options:

Our clinic is a treatment team of trauma specialists providing evidenced-based treatments and psychiatric care for trauma-related symptoms for both men and women. We do not provide PTSD evaluations for the purpose of service Connection claims. Our treatment options include:

☑ Trauma-focused Psychotherapy: Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and EMDR

☑ Classes & Other Treatments: CORE classes, PTSD Couples Conjoint Therapy, Insomnia, Smoking Cessation, Acceptance and Commitment of PTSD Therapy (ACT), Yoga, Mindfulness, Nightmare Therapy (IRT)

☑ Trauma and Substance Use Treatment: Seeking Safety

☑ Psychiatric Care: Medication Management

Treatment Options explained on the following pages

Cognitive Processing Therapy ((CPT)

Goals:

- Reduce trauma-related symptoms (intrusive thoughts, nightmares, avoidance, emotional numbing, loss of interest, sleep disturbance, hypervigilance, excessive startle response)
- Improve overall functioning
- Learn skills to help yourself after therapy is over

Prolonged Exposure (PE) Therapy

Goals:

- Reduce trauma related symptoms included intrusive thoughts, nightmares and flashbacks, avoidance, emotional numbing and loss of interest, sleep disturbance, irritability, hypervigilance, and excessive startle response
- Improved daily functioning, including substantial reduction in depression, general anxiety, and anger have been observed in clients treated with PE
- The standard treatment program consists of nine to twelve 90-minute sessions

Eye Movement Dispensation & Reprocessing Therapy (EMDR)

Goals:

- Gaining a new understanding of the (“reprocessing”) of the events, the bodily and emotional feelings and the thoughts and self-images associated with these events
- Addresses the past experiences that have set the groundwork for problems
- Addresses the current situations that trigger difficult emotions, beliefs and sensations
- Develop positive experiences needed to enhance future positive and adaptive behaviors and mental health

Seeking Safety

Goals:

- Eliminate substance abuse
- Reduce PTSD symptoms
- Increase safety (from DV, self-harm, poor health practices etc.)

CORE Classes

Goals:

Will help empower the Veteran to challenge

- anxiety, anger, self-blame
- Learn techniques to feel calmer and more grounded
- Prepares the Veteran for therapies which address surviving and thriving after trauma

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Goals:

- To improve quality of sleep and reduce daytime sleepiness
- To improve education about sleep and causes of insomnia
- To teach individuals strategies which have been proven through research to be effective in improve sleep

Imagery Rehearsal Therapy (IRT)

Goals:

- Reduce frequency and intensity of nightmares
- Improve sleep quality
- Increase sense of control over nightmares

Skills Training in Affective and Interpersonal Regulation (STAIR)

Goals:

- To reduce PTSD Symptoms
- Improve emotion and management skills
- Improve functioning in relationships

Acceptance and Commitment Therapy for PTSD

Goals:

- To equip the Veteran with a toolkit of skills to be on track more often for a rich, full and meaningful life
- To manage uncomfortable thoughts and feelings so they have less impact and less influence
- To change behaviors in the direction the Veteran wants

Cognitive-Behavioral Conjoint Therapy (CBCT) for PTSD

Goals:

- Reduce trauma related symptoms (for example avoidance, intrusive thoughts, emotional numbing, anger and loss of interest)
- Enhance communication, intimacy, cohesion and relationship satisfaction
- Learn skills to help each other after therapy is over

PCT Women's Group **Where/When** Midtown Clinic Fridays 10:00am – 11:30am

Preparation for trauma treatment; abstinence preferred (Closed, 12 Week group focused on core Seeking Safety modules) Veterans from all departments welcome (MHTC will resume care post-graduation) **How to Refer** – Please contact [Jennifer Cataleta](#), LCSW or [Donna Venters](#), NP

PCT Men's Group **Where/When** Midtown Clinic, Mondays 2:00pm – 3:30pm Preparation for trauma treatment; abstinence preferred (Closed, 12 Week group focused on core Seeking Safety modules) Veterans from all departments welcome (MHTC will resume care post-graduation) **How to Refer** – Please contact Dr. [Courtney Baker](#)

Southeast Community Based Outpatient Clinic (SE-CBOC)

The SE-CBOC is based on a primary care model of health care that has physicians, physician's assistants, and nurse practitioners that provide care. The clinic has several medical and psychiatric specialties available on site: for example, there is psychology, psychiatry, dermatology, gastroenterology, and rheumatology. The clinic has its own laboratory, social workers, and dietician. The clinic does not have its own pharmacy onsite, Prescriptions will be filled and mailed through the Main Facility.

Location: [3285 S. Val Vista Dr. Gilbert, AZ 82597](#)

Program Hours

Monday – Friday 7:30am – 4:30 pm

**Extended Hours: Thurs until 6:00pm and Saturday 7:30am – 4:00pm by appt*

Program Number: 480.397.2800

Staff Contact Numbers

Main Point of Contact

Administrative Officer [Paula Fisher](#)

Phone: 480.397.2800 Ext. 2813

MSA Lead [Candace Dodson](#)

602.277.5551 Ext. 7302

Psychology

Lead Psychologist: Dr. [Joelle Oizumi](#)

Phone: 480.397.2838

PCMHI Psychologist Dr. [Jenna Gress-](#)

[Smith](#) Phone: 480.397.2927

Psychiatry

Lead Psychiatrist Dr. Hank Patel

Ext. 2847

PCMHI Psychiatrist Dr. [Jerry Thomas](#)

Phone: 480.397.2979

Mental Health RN's

[Craig Bower](#) Phone: 602.277.5551 Ext.

2923

[Cathy Blair](#) Phone: 602.277.5551 Ext.

