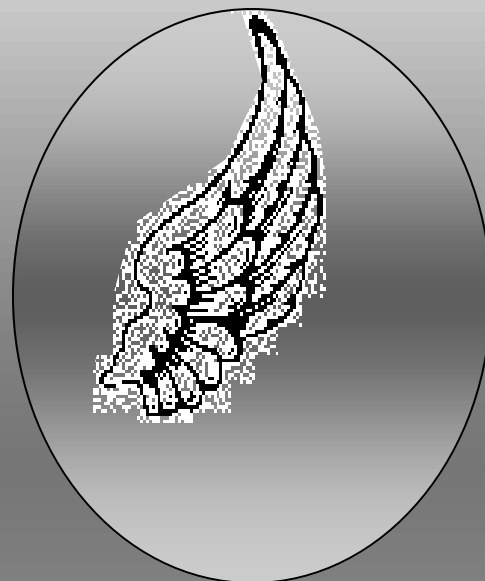




**Angels
For
Vets.**



**SUPPORTING
THE
DEPARTEMENT OF
VETERANS AFFAIRS
ABOUT PTSD.**



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Fonts

Times new roman

One and a half space between lines

Twenty inch letters

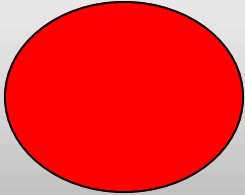
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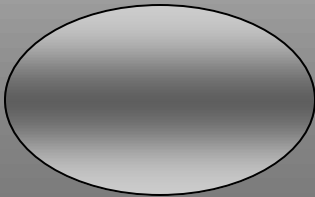
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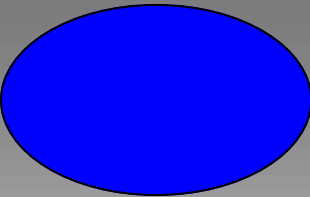
The COLORS



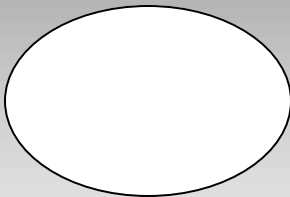
The recatangular line is made of red which goes nice with the theme of this



The rectangle shape on this paper is made up of RGB (204, 204, 204) HORIZONTALY SHADED.



The blue with in the stars is ACCENT 1 BLUE.



The stars in the blue blue shape are ACCENT 5 (WHITE)



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The Mission Statement



Angels For Veterans (AFV) mission is to strengthen our community's awareness of Posttraumatic Stress Disorder (PTSD); specifically for the men and women of America's armed forces past and present.

The aim of AFV is to educate our local community on exactly what PTSD is, and how to identify and recognize it. Our goal is to empower our community with the fact that since our troops fought for us now we must fight for them. Our foremost concern is our veterans of war. Using a forum that focuses on all those affected by this disorder, our group provides a listing of the many support resources available locally and nationally. These resources include guidance for the families, friends, coworkers, and neighbors of our soldiers returning home.



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Poem

Remember this!

It is the veteran, not the preacher, who has given us freedom of religion. It is the veteran, not the reporter, who has given us freedom of the press. It is the veteran, not the poet, who has given us freedom of speech. It is the veteran, not the campus organizer, who has given us freedom to assemble. It is the veteran, not the lawyer, who has given us the right to a fair trial. It is the veteran, not the politician, who has given us the right to vote.

It is the veteran, who salutes the flag, who serves under the flag, whose coffin is draped by the flag.

