PATIENT EDUCATION PROGRAMS

This brochure lists patient education programs available to Veterans enrolled in the VA Puget Sound Health Care System. Veterans can self-refer to these programs.

This brochure is updated by:
Tiffanie Fennell, PhD, ABPP, CDE
Health Behavior Coordinator
Phone: (206) 277 - 4434
More of Your VA Health Record Information Available to You

Blue Button
Download My Data

New VA Blue Button Features Available on My HealtheVet

The Department of Veterans Affairs (VA) continues to improve VA Blue Button on My HealtheVet, with greater access to your personal information from your VA health record.

With more of your health information securely at your fingertips, you are better able to participate in your care.

Your MyHealtheVet Coordinators:
Kazumi Cornell & Mitch Gaikowski
(206) 277-6709
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TOBACCO CESSATION & SUBSTANCE USE

EXPLORING CHANGE - BREMERTON
This class provides an opportunity for Veterans to evaluate their substance use and its role in their lives, whether or not they have current plans to make changes. This four-week closed group includes non-judgmental feedback, peer and provider support, and a structure for Veterans to set their own goals—all with a focus upon reducing harm from substance use and other risky behaviors. Abstinence from substances is not a requirement for attending this group, although it might be an appropriate goal for some. Activities might include discussions, questionnaires, objective feedback, values exploration, goal-setting, and relapse prevention.
Contact Kathryn Johnson, LICSW: (360) 473-0366.
HOME TELEHEALTH FOR TOBACCO CESSATION
The Home Telehealth Program helps to support you while you quit using tobacco through daily questions and health tips in the comfort of your own home. Registered Nurse Care Coordinators routinely monitor the information that you are sending in and call you to talk about your symptoms and progress. There is no charge for Home Telehealth services. For more information contact Rebecca Cutler, BSN, RN: (206) 303-0958.

QUIT SMOKING GROUP - AMLK
Wednesdays, 1:00pm-2:00pm. Contact Emily Dinatale, PhD: (253) 583-3284

QUIT SMOKING GROUP - BREMERTON
This 4-week class provides Veterans with support and skills to cope with withdrawal symptoms, triggers, and stress, so they can be more successful at quitting tobacco. Meets Tuesdays, 2:00pm-3:00pm. Contact Tammy Todd, LICSW: (360) 473-0348

QUIT SMOKING GROUP - SEATTLE
Tuesdays, 3:00pm-4:00pm. Contact Krystal Gregg, PsyD: (206) 277-1707

TAKING STEPS GROUP - SEATTLE
This group supports Veterans in reaching personal goals related to quitting or changing a health risk behavior, such as tobacco use, alcohol use, cannabis use, and gambling. Meets Wednesdays, 1:00pm - 2:30pm. Participants must commit to 4 group sessions, and can attend up to 8 sessions. Contact Marketa Krenek, PhD: (206) 716-5956
NUTRITION & HEALTHY EATING

HEART HEALTHY EATING CLASS - SEATTLE
One-time class meets the 3rd Thursday of the month, 10:30am-12:00pm.
Contact Dori Omori, MS, RD: (206) 764-2103

HEART HEALTHY NUTRITION CLASS - MT VERNON
Meets the 2nd and 4th Tuesdays at 9:00am.
Contact Mount Vernon Clinic: (360) 848-8500

MOVE! PROGRAM – AMLK, BELLEVUE, BREMERTON, LAKE CITY, MT VERNON & SEATTLE
A self-management weight loss program for Veterans that encourages healthy lifestyle changes through goals YOU set. It is not a diet, not an exercise program. You may choose among weekly and monthly support groups, one-on-one support from Registered Dietitians, telephone support, and/or online and printed resources. Contact the MOVE! Office: (800) 329-8387 Ext 76683

PHYSICAL ACTIVITY & EXERCISE

AI CHI (WATER EXERCISE) – SEATTLE
Requires a Recreation Therapy consult from your primary care provider. Limited to Veterans with the following diagnosis: TBI, amputation, stroke, neurological diagnosis such as ALS, MS). Contact Anne Peterson, RT: (253) 583-1881

AQUA STRENGTH AND TONE – SEATTLE
Requires a Recreation Therapy consult from your primary care provider. Limited to Veterans with the following diagnosis: TBI, amputation, stroke, neurological diagnosis such as ALS, MS). Contact Anne Peterson, RT: (253) 583-1881

TAI CHI (NON-SKILLED) – AMLK
Non-skilled tai chi meets in the Building 62 Gym. Requires Recreation Therapy Gym Consult from your primary care provider to participate. Meets on Tuesdays, 10:15am-11:15am and Wednesdays, 2:30pm-3:30pm.
Contact Susan Gustafson, RT: (253) 582-8440 Ext 76571

YOGA – SEATTLE
Twice weekly yoga program is goal-oriented and aims to get Veterans more active. Requires an Occupational Therapy consult from your primary care provider to participate. Contact Vanessa Roberts, OTR/L: (206) 764-2202
STROKE, MEMORY SKILLS & DEMENTIA EDUCATION