2841

[Kim Bassett](#) Phone: Ext. 2843

Depression Care Managers

[Kathleen Gallagher](#), RN 602.339.0169

[Beckie Coleman](#) RN, Phone:

480.825.7208

Staff Contact Numbers

Recreation Therapists

[Jordan Gregory](#), CTRS 480.397.2885

[Suzanne Prosser](#), MSHCA, CTRS

480.397.2885

Social Work

SUD [Lisa Benner](#) LCSW, 480.397.2876

HUDVASH [Christine Hughes](#) LCSW,

602.694.1583

Addiction Therapist [Evalee Jacobson](#),

Phone: 480.395.2835

MH SW [Brian A. D'Agnolo](#) MSW, LICSW

480.397.2925

MH SW [Jeff Troutman](#) LCSW

480.397.2993

PACT [Jaime Tovar](#) LCSW 480.397.2874

PACT [Deanna Scott](#) LCSW, 480.397.2872

PACT [Robert Heinz](#), LMSW,

480.825.7211

General:

Mindfulness: (4-12 weeks open/rolling admission) Group teaches skills to build present-focused awareness. *When:* Fridays 10:00-11:30am **To Refer:** Add Dr. [Christopher Ogle](#) as an additional signer to Veterans note. There maybe an 8-10 week wait depending on the number of veterans already on the waitlist

CBT Coping Skills Group: (8 weeks) Group teaches CBT –based coping skills for anxiety and depression. *When:* Weds 2:00-3:30pm. **To Refer:** Add Dr. [Joelle Oizumi](#) as an additional signer to the Veterans note there maybe an 8-10 week wait if the group is full or recently started.

PTSD:

Cognitive Processing Therapy: (12 weeks) *When:* Tues 1:00-3:00pm or Thurs 9:00-11:00am. **To Refer:** Enter a consult under Southeast PTSD Consult and the Veteran will be contacted regarding PTSD treatment.

Anger:

Anger Management: (10 weeks) Psycho-educational group about anger. *When:* Thurs 2:00-3:30pm. **To Refer:** Add Dr. [Christopher Ogle](#) as an additional signers to the Veterans note there maybe an 8-10 week wait if the group is full or recently started.

Emotion Dysregulation:

STAIR Group: Teaches skills training in Affect and Interpersonal Regulation *When:* Tues 1:00-2:30pm **To Refer:** Add [Dr. Doug Kraus](#) as an additional signer to the Veterans note.

DBT:

To Refer: Add [Dr. Joelle Oizumi](#) as an additional signer to the Veterans note. **Veteran will have to complete 2 preliminary sessions downtown**

Individual Therapy:

Evidenced Based Psychotherapy: (12-16 weekly sessions on average) CBT, ACT, IPT Time limited, structured, goal-orientated individual treatment. **To Refer:** Add [Dr. Joelle Oizumi](#) as an additional signer to the Veterans note and a therapist will be assigned **Evidence Based PTSD Therapy:** (10-12 weekly sessions on average) Time limited, **trauma focused** treatment for PTSD. This includes referrals for Prolonged Exposure Therapy (PET) or CBT. A 6-week coping skills class specifically for PTSD is also offered. Please discuss with the Veteran this form of therapy is trauma focused and will involve weekly attendance and daily assignments in addition working through traumatic experiences in a structured, therapeutic manner. **To Refer:** Enter a consult under Southeast PTSD Consult and the Veteran will be contacted regarding PTSD treatment.

Supportive Counseling/Case Management (Open Ended) It is a present-orientated, supportive counseling/case management. ****Team nurses are added to the treatment teams. Discuss referral with your team's case managers. ****

Recreation Therapy at the SE-CBOC currently offers the following groups:

- GROUP EXERCISE** Each group consists of up to 60 minutes of exercise, which includes: stretching, resistance band exercises, flexibility, and low impact cardio all done while seated in chair (or standing) and listening to music.
- POWER UP**
*****CURRENTLY NOT OFFERED** Get in shape “Power Up” style! Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body, specifically designed to “make it rain” sweat! From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant’s body weight, each class brings its own unique challenges. No two classes are the same! Veterans will work the quarter to improve cardiovascular stamina, core strength, & flexibility.
- FITNESS ROOM** A progression from the group exercise program, the fitness program will provide an education on the safe and proper way of exercising utilizing weight room equipment, educate on how to set the machines properly, promote community participation, and an eventual progression to the Veteran exercising independently
- ADAPTIVE YOGA** This Yoga class has been modified to accommodate participants using a yoga mat. It is designed to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management.
- TAI CHI** A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” regular practice promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain.
- STRETCH AND FLEX** This twelve week class will provide participants an opportunity to learn different stretching exercises designed to increase flexibility while promoting relaxation. While focusing on increasing flexibility, participants will also incorporate various breathing techniques to promote relaxation.

Recreation Therapy at the SE-CBOC currently offers the following groups: Con't

INTERPERSONAL COMMUNICATION SKILLS/ STRESS MANAGEMENT

The first six weeks of the class will focus on interpersonal communication skills providing participants with an education on the various communication styles, how communication styles affect our relationships, and increase awareness of how assertive communication skills can help improve relationships.

The second six weeks will focus on stress management providing participants with an education on what stress looks like for each individual, different stress management techniques such as deep breathing, and how participation in leisure activities can release stress.

**LEISURE EDUCATION
***CURRENTLY NOT OFFERED**

This six week class will provide participants an education on what leisure is, available leisure activities in the community, daily planning, and behavioral activation.

BRAIN POWER

This six week class will provide participants an opportunity to use their "brain power" through the use of different leisure activities. Class is designed to work on cognition skills, social skills, and enhance memory.