Author unknown

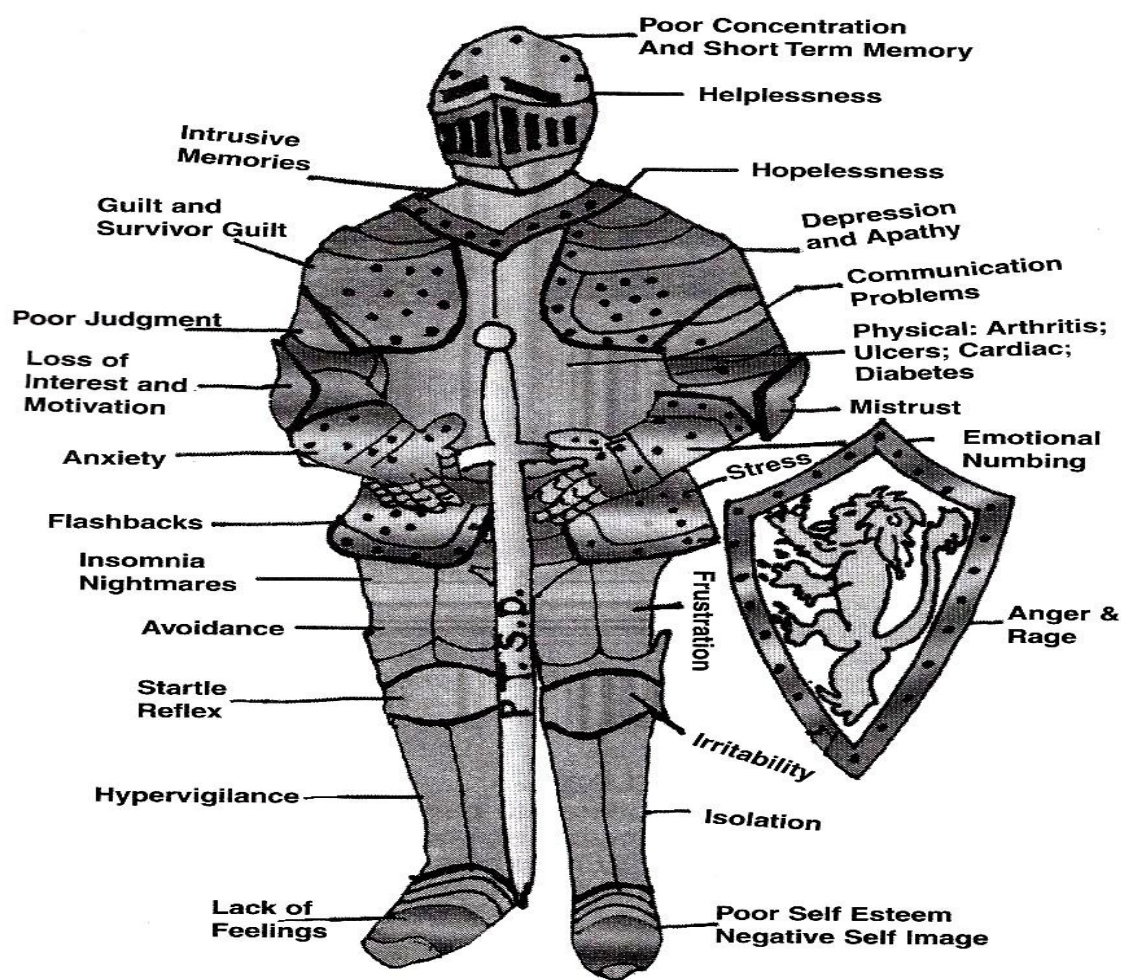


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Symptoms of Post-traumatic Stress Disorder

PTSD



R. GROVER 2002

Veterans and Families' Guide to Recovery page 14



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PTSD and History



The earliest report possible of PTSD was in 490 BC made by the Greek historian, Herodotus. His writings tell of an Athenian soldier becoming permanently blind after witnessing the death of a fellow soldier (Swarts, Mark).

The earliest modern record made by military doctors was in the 19th century. Then, the diagnosis was named “exhaustion.” Its symptoms were mental shut-down due to individual or group trauma on the battlefield. During this period, soldier were expected to be emotionally sound and show no fear. The only treatment was to rotate the soldier from the front lines,

and when the soldier seemed better he was then returned to the front (MSJ.Parish) .During World War II, 98% of American soldiers were hospitalized for “mental disturbance” after serving only 35 days of uninterrupted combat.

The term post-traumatic stress disorder was coined in the mid-1970s through the efforts of anti-Vietnam War activists and the anti-war group Vietnam Veterans against the War. During this time, the term was post-Vietnam syndrome. From here, it was formally recognized in 1980 as Post-traumatic Stress Disorder (when trauma tips you over).



