

FOR CAPS CLINICIANS

Student Veteran Mental Health: UCLA, VA, and Mental Health Resources

CAPS Clinical Services (in addition to usual services):

- Katy Jakle, Student Veteran Specialist (kjakle@caps.ucla.edu)
- Several staff members trained in empirically-supported treatments for PTSD including Prolonged Exposure and Cognitive Processing Therapy
- Student veteran group as student veterans are interested
- **Veterans have access to another 24-hour counseling line: VA hotline at 310-273-TALK**

Campus Resources

- **Emily Ives**, Veteran Resource Coordinator at BRC, eives@saonet.ucla.edu; x63819
- Veteran Resource Office website and social media for information: <http://www.veterans.ucla.edu/> and [Facebook page](#)
- **Veteran Resource Team**, including contact information for these individuals on campus, including designated academic counselor, designated career counselors, etc. <http://www.veterans.ucla.edu/currentstudents/staffhelp.htm>
- **Student Veteran First Mondays Series**, a monthly lunch from 12pm-1pm on a topic of interest to our students. Info e-mailed to student veterans in advance per list on file
- **Boots to Bruins Course** <http://www.veterans.ucla.edu/currentstudents/boots.htm>. One-unit Fiat-Luxe course for student veterans

Important Off-Campus Resources for Student Veterans

- **West Los Angeles VA**
 - Contact for veterans at West Los Angeles VA for all benefits/healthcare concerns is **Charles Green at 310-478-3711 x 43420 or cell, 424-645-9865. He is helpful and former veteran.**
 - Contact for OEF/OIF veterans is Isabel Moriarty, OEF/OIF Program Manager (310) 268-3074. Address for VA is 11301 Wilshire Blvd, LA, CA 90073
- **Local Vet Centers.** Vet Centers provide free, confidential counseling for combat veterans & for MST. Vet Centers access VA medical records but do not share their records with the VA Med Ctrs.
 - The closest Vet Center to the UCLA campus is: 5730 Uplander Way, Suite 100, Culver City, CA 90230-6615 (310) 641-0326
 - Another local Vet Center is Sepulveda Vet Center: has more robust programming for OEF/OIF combat veterans: 9739 Haskell Ave, North Hills, CA 91343 (818) 892 9227
- **Free Long-Term Counseling for OEF/OIF Veterans**
 - **The Soldier's Project** <http://www.thesoldiersproject.org/getting-help/>. Provides free psychotherapy to military service member/vet who has served in Iraq or Afghanistan. The therapists also offer free therapy to loved ones including boyfriends/girlfriends, spouses, children, parents/ grandparents.
 - **Give an Hour** <http://www.giveanhour.org/>. Give an Hour is a nonprofit organization providing free mental health services to U.S. military personnel and loved ones affected by the current conflicts in Iraq and Afghanistan.
- **Other Nearby Resources (Limited list. For more specific needs contact Katy)**
 - **FOCUS Project.** Provides resiliency training to military children and families. Have free treatment and research projects for families. It is on UCLA grounds. <http://www.focusproject.org/>
 - **Operation Mend.** Provides returning military personnel with severe medical injuries access to the nation's top reconstructive surgeons, as well as comprehensive medical and mental-health support for the wounded and their families <http://operationmend.ucla.edu/>
 - **Team Rubicon.** Unites skills and experiences of military veterans with first responders to rapidly deploy emergency response teams. HQ in LA area. <http://teamrubiconusa.org/>
 - **Team Red, White and Blue.** Offers great opportunities for community building among veterans in the LA area through participating in athletic activities together. They have FB page. <https://www.facebook.com/TeamRWBSocal>

ONLINE RESOURCES

In addition to services provided at UCLA and off-campus, there are other online resources and information that may be useful, including:

VA PTSD Research and Clinical Updates:

<http://www.ptsd.va.gov/about/subscribe.asp>

At this site you can subscribe to PTSD Monthly Update, Clinician's Trauma Update-Online (6 issues/year) & PTSD Research Quarterly (4 issues/year) to get the most up to date research on PTSD and PTSD for the veteran population delivered to you by e-newsletter

After Deployment:

www.afterdeployment.org.

Wellness resources for the military community.

Also has good sleep resources at this site, both for military and non-military related concerns.

http://afterdeployment.t2.health.mil/sites/default/files/pdfs/library/eLibrary_sleep.pdf

Military OneSource:

www.militaryonesource.com

Free service provided by the Department of Defense for active-duty, Guard, and Reserve Service Members and their families, topics include education, relocation, parenting, stress.

Real Warriors:

www.realwarriors.net

Promotes the processes of building resilience, facilitating recovery and supporting reintegration of returning Service Members, Veterans and their families

See a video of Sgt. Maj. Raymond Chandler, the senior most enlisted service member in the U.S. Army, experienced combat stress following deployment to Iraq.

<http://www.realwarriors.net/multimedia/profiles/chandler.php>

Returning Service Members:

www.oefoif.va.gov

Student Veterans of America:

www.studentveterans.org.

National organization that helps develop student Veteran groups on campuses and develop programs and policies to assist with Veteran transition to the classroom.