**DISCHARGE PLANNING
***CURRENTLY NOT OFFERED**

This twelve week class will promote higher levels of wellness, stability and quality of life, while incorporating recovery concepts, and providing resources and discharge planning methods to promote successful community participation and progression towards developing the Veteran's independent leisure and life skills. ***Please Note: this class is for veteran's who need assistance in discharging into the community and have been enrolled in another Recreation Therapy program for the last 12 weeks.***

THERAPEUTIC ART

This twelve week class will provide participants an opportunity to explore thoughts and feelings through the use of art.

BIOFEEDBACK

Biofeedback is a method of treatment that uses a monitor to measure a patient's physiological information of which they are normally unaware to different stressors. Through the feedback information gathered off of the monitor, patients can learn to adjust their thinking and mental processes in order to control 'involuntary' bodily processes through the use of different relaxation techniques. Biofeedback is found to be very effective in treating anxiety disorders, post-traumatic stress disorder, substance addictions, hypertension, and help with pain management.

For additional information contact Jordan or Johanna at 480-397-2885

Northeast Community Based Outpatient Clinic (NE-CBOC)

The NE-CBOC is based on a primary care model of health care that has physicians, psychologists, psychiatrists, dietitian, registered nurses, clinical pharmacist and social worker that provide care. The clinic has it's own laboratory draw station. The clinic does not have it's own pharmacy onsite, Prescriptions will be filled and mailed through the Main Facility

Location: [11390 E. Via Linda Rd. Ste. 105, Scottsdale, AZ 85259](https://www.google.com/maps/place/11390+E+Via+Linda+Rd,+Ste+105,+Scottsdale,+AZ+85259)

Program Hours

Monday – Friday 7:30am – 4:00 pm

Program Number: 480.579.2200

Staff Contact Numbers

Main Point of Contact

Administrative Officer

[Brenda Heverly](#), Ext
602.633.6900 Ext. 7735

Psychology

[Jessie Garcia](#), Ph.D. Ext.
480.579.2234

Psychiatry

[David Leicken](#), MD
480.579.2234

Depression Care

Manager

[Cheryl Zarobell](#), RN
480.579.2234

Recreation Therapist

[Erin Sweeney](#), CTRS
602.277.5551 Ext. 2585

Social Work

[Ciara Targonski](#), LCSW
Phone: 480.579.2233

Services Offered and How to Access Them

Individual Therapy:

Evidenced Based Psychotherapy: (12-16 weekly sessions on average. This is a time limited, structured, goal-orientated treatment. **To Refer:** Add [Dr. Garcia](#) as an additional signer to the Veterans note.

Evidenced Based PTSD Therapy: (12-16 weekly sessions on average. Time limited, **trauma focused** treatment for PTSD. This includes referrals for Prolonged Exposure Therapy (PET) or CBT. A 6-week coping skills class specifically for PTSD is also offered. Please discuss with the Veteran this form of therapy is trauma focused and will involve weekly attendance and daily assignments in addition working through traumatic experiences in a structured, therapeutic manner. **To Refer:** Add [Dr. Garcia](#) as an additional signer to the Veterans note.

Supportive Counseling / Case Management: This is an open-ended, present-oriented, supportive counseling/case management service. **To Refer:** Add Depression Care Manager or Social Worker as an additional signer to Veterans note.

Recreation Therapy Groups offered within Northeast Outpatient Recreation Therapy Clinic

Group Exercise: Enables Veterans to learn and practice a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encouraged to create their own method(s) of relaxation and coping strategies for stress which they can use in their home environment.

Fitness Room: A progression from the group exercise program, the fitness program will provide an education on the safe and proper way of exercising utilizing weight room equipment, educate on how to set the machines properly, promote community participation, and an eventual progression to the Veteran exercising independently

Adaptive Yoga: This Yoga class has been modified to accommodate participants using a yoga mat. It is designed to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management.

Tai Chi: A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” regular practice promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain.

How to Refer: A Provider can place a consult for Outpatient Recreation Therapy to participate in the Programs

Northwest Community Based Outpatient Clinic (NW-CBOC)

The NW-CBOC is based on a primary care model of health care that has physicians, physician assistants, pharmacists, dermatologist, dietitian and nurse practitioners. The NW-CBOC provides podiatry, tele-derm, and tele-retinal services. The clinic also has a laboratory, social workers, psychiatrists, psychologist, and recreation therapists on staff. The clinic does not have a pharmacy onsite. Prescriptions will be filled by mail through the Main Facility.

Location: [13985 W. Grand Ave. Ste. 101, Surprise, AZ 85374](#)

Program Hours

Monday – Friday 7:30am – 4:00 pm

Program Number: 623.251.2884

Staff Contact Numbers

Main Point of Contact

Administrative Officer:

[Miguel Garcia](#) 623.251.2961

Psychologists

[Sherrie Somershoe](#), Ph.D.

PTSD Psychologist

[Shona Shewmaker](#), Ph.D.

623.251.3054

[Christine Johnston-](#)

[Klauschie](#), Psy. D.

623.251.3055

[Kimberly Snyder](#) Psy.D.

623.251.6047

[Edward Rivera](#), MD

602.277.5551 Ext. 6438

[David Downs](#) 623.251.3057

[Superna Kundra](#)

602.277.5551 Ext. 2752

[Roberto Coira-Gonzalez](#)

602.277.5551 Ext. 6438

Mental Health RN's

[Rebecca Hall](#) Phone:

623.266.4609

Depression Care

Manager

[Robert Neal](#) Phone:

623.322.8692

Services Offered and How to Access Them

Orientation Group: Education is provided by Social Workers and topics include; *NW-CBOC services* (Audiology, Dental, Nutrition, Pharmacy, Radiology, Recreation Therapy, and Social Work) *PACT Teams*, *Recreation and Mental Health Groups*, *Telehealth*, *DAV Shuttle*, *Advanced Directives*, *and also.....* Meets the 2nd and 4th Tuesdays from 11:00am to Noon.

