

Additional Resources

The Veterans Health Care Administration has committed itself to helping Veterans live satisfying lives with their families.

There are many additional services available for family members:

Roanoke Vet Center: readjustment counseling services for combat Veterans and their spouses

540-342-9726

Caregiver Support Program: connecting you with valuable resources to meet your needs

www.caregiver.va.gov

1-855-260-3274

Coaching Into Care: free and confidential way to help callers learn ways to help their loved ones.

www.mirecc.va.gov/coaching

1-888-823-7458

Veterans Crisis Line: Connects Veterans and their families and friends with qualified VA responders through confidential means.

www.veteranscrisisline.net

1-800-273-8255

For more information about

Operation Enduring Families, please contact:

Nancy Short, LCSW
OEF/OIF/OND Program
Manager
(540)982-2463 ext 1765

Sarah Voss Horrell, PhD
Program RISE Coordinator
(540)982-2463 ext 1467

or

or

(888)982-2463 ext 1765

(888)982-2463 ext 1467

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VA Medical Center - Salem

**Salem VA
Medical Center**
1970 Roanoke Boulevard
Salem, VA 24153
(888) 982-2463
www.salem.va.gov



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Content developed by: Nancy Short, LCSW,
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Operation Enduring Families

**Information and Support
for OEF/OIF/OND Veterans
and Their Families**

**Salem VA
Medical Center**
1970 Roanoke Boulevard
Salem, VA 24153
(888) 982-2463
www.salem.va.gov



We know that adjusting to life after deployment and creating new family routines can be challenging. We are here to support veterans and their families during this transition by offering a program called *Operation Enduring Families*.

The goals of the program are to provide education on a variety of topics related to reunification after deployment, to provide a place for questions and concerns to be addressed, and to provide support and encouragement.

Through education and support we hope to improve the quality of life of those who have served courageously during OEF/OIF/OND, both overseas and on the homefront.

Who is invited?

Veterans who have served in Operation Enduring Freedom, Operation Iraqi Freedom and/or Operation New Dawn; as well as adult family members of OEF/OIF/OND Veterans are invited to attend. The meetings are open to both Veterans and their family members. A Veteran can attend without their family and family members can attend even if the Veteran chooses not to participate.*

* The only requirement is that the Veteran be enrolled at the Salem VAMC.

Meetings are held weekly

Tuesdays afternoons (beginning July 10, 2012),
2:30 p.m.-4:00 p.m.

Salem VA Medical Center
Building 143, 1st floor, Room 1c-129Q

There are 6 group modules, a new topic will be addressed each week. You are not required to attend every session, there is no need to pre-register.

What should I expect?

These meetings for adult family members and Veterans are confidential. There is no charge and no need to pre-register. We believe that participating in this program can help you, your family and your relationships. Specific topics to be discussed include:

- Communication and intimacy
- Dealing with anger
- Managing depression
- Coping with PTSD and other reactions to trauma
- Traumatic brain injury

Each meeting will also have time devoted to addressing your questions and concerns.

Operation Enduring Families focuses on normalizing the common issues associated with readjustment, strengthening family relationships, and linking veterans and their families with other opportunities for support both at the Salem VA Medical Center and within the community.



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