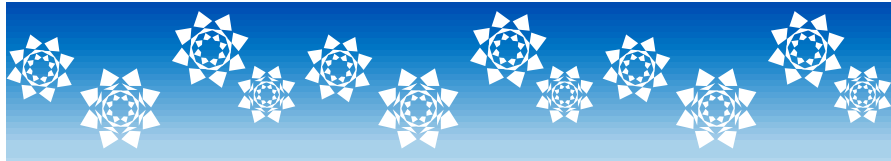




**DEPARTMENT OF VETERANS AFFAIRS**  
**VA Outpatient Clinic at Fort Ethan Allen**  
**162 Hegeman Ave, Unit 100**  
**Colchester, VT 05446**  
**(802) 655-1356 x6730**

## **Behavioral Health Group and Workshop Offerings Fort Ethan Allen VA Outpatient Clinic (CBOC)**



### **Winter 2011-2012**

*We invite you to explore our behavioral health group treatment and workshop options at Fort Ethan Allen. Descriptions and enrollment information is described below. All groups require an intake and enrollment with the contact person listed, unless otherwise noted.*

#### **Educational Group for New Veterans**

The VA clinic at Fort Ethan Allen currently offers an educational group for new veterans that provides basic information about what services the VA can offer. Current topics covered at the educational session include: information about eligibility and co-pays, billing, emergency care, prescriptions, pharmacy refills, living wills, dental services, DAV travel, use of the lodge and VA claims processes... just to name a few.

*\*This group is offered on the First and Third Monday of each month from 10-11:30 am. Veterans should call Bernadette O'Neil, LICSW at 655-1356 x6744 to register for this workshop.*

#### **Anger Management Class**

This is a closed 8-session group for veterans having difficulty with stress and anger management. The class is oriented towards teaching veterans concrete skills they can use in the here and now to manage these common reactions. The course involves discussion as well as education.

*\*Contact Kim Almeida-Leblanc, MSW, LADC for more information, 655-1356 x6730. Intake with group facilitator or referral from mental health is required. Class held on Tuesday mornings 8:30am-10am.*

#### **Relaxation and Stress Reduction Class**

This is an open, drop-in class for veterans who want to learn basic relaxation skills, including breathing retraining, guided visualization, and progressive muscle relaxation. This is a good starting point before veterans progress to the Coping Skills Class.

*\*Contact Julia Rice for more information, 655-1356 x6751. Although an intake is not required, veterans are encouraged to call the facilitator in advance if they plan to attend. Mondays at 2:00, starting January 23. This is an open class, so veterans may join at any point.*

## **Coping Skills Group**

This is a closed group for veterans who are experiencing difficulties coping with mood. Veterans work with Dr. Gibson to create their own group treatment plan, based on their unique treatment goals. Skills taught are drawn from Cognitive Behavioral (CBT) and Dialectical Behavior Therapy (DBT) techniques. The group is appropriate for veterans experiencing a range of trouble with emotion regulation and distress tolerance, including but not limited to depression, excessive worry, PTSD, panic attacks, relationship challenges, or general stress and readjustment concerns. The class is present-focused and solution-oriented. Modules will include such topics as Mindfulness, Distress Tolerance, Emotion Regulation, Cognitive Reframing, and Behavioral Activation.

*\* Group is held on Thursdays from 10-11:30. Pre-registration and an intake with Dr. Gibson is required. (802) 655-1356 x6748.*

## **Understanding PTSD Class**

This is a 4-week, closed group that provides basic information about the diagnosis of PTSD and related problems such as anger, relationship concerns, and avoidance. The group teaches healthy coping skills and provides veterans with an introduction to treatment services at the VA and an understanding of additional treatment options for PTSD.

*\*This is a closed group that requires an intake with either Laura Gibson, Ph.D (655-1356 x6748) or Meg Garrity, LICSW (655-1356 x6754). Offered Tuesdays from 3-4:30.*

## **Cognitive Processing Therapy (CPT) Class**

The Cognitive Processing Therapy or "CPT" group is a 12-session, closed group for veterans suffering from Posttraumatic Stress Disorder (PTSD). CPT is one of the most effective psychological treatments for PTSD. The group focuses on helping veterans work through trauma-related thoughts and feelings that may be preventing them from recovering from PTSD. Details of personal traumas are not shared within the group, although vets will be asked to do personal writing assignments that directly address their traumas.