Behavioral Health Classes Offered (PCMHI)

- *Chronic Pain Self-Care Class* – 6-week class that covers a variety of behavioral and cognitive skills for managing pain. The groups' focus is on improving functioning and quality of life
- *Insomnia Group* – 6 week class that offers cognitive behavioral therapy for insomnia (CBT-I). The class provides patients with tailored sleep schedules, focuses on changing poor sleep habits, and negative thoughts regarding sleep, resulting in less fragmented and higher quality sleep

Recreation Therapist

[Ann Mann](#), CTRS 623.251.2964

[Carolyn Curico](#), CTRS

623.251.2964

Social Workers

[Stephanie Nix](#), LCSW

623.266.8421

[Sherry Whitener](#), LCSW

623.322.6241

Behavioral Health Classes Offered (PCMHI) cont.

For all groups patients should:

- Have mild-to-moderate psychological distress or symptoms
- Be psychiatrically stable / not suicidal
- Not be considered for treatment with specialty mental health

To Refer:

1. Add [Edward Rivera](#) as an additional signer to the Veterans note
2. [Shona Shewmaker as](#) an additional signer to the Veterans note

Recreation Therapy at the NW-CBOC currently offers the following groups:

Group Exercise

Mon @ 1:00pm or 2:30pm

Weds @ 1:30pm

Thurs @ 1:00pm

Each group consists of up to 60 minutes of exercise which includes: stretching, resistance band exercises, flexibility, and low impact cardio all done while seated in chair (or standing) and listening to music.

Group Exercise/TAI-CHI

Thurs @ 2:30pm

This group consists of 30 minutes of flexibility and strength training exercises all done while seated in a chair. The last 30 minutes involves deep breathing and basic Tai-Chi movements to assist in improving balance, mood, and relaxation.

Adaptive Yoga / TAI-CHI

Tues @ 9:15am

This group consists of stretching and flexibility training, combined with basic Tai-Chi movements. The group will focus on increasing flexibility and range of motion as well as improving balance, mood, and relaxation.

Stretch, Flex, and Yoga

Fri @ 1:00pm

This class will provide participants with an opportunity to learn different stretching exercises designed to increase flexibility, promote pain management, and support relaxation. Some yoga techniques will be introduced as well as various breathing and relaxation techniques.

Basic Ceramics

Tues @ 12:30pm

This group will provide the opportunity to explore one's creative side. Bisque pieces, paints, glazes will be provided for participants to learn and practice various painting and glazing techniques.

Adaptive Yoga/Core Strengthening

Fri @ 10:30am

Class is designed to teach basic core strengthening and balance skills from a chair to increase strength and improve neuromuscular balance. The class will include some basic yoga poses designed to promote relaxation, increase flexibility, and improve physical strength, enhance focus, and assist with pain management.

Twice Weekly Fitness Program

Veterans may transition to this program after participating in one of the Exercise classes for 12 weeks or more and space permitting

For additional information contact your provider or recreation therapy 623.251.2964

Thunderbird Community Based Outpatient Clinic (Thunderbird-CBOC)

The Thunderbird Clinic is based on the primary care mental health integration model of health care that has physician, nurse practitioner, psychiatrists, psychologists, social worker, dietitian, registered nurses and clinical pharmacist. The clinic does not have a pharmacy on site, prescriptions will be filled by mail through the Main Facility. The clinic has a laboratory draw station and part-time Veterans Service Officer.

Location: [9424 N. 25th Ave., Phoenix, AZ 85021](#)

Program Hours

Monday – Friday 7:30am – 4:30 pm

Program Number: 623.633.6900

Staff Contact Numbers

Main Point of Contact

MH MSA

[Sonia\(Patricia\)Vasquez](#)

602.633.6928

MH Nursing Assist.

[Suzette Tomlinson](#),

Psychologist

[Kerri Salamanca](#) Ph.D.

623.633.6912

PCMHI Psychologist

[Rhonda Casillas](#) Ph.D.

623.633.6913

[Leslie Telfer](#), Ph.D

602.633.6900 Ext. 4358

Psychiatrist

Head Psychiatrist [Zoe Forester](#)

602.277.5551 Ext. 7545

[James Woloshin](#) 602.633.6927

Mental Health RN

[Tena Renteria](#), RN 602.633.

6295 Ext. 4356

Depression Care Manager

[Valissa Witmer](#), RN 602.633.6925

Recreation Therapist

[Julie McLean](#), CTRS

602.277.5551 Ext. 2584

Social Work

[Pat Tuli](#), LCSW 602.633.6977

Offered and How to Access Them

Behavioral Health Classes Offered (PCMHI)

Chronic Pain Self-Care Class – 6-week class that covers a variety of behavioral and cognitive skills for managing pain. The groups' focus is on improving functioning and quality of life. **WHEN:** Thursday 10:00 – 11:30

Mindfulness

Not to be confused with meditation, mindfulness is simply paying attention on purpose. This class aims to help you become more aware of thoughts, feelings, urges, and body sensations. Once you have become more aware of these you will be able to react to situations in a more effective manner. This course will teach mindfulness practices that will include progressive muscle relaxation, guided-imagery, and mindfulness meditation. Research supports that mindfulness has long-term benefits that reduce stress, anxiety, reduce rumination, increase focus/concentration/memory, and decrease emotional reactivity, and increase cognitive flexibility, increases quality of life and relationship satisfaction. **WHEN:** Wednesdays 1:00 – 2:30

For all groups patients should:

- **Have mild-to-moderate psychological distress or symptoms**
- **Be psychiatrically stable / not suicidal**
- **Not be considered for treatment with specialty mental health**

To Refer:

[Rhonda Casillas, Ph.D](#)

Recreation Therapy Groups offered within Thunderbird Outpatient Recreation Therapy Clinic

Group Exercise: Enables Veterans to learn and practice a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encourage to create their own method(s) of relaxation and coping strategies for stress which they can use in their home environment.

