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Helping Our Heroes Heal: Rebecca's Story





While serving in Iraq, Rebecca fell out of a helicopter and tumbled halfway down a mountain without a helmet. She remembers the chopper and Humvee gunners returning enemy fire inches from her head. "I wound up with four different brain injuries and a ruptured eardrum," recalls the Air Force veteran. "By the time my tour was over, my hair was falling out and I was having migraines."

She continued to experience migraines, vertigo, extreme fatigue, and occasionally suffered stress seizures long after she left the service. "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."

Rebecca signed up for the Intensive Outpatient Program at Emory Healthcare Veterans Program with one goal in mind: on the day after graduation from the program, her daughter's school chorus was singing the national anthem at an Atlanta Braves game. She had long avoided such a scene because of the noise and crowds, but she was determined to be there.

"I was so nervous I wasn't going to get through it," Rebecca remembers. "Sitting there in the stands, I kept hearing the doctor's voice in my head: You can do it. You can do it." And she did.

Read Now



The Life-Changing Impact of the Emory Healthcare Veterans Program

We are proud to share our very first impact report, which demonstrates the multiple ways in which our team heals invisible wounds using evidence-based treatment and a team-based approach. This report demonstrates that treatment works and the Emory Healthcare Veterans Program changes lives.

Read Now



Partners in Mental Health Care

Since the Emory Healthcare Veterans Program launched in 2015 as part of the Warrior Care Network, we have treated more than 2,300 veterans and service members with a variety of mental health concerns, including PTSD, traumatic brain injury, military sexual trauma, depression, and anxiety.

We are grateful to announce the Wounded Warrior Project®'s latest $100 million investment across the four academic medical centers in the Warrior Care Network. This investment will make it possible for more post-9/11 veterans and service members to access evidence-based mental health and brain injury care.

"Veterans tell us that the Warrior Care Network delivers results unlike any other treatment programs and that's because of the shared expertise and contributions of our clinical partners," says Wounded Warrior Project®'s Chief Program Officer Jennifer Silva. "Wounded Warrior Project is very proud to invest in innovative research and treatments for mental health and brain injury care that are proven to help the warriors and families we serve thrive."

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By The Numbers

Intensive Outpatient Program

1,279 Intensive Outpatient Program participants since 2016
92% of patients complete the Intensive Outpatient Program
96% of patients are satisfied with treatment



Treating TBI and PTSD Together: A Message of Hope

When creating the two-week Intensive Outpatient Program, we knew that many patients would have more than one invisible wound. In particular, PTSD and traumatic brain injury (TBI) are commonly diagnosed in the same patient and have considerable symptom overlap.

Dr. Katie Lanier, a Veterans Program clinical psychologist, has heard the same story many times from her patients who have both PTSD and TBI: "Patients felt confused or dismissed when they tried to get help. They seemed to get passed around. They would seek treatment for PTSD, but someone would refer them elsewhere for TBI. Then they would see a provider for TBI who would tell them they needed treatment for PTSD. Back and forth they'd go, and they never felt they got an answer, which of course kept them from receiving effective treatment."

Learn more about how our multidisciplinary team works together to help our patients who feel they have impairments from both PTSD and TBI achieve recovery.

Read Now



Understanding PTSD from Diagnosis to Recovery

Deputy Director of the Veterans Program, Dr. Sheila Rauch, joined other medical experts and PTSD advocates in a conversation with the Anxiety and Depression Association of America (ADAA) about the causes, symptoms, and treatment options available for those affected by invisible wounds.

"The most common myth about PTSD is that it's not treatable and you can only manage it. But PTSD is a very treatable disorder. We have lots of treatment options, and some are very powerful in a short time. You can see people come in and start treatment and leave as a different person, leave with their life back," said Dr. Rauch.

Watch Now



Take Part in Our Research Study

Are you a frontline healthcare worker who has experienced a stressful or traumatic event?
Are you looking for ways to develop coping skills that can fit in your busy schedule?

We're inviting individuals like you to take part in a remote, randomized clinical trial aimed at evaluating coping strategies delivered through a mobile application. Compensation is available. Click the button to learn more.

Learn More



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.

Transform Your Life



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.

Heal Invisible Wounds

EMORY HEALTHCARE
Veterans Program

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