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PTSD is currently defined in the diagnostic and statistical manual (DSM-IV-TR)

Once the battle is over and our men and women come home, our veterans are faced with conflicting emotions of their combat experiences (Friedman): near death, physical wounds, having to wound or kill others, and witnessing friends wounded or killed. The trauma can last for years after the conflict is over. It will impact their social, physical, and vocational functioning (Goodwin). In most cases left untreated, the symptoms will last for the rest of our veterans' life.

AFV recently conducted a short study. We asked 50 Utah citizens at random three yes or no questions. (Fig1). We were surprised by the responses of our third and last question because we believe our government is taking this illness very seriously. We then interviewed my father, who is a Vietnam veteran, asking him why is the answer to question number three "No" by most of our subjects. His response is that yes, the support is in place locally and nationwide. The problem is that our veterans with PTSD are hiding in the basement.



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Not only are they victims of PTSD, but they feel they are also faced with the very real stigma associated with any emotional or mental impairment. They won't seek help because they don't want to believe they need help, or the thought of having to face it is just too painful. With the ongoing conflict in Iraq and Afghanistan, the number of veterans and active-duty servicemen and women diagnosed with PTSD continues to rise. As of September 2002 the Department of Veterans Affairs paid approximately \$1,465,771,000 per month in

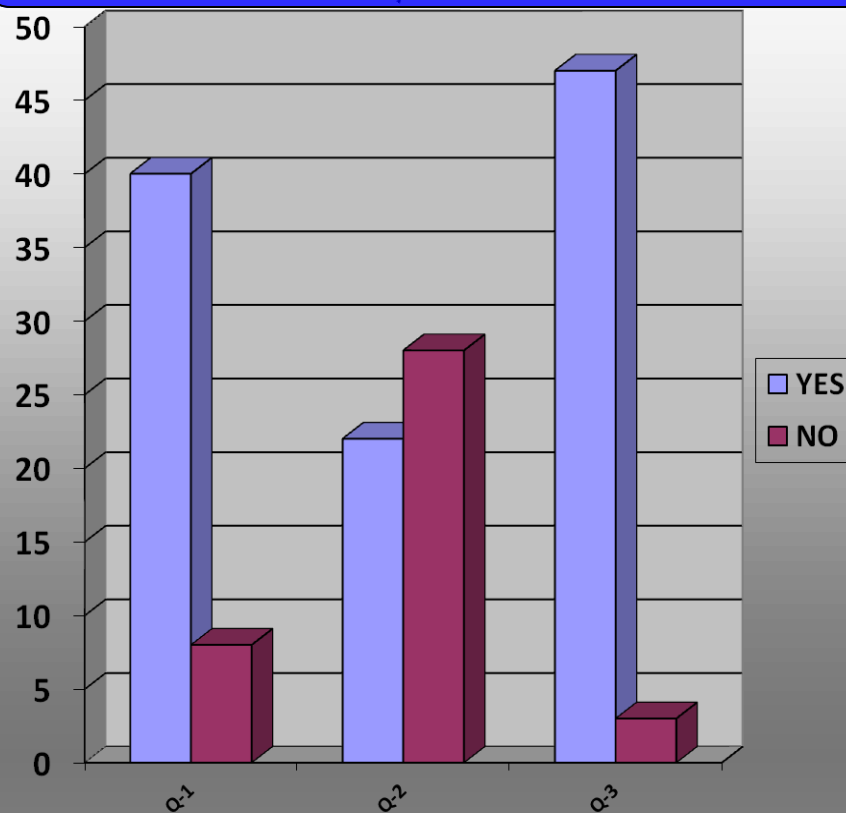
disability compensation to our veterans for both physical and psychological trauma.(Michael, Foster). Vet Success on Campus Counselor Department of Veterans Affairs).



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The Survey



Q-1: Do you know what PTSD is?

Q-2: Do you know a veteran with PTSD?

Q-3: Do you think enough is being done

by our government for our war veterans with PTSD?