Advance Group Exercise: This 60 minute class focuses on cardio, strength training and stretching much, of which is done standing and using ankle and hand weights for the cardio portion. Veterans would most likely work up to this class and transfer from the Seated Group Exercise class into the Advanced Exercise class.

Tai Chi / Adaptive Yoga: This 60-minute class combines both Tai Chi and Adaptive Yoga. It is designed to promote relaxation, flexibility, deep breathing, mindfulness, focus, balance, and improved mood and to assist with pain management. This class has been modified to accommodate seated participants.

Fitness: Veterans may transition into this Program after participating in one of the Group Exercise classes for 12 weeks or more space permitting. While in the fitness room, the Veterans performs a general circuit training program with light weights, resistance bands, stability ball activities including core strengthening and balance, and a 20-30 minutes of cardiorespiratory training using the NuStep.

A family member and / or a caregiver is welcome to join the Veteran in the Group Exercise, Advanced, Group Exercise, Tai-Chi / Adaptive Yoga classes as space allows.

How to Refer: A Provider can lace a consult for Outpatient Recreation Therapy T-Bird Clinic to participate in the Programs.

Showlow Community Based Outpatient Clinic (Showlow-CBOC)

The Showlow CBOC provides primary care services and some urgent care. The Showlow has one doctor and one nurse on staff. A mental specialist and 2 social workers are also available. The clinic does not have a pharmacy on site. Prescriptions will be filled by mail through the Main Facility. Veterans will be seen by appointment only.

Location: [5171 Cub Lake Rd. Ste. C380 Showlow AZ 85901](#)

Program Hours:

7:30am – 4:30pm

Program Number: 928.532.1069

Staff Contact Numbers

Main Point of Contact

Administrative Assistant:

[Shelley Narmi](#) 928.532.2558

Psychiatrist: Dr. [Gregory Davis](#) Telehealth

Mental Health RN's: [Susan Hartford](#), [Penny Biggins](#)

Social Work: [Barbara Newton](#),
LCSW 928.532.2559

Offered and How to Access Them

For a mental health appointment only, please call
928.532.2542

Vietnam Combat PTSD Group: This is an all male group. **To Refer:** Must meet with [Barbara Newton](#) prior to entering the group.

OEF/OIF/OND Group: Meets Wednesdays 1:00pm – 3:00pm
To Refer: Must meet with Barbara Newton prior to entering the group.

Depression and Anxiety Group: Meets Tuesdays 1:00pm to 2:00pm. **To Refer:** Must meet with [Barbara Newton](#) prior to entering the group.

TeleHealth via Dr. Davis: **How to Refer:** Mental Health consult placed by Primary Provider

Consults:

How to Refer: For a Psychologist

For Show Low on-site referrals, complete outpatient consult under Mental Health: Show Low Clinic MH Consult

For Payson and Show Low Tele Mental Health referrals, complete outpatient consults under Tele Health: Tele MH General MH Psychotherapy (Payson/Show Low)

Veteran needs high-speed internet, email address, device (desktop/laptop with webcam, smart phone, Iphone/Ipad, etc.)

No co-pay for visit! No travel – Veteran stays in his/her home!

Globe Community Based Outpatient Clinic (GLOBE-CBOC)

The Globe Veterans Affairs Health Care Clinic offers care by a psychiatrist and support staff. The Clinic does not have a pharmacy on-site. Prescriptions will be filled by mail through the Main Facility. Patients are seen in this Clinic by appointment only.

Location: [5860 S. Hospital Dr. Ste. 111 Globe AZ, 85501](#)

Program Hours:

Monday – Friday 8:00am – 4:00pm

Program Number: 928.425.0027

Staff Contact Numbers

Main Point of Contact

Administrative Assistant:

[Shelley Narmi](#) 928.532.2558

Psychiatrist: Dr. [Gregory Davis](#)

Telehealth

Mental Health RN [Penny](#)

[Biggins](#)

Social Work: [Robert Heinz](#) ,

LMSW 480.825.7211

Offered and How to Access Them

Vietnam Combat PTSD Group: Meets every other Tuesday.

To Refer: Must meet with Robert Heinz prior to entering the group.

TeleHealth- General Social work Services and Psychotherapy. **How to Refer:** Call the Clinic and schedule an appt to see Robert Heinz.

TeleHealth via Dr. Davis: **How to Refer:** Mental Health consult placed by Primary Provider.

Contracted Payson Community Based Outpatient Clinic (Payson- CBOC)

The Payson Veterans Affairs Health Care Clinic offers care by a physician and support staff. The Clinic does not have a pharmacy on-site. Prescriptions will be filled by mail through the Main Facility. Patients are seen in this Clinic by appointment only after their eligibility and enrollment have been confirmed.

Location: [903 E. State Highway 260, Payson, AZ 85541](#)

Program Hours:

Monday - Friday 7:30am – 4:30pm

Program Number: 480.579.2220

Staff Contact Numbers

Main Point of Contact

Dr. [Amy Frazier](#)

Offered and How to Access Them

TeleHealth via Dr. Frazier: **How to Refer:** Mental Health consult placed through primary provider.

Tele social work: General Social Work services available. **To Refer:** Contact [Barbara Newton](#), LCSW 928.532.2559

How to Refer:

For **Payson and Show Low Tele Mental Health** referrals, complete outpatient consult under **Tele Health: Tele MH General MH Psychotherapy (Payson/Show Low)**

Veteran needs high-speed internet, email address, device (desktop/laptop with webcam, smart phone, Iphone/Ipad, etc.)

