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Veterans Program | September 2023

This September, and every day of the year, we at Emory Healthcare Veterans Program remain steadfast in our commitment to end warrior suicide. We are united in healing those who serve, and our mission is to transform lives by healing invisible wounds. No one has to be alone in their battle with invisible wounds. There is hope. There is help. Treatment works and we're here when you're ready.

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Watch Derrick's Story

Helping Our Heroes Heal

Army veteran Derrick knew who he was while in the military, but felt lost when he transitioned to civilian life. He knew it was time to reach out for help when his struggle began affecting his relationships with his wife and daughters. Watch Derrick and his wife Samantha share their powerful story and how Emory Healthcare Veterans Program helped Derrick transform his life from invisible wounds.



Read Now

Combatting Stigma One Conversation at a Time

Tonya Oxendine, Army veteran and Intensive Outpatient Program graduate, joined our Executive Director, Dr. Barbara Rothbaum, in an honest conversation about PTSD and going through treatment for invisible wounds.

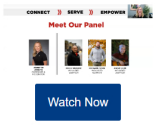
"When I was struggling with PTSD, it felt like I was in a ring with a heavyweight boxer, and I was just getting beat up and knocked down. I would try to get back up, but I couldn't because it felt like something was always beating me down. I felt this heavy burden on me. It was not a good feeling, and I was not in a good place." After nine years of battling PTSD on her own, Tonya reached out for help and found it at the Emory Healthcare Veterans Program.

She now has a message of encouragement for those who are fighting their own battles with PTSD and thinking about asking for help: "I know it's tough, especially when you don't want to seem weak, but I'll tell you right now, I'm winning. I'm loving life. I went through the fight and sometimes I still have to, but I have the skills to stand up to that boxer now, he has to go toe to toe."

By The Numbers

Intensive Outpatient Program

1,189 Intensive Outpatient Program participants since 2016
203 participants were active duty at the time of treatment
97% Satisfaction Rate



Watch Now

Stories of Hope: Finding Light in the Darkness

In honor of Suicide Prevention Month, Wounded Warrior Project® hosted a Suicide Prevention Awareness Panel on September 1st. The panel included remarks from Wounded Warrior Project® CEO, Lieutenant General (retired) Mike Linnington, and powerful, personal stories of survival from warriors and caregivers.

"Suicide prevention is deeply embedded into our mission at Wounded Warrior Project®. It's a top programmatic and legislative priority because we see its effect on the population we serve. According to Wounded Warrior Project's® 2022 Annual Warrior Survey, the number of Wounded Warrior Project® registered alumni who attempted suicide or reported suicidal thoughts has grown since 2021. Of greater concern to us, at the time of the survey, nearly 1 in 4 taking the survey had thoughts of suicide in the past 12 months. Of those thinking about suicide, 72 percent reported having those thoughts in the last two weeks before the survey, which resulted in direct intervention from our team. These statistics are harrowing and underscore the vital work we undertake each day to support warriors and their families through some of the most challenging times of their lives. Suicide is not an easy topic to navigate or even talk about, but we know that remaining silent isn't an option," said Mike Linnington during his opening remarks for the event.



Virtual Reality Makes a Real Impact



Watch Now

Virtual Reality Makes a Real Impact

Wounded Warrior Project's® Dr. Erin Fletcher, Psy.D., shared some of the ways technology is used for PTSD care and the current research into whether artificial intelligence can help predict how well certain treatments will work. She was joined by Army veteran Tonya Oxendine whose own recovery from PTSD involved virtual reality therapy through Emory Healthcare Veterans Program.



Read Now

Emotions Make Us Healthy Humans

"Get over it." "Walk it off." "It will pass."

How many of us have heard this? The general message of our culture is to dismiss or control your emotions—emotions are bad, and no one wants to hear about them or see your suffering. However, research has shown that dealing with emotions in a healthy manner, what we call "processing," helps us live healthier and happier lives. And the opposite is true: not dealing with emotions leads to unhealthy consequences, health problems, and even premature death.

Our Executive Director, Dr. Barbara Rothbaum, and Deputy Director, Dr. Sheila Rauch, draw from their experience working with trauma survivors to highlight the benefits of embracing emotions to lead a more fulfilling life. Read the article from Psychology Today to learn more about how emotions make us healthy humans. And if you want to dive deeper into facing difficult experiences and building resilience, pick up their new book *Making Meaning of Difficult Experiences*.



Sharing Gratitude for Georgia's Department of Veterans Services

We are excited to announce that Emory Healthcare Veterans Program is a recipient of a Veterans Mental Health Services Grant from Georgia's Department of Veterans Services. This funding will be used to support our veteran outreach coordinators' tireless work in reaching deserving Georgia veterans and service members throughout the state. The team, comprised solely of military veterans, works every day to raise awareness about Emory Healthcare Veterans Program, with the goal of finding and helping direct veterans and service members to the transformative and life-saving mental healthcare that we proudly provide.



View Event

Coming Up: 15th Annual Emory Veterans Day Ceremony

Emory University will host its 15th annual Veterans Day Ceremony on Friday, November 10th, at 11 a.m. at the Emory Quadrangle. Remarks will be made by President Gregory L. Fenves and Dr. Ravi Thadhani, EVPHA, Woodruff Health Sciences Center. The keynote speech will be delivered by Major General Burke W. Whitman, USMC (Retired).



Transform Your Life

Transform Your Life with Evidence-Based Care

Emory Healthcare Veterans Program treats invisible wounds, such as post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST), substance use disorder, anxiety, and depression with evidence-based treatment that works. **Treatment is free and confidential for eligible post-9/11 veterans and service members living anywhere in the United States, regardless of discharge status, deployment history, or length of service.** The two-week Intensive Outpatient Program is offered in-person at our clinic or via telehealth in eligible states.

When you're ready to transform your life, we're here to help. Call 888-823-4014 to speak with a veteran care coordinator today or fill out this private form and we will contact you.



Heal Invisible Wounds

Help Us Heal Invisible Wounds

Thanks to our donors' generous gifts, we have made incredible progress in serving the needs of our veterans and service members. Please help us continue to provide innovative, holistic care by donating to our program.

Your gift will help transform, and possibly save, the lives of our nation's heroes.

EMORY HEALTHCARE
Veterans Program

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