NOTE: 10% are veterans.

Fig 1



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PTSD Symptoms

Post-traumatic stress disorder usually begins within about three months after combat. Its symptoms will continue for longer than a few weeks. PTSD can severely affect a person's ability to function. Acute PTSD lasts from one to three months, chronic PTSD lasts over three months to a year, and delayed PTSD begins months to a year after the trauma.

People with PTSD may relive the traumatic event periodically or continually. He or she may have persistent unwanted memories, painful emotions associated with the events, flashbacks or hallucinations, and repeated, distressing dreams or nightmares. Other symptoms can include feeling numb—not able to feel or express emotions. They may feel a sense of isolation.



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They may avoid situations that could be a reminder of the trauma. They'll have little interest in activities that he or she used to enjoy. He or she may think there's no longer a healthy future for them. They may behave as though danger is still present, for example, exhibit periodic or constant anxiety attacks. PTSD sufferers will also experience physical symptoms such as headaches, stomachaches, chest pain, and dizziness, among other symptoms.

Other military situations besides combat can cause traumatic stress. For example, traumatic stress can occur in service members or veterans who were involved in peacekeeping missions, exposed to terrorist attacks, involved in cleanup of war zones, being a witness to or a victim of injury during training, or being a victim of sexual assault or harassment during active duty.



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Other combat related stressors can cause symptoms similar to PTSD.



The PTSD symptoms listed here can be found in the Service Member Handbook, titled “Managing

If you or a loved one identifies with any of these symptoms please contact any of the many resources listed here. And please allow us to remove these burdens.

PTSD and Other Combat-Related Stress Reactions”. To order a copy of this very useful handbook, go to: www.changing-data.com, and ask

for item number PS93834. Or by calling: (1-800-628-7733).



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Resources



Any of the resources listed below can be accessed by visiting your local Department of Veterans Affairs located at;

George E. Wahlen Department of Veterans Affairs, Medical Center, VA. Salt Lake City Health Care System: 500 Foothill Dr., Salt Lake City, UT 84148. (801-582-1565) ext. 5246 or (1-800-613-4012), ext. 5246

THE DEPARTMENT OF VETERANS AFFAIRS, HEALTH CARE AND SHELTER FOR HOMELESS VETERANS (HCHV). BENEFITS ADMINISTRATION; 550 Foothill Dr. PO Box 581900, Salt Lake City, UT 84158-1900 or dial toll-free 1-800-827-1000

THE AMERICAN LEGION.....VETERANS AFFAIRS AND REHABILITATION.....WELCOMING HOME OUR TROOPS.....HEROES TO HOMETOWNS.....NATIONWIDE SUPPORT FOR TROOPS AND THEIR FAMILIES.

PHONE 202-861-2700 OR VISIT www.legion.org/h2h

TRICARE BEHAVIORAL HEALTH-CARE COVERAGE.....AN ONLINE SUPPORT AND RESOURCE CENTER....www.triwest.com. IF you need immediate help please call tri-West crisis line at 1-866-284-3743

WOMAN VETERANS HEALTH CARE. STRATEGIC HEALTH CARE GROUP.....DEPARTMENT OF VETERANS AFFAIRS. PHONE 1-800-827-1000 or visit www.publichealth.va.gov/womensshealth.

ARMY EMERGENCY RELIEF.....SOLDIERS HELPING SOLDIERS....A.E.R. NATIONAL HEADQUARTERS 200 Stovall Street, Alexandria, VA. 22332-0600 PHONE 866-878-6378. Or visit <http://www.aerhq.org>.