No co-pay for visit! No travel – Veteran stays in his/her home!

Outpatient Recreation Therapy

Recreation Therapy uses a wide range of recreation modalities and interventions as treatment and education to assist Veterans with disabilities and other limitations to exercise their right to a lifestyle that focuses on functional independence, health and well-being. Outpatient Recreation Therapy offers various treatment programs in the Topaz Clinic located in the basement of the Ambulatory Care Clinic and at all the CBOCs.

Location:

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours:

Monday - Friday 7:30am – 4:30pm

Program Number:

Staff Contact Numbers

Main Point of Contact

Outpatient Lead Recreation

Therapist: [Kayla Forster, CTRS](#)

602.277.5551 Ext. 7250

Outpatient Recreation

Therapists:

[Lynn Hambel](#), MA, CTRS Dept.

Supervisor

[Beth Dietrich](#), Ed.D, CTRS

[Carolyn Curico](#), CTRS

[Jamie Cussen](#), CTRS

[Suzanne Prosser](#), CTRS

[Michelle May](#), CTRS

[Felicia Zeigler](#), CTRS

[Julie McLean](#), CTRS

[Paula Barr](#), CTRS

[Erin Sweeney](#), CTRS

Offered and How to Access Them

Recreation Therapy Groups offered within Outpatient
Recreation Therapy

Creative Arts: Various forms of art such as painting, drawing, crafts, etc. are used in specific interventions within a group atmosphere

Leather Craft: Basic leather craft skills such as stamping and carving are taught with individualized instruction through a uniform skill progression format

Independent Leather Craft: This group is designed to meet the needs of our more advanced leather crafters and for those who have completed the basic leather craft program. Veterans are required to bring their own leather craft projects. Veterans are provided with use of tools, stains, paints, templates etc.

Soft Leather: Designed to teach Veterans how to utilize deer and elk skin to make pre-designed projects in a skill progression with individualized instruction

Relaxation: Enables Veterans to learn and practice a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encouraged to create their own method(s) of relation and coping strategies for stress that they can use in their home environment

Tai Chi: A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” regular practice promotes deep breathing and mental focus, which reduce stress, strengthens the immune system, improves balance/coordination and relief from pain

Offered and How to Access Them

Recreation Therapy Groups offered within
Outpatient Recreation Therapy, Cont.

Music Therapy: Therapeutic use of music activities for personal development, social interaction, relaxation and enjoyment in a supportive environment that welcomes individuals of all abilities and interests

Music Ensemble: This fun filled and energizing music program is for instrumentalists and vocalists that will incorporate a wide range of musical styles and interests. Participants must have moderate musical skills; do not need to be able to play all styles but must be interested in adding to their musical repertoire, including occasionally playing rhythm accompaniment.

Participants need to bring their own instruments. Additional activities include providing resources, relaxation techniques, lyric analysis, and playing as an ensemble skill development.

Small Group: A time sensitive program designed to provide participants with an opportunity to explore various forms of art such as painting, drawing, crafts, etc. in a small group atmosphere

Pottery: Basic ceramics, hand building, sculpture and throwing clay on a potter's wheel are skills taught in a therapeutic group environment. Paints and glazes will be provided to learn various painting and glazing techniques.

Advanced Pottery: This group is designed to meet the needs of those who are more advanced in pottery and have completed the pottery class. Veterans are required to bring their own ceramics or hand building utilizing our clay. Veterans are provided with use of tools, paint, firing is done by RT staff.

Group Exercise: Enables Veterans to learn and practice a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encourage to create their own method(s) of relaxation and coping strategies for stress which they can use in their home environment.

Core and Stability: This class is designed to teach basic core strengthening and balancing skills from a chair utilizing evidenced based techniques, which are taught to increase strength and improve neuromuscular balance.

Adaptive Yoga: This yoga class has been modified to accommodate both seated and/or standing yoga practice to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management.

Biofeedback: Biofeedback is a specialized modality designed to treat Anxiety Disorders, PTSD and Addictions that monitors a patients physiological responses to stress in order to learn to control 'involuntary' bodily processes through the use of relaxation techniques.

Fitness Room: A progression from the group exercise program, the fitness program will provide an education on a safe and proper way of exercising utilizing weight room equipment, educate how to set the machines properly, promote community participation, and eventual progression to the Veteran exercising independently. **Participants require a release from their primary care provider.**

How to Refer: A Provider can place a consult for Outpatient Recreation Therapy Services to participate in the Programs.

Recreation Therapy Adaptive Sports Program

The PVAHCS Adaptive Sports Program embarks on new avenues of recreational and competitive sports events designed for individuals with physical disabilities, such as spinal cord injury, amputation, visual impairments etc. Many of our participants of our ongoing Adaptive Therapy Sports Program not only participate and compete in local and National events, but have also gone on to serve as peer mentors for newly injured participants in the Program. Several of the Program's disabled athletes have been identified by the United States Olympic Committee (USOC) as potential USA Paralympic Team Athletes, with goals of competing in both the summer and winter Paralympic games.

The overall goal of the Program is for participants to achieve a lifelong mission of optimal rehabilitation by pursuit of an independent, active, healthy leisure lifestyles in their respective communities and become role models for newly injured service members.

Location:

Located at the Phoenix VA Main Campus and Community Based Centers

Staff Contact Numbers

Main Point of Contact

Adaptive Sports Coordinator:

[Johanna Avilez](#), CTRS 602.

