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EMORY HEALTHCARE
Veterans Program

10 YEARS
2014 Healing & Growth 2024

Anniversary Series: 10 Years of Healing & Growth | **March 2025**

March Spotlight: How Emory Healthcare Veterans Program is Advancing Care for Veterans with TBI and Post-Traumatic Stress

In recognition of Traumatic Brain Injury Awareness Month, we're highlighting how Emory Healthcare Veterans Program provides innovative, integrated care for veterans experiencing both post-traumatic stress (PTS) and traumatic brain injury (TBI).

Rather than treating these challenges separately—with different doctors and fragmented care—we bring everything together under one roof. Our coordinated approach allows treatment teams to work collaboratively, ensuring that care for both neurological and psychological symptoms is connected, efficient, and most importantly, effective.

Our TBI track, a key part of our two-week accelerated treatment program, addresses mild TBI alongside other invisible wounds like PTS, depression, anxiety, and military sexual trauma. Patient outcomes consistently show that this integrative model leads to greater symptom improvement across diagnoses.

We're proud to feature Becky, a program graduate whose story reflects the power of this whole-person approach to healing.

Thank you for helping us raise awareness this month—and every month—for those who've served and sacrificed.

Warmly,

The Emory Healthcare Veterans Program team

An Air Force Veteran's Story of Healing and Hope



When Becky joined the Air Force after college, she had no idea how profoundly her service would shape her life. In 2003, during the Iraq invasion, she deployed with a special-ops unit overseas. She endured several concussions during deployment, including one when she fell from a helicopter and tumbled down a mountain.

"I wound up with four different brain injuries and a ruptured eardrum," she recalls. "By the time my tour was over, my hair was falling out, and I was having migraines."

When she transitioned to civilian life, she married a fellow Air Force officer and built a beautiful family. Yet, her invisible wounds lingered—migraines, vertigo, exhaustion, and stress seizures made daily life a struggle. By 2017, the burden felt overwhelming. "I got to where I didn't want to go to family gatherings or kids' baseball games because I was afraid my body was going to rat me out," she shares.

A member of Becky's care team told her about the Emory Healthcare Veterans Program, and she signed up for the two-week accelerated brain health program with one goal in mind: to show up for her daughter.

The day after she was scheduled to complete treatment, her daughter's school chorus was set to sing the national anthem at an Atlanta Braves game. The noise, the crowd—everything about it had once been a trigger. But this time, she was determined to be there. "I was so nervous I wouldn't make it through," she remembers. But as she sat in the stands, she could hear the voices of her doctors echoing in her mind: *"You can do this. You can do this."* And she did.



Did You Know?



The Emory Healthcare Veterans Program offers all participants in the accelerated treatment program an opportunity to take part in anger management sessions.

Anger and frustration are often natural responses to trauma or stress but can negatively affect lives. We offer group and one-on-one sessions in a program called "Effective Behaviors."

Our Got Your Six Toolkit also has tips and skills for managing anger. Similar

to the month of March, many of our participants start anger management like a lion, but leave like a lamb.

Join Our Celebration!

For the past decade, the Emory Healthcare Veterans Program has been a lifeline for veterans and service members battling post-traumatic stress and related conditions.

As we celebrate our first ten years of transformative impact, we honor the resilience of those we serve and the hope we provide to veterans like Becky, whose journey of healing inspires us all.

We are proud of all we've accomplished in our first ten years, but we need your help to accomplish even more in the next ten. Whether it's by giving financially, referring patients to our program, or being our champion and spreading the word about our program, your support transforms lives.

Together, we can continue providing life-changing care at no cost to post-9/11 veterans and service members, conduct groundbreaking research, and train the next generation of providers. Join us in celebrating this milestone and help us shape the future of veteran mental health care.

How you can help continue our mission:

Transform Lives

Your donation today makes healing possible for post-9/11 veterans and service members in need.

Give Here

Share Hope With Others

Spread the word about our mission and inspire others to join us.

Share Our Story

Celebrate With Us

Mark your calendar for November 13, 2025, and celebrate a decade of healing and growth with us!

Save the Date

Get Help

If you or someone you know is struggling, take the first step toward healing. Call 888-823-4014 to speak with a veteran care coordinator or fill out this confidential form and we will contact you.

Get Help Today

Keep an eye out for these monthly emails, highlighting a new veteran or service member in each edition.

Read Our Impact Report



We heal our nation's heroes. Learn more about the transformed lives our graduates enjoy in our Impact Report.

Read Now

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