

## Quarterly Newsletter Spring 2020

### A Message from Our Executive Director

I hope this newsletter finds you safe and healthy as we work together to flatten the curve during the COVID-19 pandemic. While we are facing uncertain times, it is important to remember that we are facing it together. We may be physically distant, but we are not alone.

As always, I am thankful for the incredible Emory Healthcare Veterans Program (EHVP) team and their commitment to serving our veterans and service members. The team worked quickly to overcome the challenges of the new normal so that our warriors could still access care. While we may not be physically working in the Wounded Warrior Project® Brain Health Suite, we are still open to conduct assessments for warriors considering our program and provide treatment through our remote Intensive Outpatient Program (IOP).

EHVP has accomplished several triumphs during these past few weeks. In order to continue treating warriors, we quickly developed a remote IOP that delivers life-transforming care in the comfort and privacy of the warrior's home. This option is currently available for those warriors residing in Georgia but we hope to expand to other states. Additionally, our veteran outreach coordinators are helping our warriors stay socially connected by hosting a series of virtual events.

If you or your loved one is a post-9/11 veteran or service member struggling with invisible wounds, now is the time to focus on mental health. Our program will provide the tools needed to navigate the challenging times ahead.

Treatment works. Call 888-514-5345 today.



A handwritten signature in black ink, appearing to read 'Barbara O Rothbaum'.

Barbara O Rothbaum

# News & Announcements

## June is PTSD Awareness Month



This PTSD Awareness Month, EHVP is encouraging post-9/11 warriors who are experiencing symptoms of PTSD to seek help. Learn more about signs of PTSD and request an appointment to speak with a veteran care coordinator.

“You can’t get therapy from your buddies, you can talk to them but they’re not trained professionals. The treatment at EHVP worked for me because I felt like I could trust my therapist, I knew she understood where I was coming from and that created comfort for me,” said Derrick B, an EHVP graduate.

Treatment works, call today.

[Request an Appointment](#)

## **EHVP Launches Remote Intensive Outpatient Program**

Due to safety precautions during the COVID-19 pandemic, our in-person Intensive Outpatient Program (IOP) has been temporarily suspended, and EHVP has transitioned to a remote IOP conducted through telehealth. Our remote IOP replicates the key components of our in-person IOP, in which warriors receive therapy in both individual and group formats, participate in wellness coaching, work with their case manager, and even do yoga with our incredible teachers who have made live-streaming instruction possible.

We appreciate the opportunity to continue offering treatment to warriors, despite the current circumstances. In the words of Dr. Burton, the leader of our anger-management group, “We can achieve group-cohesion in a virtual format, which is such an important piece of our program and especially important during this time of physical distancing.”

[Learn More](#)

## COVID-19 Mental Health Response

Executive Director, Dr. Barbara Rothbaum and Deputy Director, Dr. Sheila Rauch partnered with colleagues to develop the Phased Approach to COVID-19 Mental Health Response, a resource to help mental healthcare providers support healthcare workers and others who have been impacted by the pandemic. The resource includes a guide on making meaning out of difficult situations and becoming comfortable in personal protection equipment.

[Read the Full Guide](#)



Our Veteran Outreach Coordinators have been working to serve our warriors and our community through the COVID-19 pandemic. Below are a few examples.

- Josh serves in the Georgia National Guard and has been deployed to provide critical support in Georgia communities battling COVID-19.
- Our Veteran Outreach Coordinators host a series of virtual meetups for warriors to connect in real time. If you are a veteran or service member and would like to, make plans to join the Zoom meetings below.
  - » Lunch N Chill every Wednesday from 12-1 pm. [Join Lunch N Chill.](#)
  - » Themed events such as the Open Mic Night every first Wednesday of the month. [Join Open Mic Night.](#)
  - » Mind and Body is hosted with special guests every Thursday from 6-7 pm. [Join Mind and Body.](#)



Please email us at [veteransprogram@emoryhealthcare.org](mailto:veteransprogram@emoryhealthcare.org) to register or learn more about virtual meetups.

# EHVP By The Numbers

123

telehealth visits  
completed since  
3/15/2020

58

assessments for IOP  
completed since  
3/15/2020

5

cohorts completed  
the remote IOP

## Clinical Corner

EHVP Deputy Director, Dr. Sheila Rauch, was part of a team of investigators examining evidence-based PTSD treatment provided in-person at home compared to home-based telehealth and office-based treatment. The study found that providers can effectively deliver Prolonged Exposure, an evidence-based treatment (that we provide as part of the EHVP), through any of these treatment modalities.

Participants in the study experienced clinically significant improvement that was maintained during the six-month period after treatment was completed. Notably, there were no differences in effectiveness amongst the treatment formats.

Developing a telehealth treatment program that allows for specialized providers to deliver care is an important step in reaching warriors struggling with invisible wounds.

[Read More](#)



# In Case You Missed It

social media highlights



## Georgia Governor Brian Kemp Visits EHVP and Signs Pledge for Veterans Suicide Prevention

We were excited to host Governor Brian Kemp in February to learn about EHVP's life-saving work, and proud that he signed on to the Substance Abuse and Mental Health Services Administration's (SAMHSA) Governor's Challenge to Prevent Suicide Among Service Members, Veterans and their Families.



EHVP's data shows that effective PTSD treatment is associated with decreased suicidal ideation, making our program a valuable resource for suicide prevention. We are proud to partner with Governor Kemp, the state of Georgia, and SAMHSA in decreasing the high rates of warrior suicide.

[Watch the Video](#)

[Read the Article](#)

## DONATE

You can make a tax-deductible contribution to the Veterans Program, online or by check. Give in honor or memory of a family member, caregiver or friend.

[Donate Now](#)