277.5551 Ext. 3371

Services Offered and How to Access Them

Primary Care Provider must submit a Recreation Therapy Adaptive Sports Consult

- Cycling
- Rowing
- Archery
- Skiing
- Track and Field
- Swimming
- Water Ski
- Kayaking
- Sit Volleyball
- Judo
- Sailing
- Powerlifting
- Rugby
- Wheelchair
- Sled Hockey
- Boccia Ball
- Wheelchair Tennis
- Table Tennis
- Shooting
- Golfing
- Goal Ball
- Wheelchair Fencing
- Wheelchair Softball
- Bowling
- Racquetball
- **and More.....**

Therapy Groups

***Breathe, It'll Be OK* Description** – *Breathe* is a mindfulness-based training program for women veterans with chronic pain. *Breathe* will focus on building skills to pay attention in a very particular way to whatever is happening in the present moment, including stress. *Breathe* is offered specifically to female veterans.

Where/When/How Long – Held at the Main Campus / Monday's from 1:00pm – 3:00pm and Wednesday's from 9:30-11:30 starting / One time a week for 8 weeks. **Who to Contact /How to Refer** – 602.277.5551 Ext. 2449 If you have further questions please contact Dr. [Kathryn Doyle](#) 602.277.5551 Ext. 4216. We ask that anyone interested attend anyone of these Orientations/Screenings. 3/08 9:30 – 11:30, 3/15 9:30 – 11:30, 03/22 9:30 – 11:30 All are held in the Amethyst Clinic

***Wellness for Women* – Description** – Provides general information about services available for women at the Phoenix VA. Create a safe place for female Veterans to share their life experience. Increase quality of life by learning new coping skills. Upcoming topics include: Career Development, role of Peer Support in the Phoenix VA System, and depression and the Life Span. **Where/When** – Main Campus Amethyst Clinic Every 2nd Wednesday from 1:00-2:30pm. **Who to Contact /How to Refer** – Providers please add Dr. [Kathryn Doyle](#), Ph.D. or Dr. [Janelle Thompson](#), Ph.D. as additional signers to Veterans note.

***Distress Tolerance Drop-In Group* Description** - *Distress Tolerance Drop-In Group* teaches skills for tolerating painful events, urges, and emotions when you cannot make things better the right way. **Where/When/How Long** – Held at the Main Campus Jade Opal Mental Health Clinic Saguardo Rm. D143 / Every Wednesday 3:00-4:00pm / **Who to Contact /How to Refer** – No referral needed. Contact [Jeanette Devevo](#), LCSW 602.277.5551 Ext. 5412.

***Seeking Safety Groups* – Description** – Seeking Safety is an evidence-based and present focused therapy group centered on development and practice of attaining healthy and safe coping skills in order to heal from Post-Traumatic Stress Disorder (PTSD) and Substance Use Disorder (SUD). This is not a trauma-focused treatment but maybe used to help Veterans get ready for trauma treatment (Veterans who do not meet full criteria for PTSD, but who have experienced trauma, may also benefit). All Veterans are expected to have a goal around substance abuse. –

***SUDTP Group*: Where/When** Tuesdays 9:30am – 11:00am and Thursdays 12:30pm – 2:00pm. **How to Refer** – Co-sign [Chris Harris](#), LMSW

***PCT Women's Group*: Where/When** – Tuesdays 10:00am-11:30am. The PCT Women's Group is preparation for trauma treatment; abstinence preferred (12 week group focused on core Seeking Safety modules. Veterans from all departments welcome (MHCT will resume care post-graduation) **How to Refer** – Contact [Jennifer Cataleta](#), LCSW or [Donna Venters](#), NP **A consult should be placed for any Veteran who is not already a patient in the PCT Clinic

PCT Men's Group: **Where/When** – Mondays 2:00pm-3:30pm The PCT Men's Group is preparation for trauma treatment; abstinence preferred (12 week group focused on core Seeking Safety modules. Veterans from all departments welcome (MHCT will resume care post-graduation) **A consult should be placed for any Veteran who is not already a patient in the PCT Clinic
How to Refer – Co-sign Dr. [Courtney Baker](#).

Transition and Care Management (TCM) OEF/OIF/OND: **Where/When** – Tuesdays 2:00pm-3:30pm The TCM Group assists in harm reduction or abstinence, Male Combat Veterans with exceptions. **How to Refer** - Co-sign [Kelly Rieke](#)

Cognitive Behavioral Therapy (CBT) and Mindfulness for SUD – Loss and Adjustment **Where/When** – Thursdays 08:30-10:00am Bldg. 31. Do you have a substance abuse treatment need? Have you ever considered that you may have unresolved loss which is creating and or contributing to substance abuse problems? Loss can include a long list of events not commonly considered. Death is only one cause for experiencing loss – loss of a job, home, relationship, limb, and much more. **How to Refer and Requirements** – Contact [James Palazzolo](#) 602.277.5551 Ext. 2544. **Must have a SUD Diagnosis, agree to 6 sessions of treatment each session is 1.5 hours, weekly journal entries, weekly homework assignments.

PATHfinder Group – Description: DBT Skills only focusing on being more comfortable with emotions (rather than resorting to anger), using more effective skills when feeling very stressed, improved communications with others and feeling more comfortable with yourself by learning to be present (rather than being stuck in your head) Meant for combat Vets **Where and When** – Thursdays 10:00am – 12:00pm in the Amethyst Clinic **How to Refer** – Please add [Jeannette Devevo](#) as an additional signer to the Veterans note

Phoenix VA Resources for Tobacco Cessation – *Tobacco Cessation Class* Description: Four sessions providing information and support regarding quitting tobacco use. This is a Walk-In Clinic or submit a Consult under Smoking Cessation. **When/Where** First 4 Weds of the month from 2:00pm – 3:30pm. Prosthetics Clinic (Bldg.34) or via CVT from any clinic. (SE-CBOC Veterans check into the Juniper Clinic.)