*\*This is a 12-session, closed group that requires an intake with either Laura Gibson, Ph.D (655-1356 x6748) or Meg Garrity, LICSW, (655-1356 x6754). Offered Fridays 9:30-11am.*

## **PTSD Partner Support Group**

PTSD Partner Support Group is an open support and education group for partners of veterans diagnosed with or experiencing symptoms of Posttraumatic Stress Disorder (PTSD). The purpose of the group is to provide support, information and education about PTSD to help facilitate the veteran's recovery and the partner's well-being. This is a group for male and female partners of veterans who are either married or co-habiting. The partner will need to either call or meet with group facilitator prior to entering group.

*\*This group will take place the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month, 10-11am. Seeking new members! Call Meg Garrity, LICSW, for more information (802) 655-1356 x6754.*

### **Coping with Depression and Anxiety**

This is a closed support group for veterans who are coping with depression and/or anxiety. The group involves peer support as well as education regarding skills that are useful in managing these symptoms. *\*This is a closed group that requires an intake with Jim Dooley, 655-1356 x6734. Offered on Tuesdays from 1:30-3pm.*

### **Early Recovery Group**

Peer Support for veterans in recovery from Substance Abuse. The group is facilitated by a substance abuse counselor, however daily topics are generated based on client needs and current issues of concern. *\*Contact Kim Almeida-Leblanc, MSW, LADC for more information, 655-1356 x6730. Meetings held on Monday and Thursday afternoons 3-4pm. Although an intake is not required, veterans are encouraged to call the facilitator in advance if they plan to attend. Drop-ins welcome.*

### **Vietnam Veterans Support Group**

This is a closed support group for Vietnam veterans. It is an open-ended group, meaning that veterans can attend when they feel they need to, but there is not a fixed attendance requirement. The group is facilitated by a mental health counselor, but emphasizes peer support and shared problem solving. *\* This is a closed group that requires an intake with Jim Dooley, 655-1356 x6734. Group is held Thursdays from 1:30-3pm.*

### **Veterans of World War II and Korea Support Group**

This is a closed support group for veterans of World War II or Korea. It is an open-ended group, meaning that veterans can attend when they feel they need to, but there is not a fixed attendance requirement. The group is facilitated by a mental health counselor, but emphasizes peer support and shared problem solving.

*\*This is a closed group that requires an intake with Jim Dooley, 655-1356 x6734. Group is held on the first and third Tuesdays of the month from 10-11:30am.*

### **Introduction to MOVE! Group**

This is a weight management program designed to help Veterans lose weight, keep it off, and improve their health. Classes focus on nutrition, exercise, and behavior change; and are led by a registered dietitian and a behavioral health specialist. After an RN-led orientation, there are four workshop style sessions that meet weekly. Those who have completed all sessions are welcome to attend the monthly maintenance group to weigh-in, share successes/barriers to help keep themselves on track.

*\* Orientation first Wednesday 11-12:30pm and last Thursday 11:30-1pm. Weekly sessions Wednesdays 12:30-2:30pm. Maintenance second Friday of month 12:30-2pm. Interested veterans should be referred by provider/clinician. Contact Karen Jumisko, RD HBPC/MOVE! Dietician with questions, (802) 291-6200.*

## **WRAP Group**

The Wellness Recovery Action Plan (WRAP) Group is based on Mary Ellen Copeland's WRAP model. It is a patient-focused, recovery oriented model that helps individuals better understand and manage their symptoms. This plan can be used by anyone who wants to create positive change in the way that they feel, or increase their enjoyment of life. Group meets Fridays, 8-9:30 starting January 27th. *Contact Julia Rice for more information, 655-1356 X 6751. Intake w/Julia Rice is required.*

### Behavioral Health Providers, Fort Ethan Allen CBOC

#### Substance Abuse

Kim Almeida-Leblanc, MSW, LADC  
Bernadette O'Neil, LICSW, ACSW, LADC  
Julia Rice, LCMHC

#### Mental Health

Jim Dooley, M.S.  
Meg Garrity, LICSW  
Laura Gibson, Ph.D.  
Elizabeth Goldstein, Ph.D.

#### Psychiatry

Margaret Bolton, M.D.  
David McKay, M.D., Director

**\*\*All providers can be reached through mental health clerk Debra Perrault, 655-1356 x6730\*\***