THE CENTER FOR MINORITY VETERANS-DEPARTMENT OF VETERANS AFFAIRS. 810 VERMONT AVE. NW. WASHINGTON, DC. 20420 PHONE 202-461-6191 FAX 202-273-7092 OR VISIT www1.va.gov/centerforminorityveterans



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The Salt Lake City Vet Center is here to
serve our Veterans at a brand new location

22 West Fireclay Ave
(4200 South Main Street)

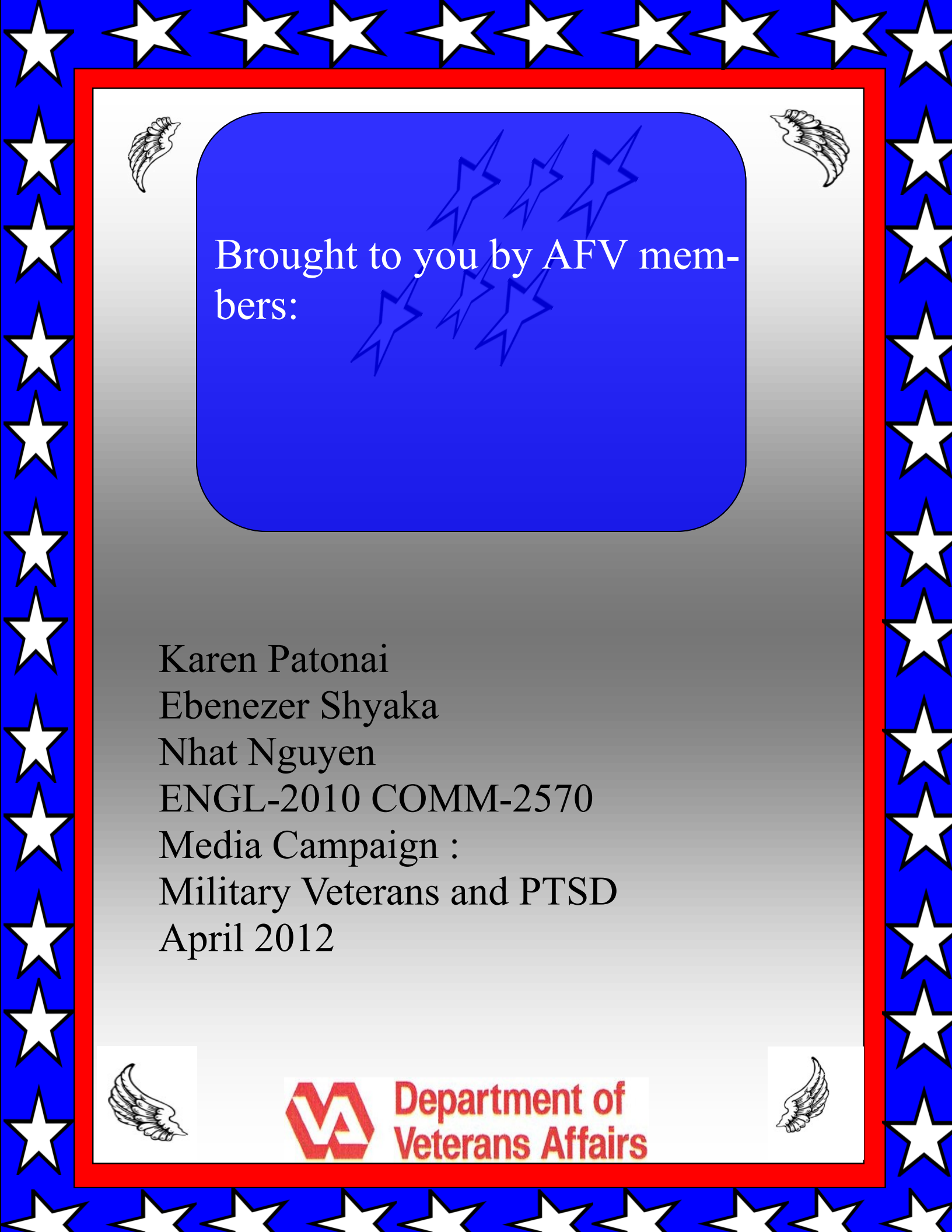
Murray, Utah 84107

(801)266-1499/FAX (801)266-4577

An open house will be announced at a later date after we get things in order.



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Brought to you by AFV members:

Karen Patonai
Ebenezer Shyaka
Nhat Nguyen
ENGL-2010 COMM-2570
Media Campaign :
Military Veterans and PTSD
April 2012



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