Telephone Resources Description: National Quit Line. Veteran self-enrolls in by calling the 1-800-QUITVET. This service sets up a quit plan with the Veteran and then does 3 follow-up calls. The Veteran is able to call into the service for support anytime during business hours. **When** Mon-Fri 8:00am – 8:00pm EST.

Home Telehealth Tobacco Cessation Description: A quit plan is set up with the Veteran. The Veteran responds daily to automated questions re: tobacco usage. Depending on the responses, a telehealth nurse may call the Veteran to provide additional coaching. **How to Refer** Place a Consult Telehealth Consults > Home Telehealth **Only one telehealth service can be accessed by a Veteran at a time**

Texting Service Description: Veterans self-enroll by texting "VET" to 47848 or by enrolling online at www.smokefree.gov/yet The texting service will interact with the Veteran, asking questions and giving encouragement. Even without enrolling, Veterans can get support for quitting by texting URGE, STRESS, or SMOKED to the same number, 47848.

Smartphone App Description: **Stay Quit Coach** Helps a Veteran develop a quit plan and then provides additional information, encouragement and support. For example, a running tally of the amount of money saved by quitting. **Only available on Apple platforms at this time.**

Intro to Improving Eating Behaviors Description - Provides information and coping skills to improve unhealthy eating behaviors such as: Emotional eating or stress related eating, Skipping meals or restricting food, Binge eating behaviors, How depression , anxiety, PTSD, and MST can influence eating, Body image and self esteem, and Food addiction. **Where and When** - The Eating Behaviors Coping Skills Group: 16 Weeks long offered Wednesdays at 9:00-10:00am. Eating behaviors Core Coping Skills Group: 6 weeks long, offered on Thursdays at 3:00pm -4:00pm **How to Refer** - 1st Step Attend the 1-hour *Intro to Improving Eating Behaviors* class regarding topics listed above, offered the 2nd Wednesday of each month from 10-11am in the Topaz Clinic. No walk-ins allowed. 2nd Step After taking the Intro class, you can be assisted better on the next steps to help you reach your goals. Classes on coping skills to improve unhealthy eating behaviors. **Contact:** [Jennifer Averyt](#), Ph.D. 602.277.5551 Ext. 3293 or [Nicole Leschak](#), MS, RDN, CSSD 602.277.5551 Ext. 6813

Insomnia & Nightmare Groups at the Phoenix VAMC (These groups require a referral from the Vets PCP or Mental Health provider. Once the Vet is referred to the Provider facilitating the group will contact you with information about when the next group series begins.)

Sleep Despite Pain Group - **Where and When** - Chronic Pain and Wellness Clinic Main Campus 6 sessions Monday afternoons, 1pm- 2:45pm **How to Refer** - Contact Dr. [Heather Okvat](#) 1 Individual session to screen for other sleep disorders.

Sleep Well Groups - **Where and When** - Jade Opal Clinic Main Campus 7 weekly sessions on Thursdays either 12:30pm-2:30pm OR 3:00pm-5:00pm. **How to Refer** -Contact Drs. [Jen Averyt](#), [Ashely Breedlove](#), or [Andrea Hekler](#)

CBT-I Group - **Where and When** - Main Campus 5 weekly sessions on Tuesdays from 2:00pm-3:30pm. Separate group screening offered the first Monday of the month fro 1:00pm-2:30pm. This group is facilitated by Medical Psychology / PCMHI. **How to Refer** Contact Dr. [Matthew Weyer](#)

CBT-I Group- **Where and When** - Main Campus PTS Clinic Friday mornings 7:30am-9:30am for 8 weeks scheduled over a 12 week period. Separate Group Screening offered prior to group. **How to Refer** - Contact Dr. [Tim Ayers](#)

Image Rehearsal Therapy for Nightmares - **Where and When** - Tuesdays 12:00-1:30pm and occasionally Mondays at 1:30pm-2:00pm for 6 weeks. **How to Refer** - Dr. Lowery 602.277.5551 Ext.6945

These groups require a referral from your PCP or MH Provider. Once you are referred the Provider will contact the Veteran about when the next group series begins.

LGBTQ Veteran Equality Group - **Description** - The Equality Group offers a safe and supportive place for Veterans to learn about LGBTQ health care issues, share thoughts and feelings about their experiences, explore creative ways to solve any health challenges, and to learn from one another. Group sessions include a psychoeducational component with topics relevant to LGBTQ Veterans. Topics include: Coming Out, Friends and family, LGBTQ history, Intimate Relationships, Social Support, DADT, Mental Health, Sexual Orientation, Community Resources, Stigma **Where and When** - Meets the 2nd Friday of each month in the Jade Opal Clinic Main Campus. **How to Refer** - Contact [Leonardo Caraballo](#) PsyD, 602.277.5551 Ext. 4828.

Conjoint Therapy for PTSD - **Description** - CBCT for PTSD is an evidence-based therapy designed to reduce individual PTSD symptoms and improve relationship satisfaction. This therapy helps the Veteran and their partner identify the thoughts and behaviors that effect symptoms and improve relationships. This consists of 15 sessions at 75 min each. **How to Refer** - Contact Dr. [Brandi Luedtke](#) Clinical Psychologist PTSD Clinic 602.277.5551 Ext. 5175

Anger Management Group **Description:** 8 Weeks and utilize the SAMSHA Anger Management materials.

Where / When: Jade Opal Clinic Saguaro Room Wednesdays starting April 12th, 10:00 – 11:30am
Facilitator Dr. Isenhardt

Jade Opal Clinic Saguaro Room starting May 5th from 12:30pm – 2:00pm Facilitator Andrea Sheldon

Jade Opal Clinic Saguaro Room from 1:00pm – 2:30pm facilitator Teresa Imholte

How to Refer: Please contact [Andrea Sheldon](#), LCSW