LIVING WITH STROKE: A SUPPORT GROUP FOR STROKE SURVIVORS - AMLK
2nd and 4th Wednesdays of the month, 10:00am-11:00am.
Contact Natalie Dong, PhD, ABPP: (253) 583-1844 / (206) 277-3693 or
Derek Anderson, PhD: (253)583-1896

MEMORY SKILLS GROUP FOR OLDER VETERANS WITH PTSD - AMLK, MT VERNON,
PORT ANGELES & SEATTLE
Learn about how PTSD symptoms can interact with normal aging to cause
memory problems and attentional glitches. You’ll learn tools and strategies to
help you maximize your thinking ability. The class meets for 8 weeks, each session
is 1 hour. Groups are run at the Seattle and American Lake divisions. Please call
the numbers below if you are interested in participating.

American Lake                  Contact Julie Moorer, RN: (253) 583-2008
Mount Vernon                   Contact Emily Trittschuh, PhD: (206) 277-6283
Port Angeles                   Contact Rachel Jones, PhD: (360) 565-7437
Seattle                        Contact Emily Trittschuh, PhD: (206) 277-6283

PSYCHOEDUCATIONAL PROGRAM FOR PEOPLE WITH EARLY DEMENTIA AND THEIR
CAREGIVERS - AMLK
Education and support for Veterans affected by dementia and their caregivers.
Meets the 1st & 3rd Tuesday at noon; American Lake VA, Community Living
Center. Contact Doug Lane, PhD, ABPP: (253) 583-2015

VA STROKE EDUCATION SERIES - AMLK & SEATTLE
An educational series for stroke survivors, their families and caregivers offered at
the Seattle and American Lake. Topics include most information needed after
stroke and recovery, meet the VA Stroke Rehabilitation Specialty team, other
stroke survivors and caregivers and learn about VA resources for stroke survivors.
Meets every other week for 8 sessions given twice a year in January and July.

American Lake                  Contact Patrick Crisostomo, LPN: (253) 583-1869
Seattle                        Contact Ivelis Pena, RN: (206) 277-1371
**DIABETES EDUCATION & SUPPORT**

**DIABETES CONVERSATION MAPS - SEATTLE**  
Wednesdays, 2:00pm-4:00pm for 3 weeks.  
Contact: (206) 277-4269 or (206) 764-2495

**DIABETES EDUCATION PROGRAM - AMLK**  
Half day class, held once a month, 8:00am-12:00pm. Contact: (253) 583-3373 or (800) 329-VETS ext 73373

**DIABETES NUTRITION CLASS - LAKE CITY**  
One-time class meets on 2nd and 4th Wednesday of the month, 9:00am-10:00am. Contact Joanne Corrigan, RD: (206) 384-4382 Ext 4060

**LIVING WELL WITH DIABETES GROUP - MT VERNON**  
Monthly class of 4 sessions. Begins first Wednesday of the month, 2:00pm-3:00pm. Make appointment or walk in. We encourage bringing a supportive family member! Contact Mount Vernon Clinic: (360) 848-8500

**LIVING WELL WITH DIABETES - SEATTLE**  
Thursdays, 3:00pm-4:15pm.  
Contact Krystal Gregg, PsyD: (206) 277-1707

**NUTRITION AND DIABETES GROUP - BREMERTON**  
Meets every other Wednesday at 9:00am.  
Contact the Bremerton Clinic: (360) 473-0340

**NUTRITION AND DIABETES GROUP - MT VERNON**  
Meets the 1st and 3rd Tuesdays at 9:00am.  
Contact the Mount Vernon Clinic: (360) 848-8500
There are thousands of health information websites...

But only one designed for you.

www.veteranshealthlibrary.org
PAIN MANAGEMENT

**CHRONIC PAIN MANAGEMENT - AMLK**
Meets the first four Mondays of each month from 3:00pm-4:00pm. This class focuses on helping people better understand the interaction between physical and emotional pain including the impact that thoughts, feelings, and behavior have on chronic pain management. We also emphasize helping individuals to explore ways to continue to live important values despite limitations imposed by chronic pain disorders. Contact Jason Katzenbach, PhD: (253) 583-3172

**CHRONIC PAIN SERIES - AMLK**
Meets Tuesdays from 1:00pm-2:00pm. First Tuesday: Relaxation Strategies; Second Tuesday: Understanding Chronic Pain; Third Tuesday: Increasing Stamina and Activity; Fourth Tuesday: Self-hypnosis for Chronic Pain. Contact Mary-Catherine Kane, PhD: (253) 583-1642

**CHRONIC PAIN SELF-MANAGEMENT 101 - SEATTLE**
Meets on the 4th Monday of each month from 12:30pm-2:00pm. Provides information about chronic vs acute pain, the pain cycle, an introduction to pain self-management skills, and information about further treatment offered for pain management. Contact Kelly Caver, PhD: (206) 277-4267
CHRONIC PAIN SKILLS – AMLK & SEATTLE
The Chronic Pain Skills program offers classes for Veterans with pain. We offer three kinds of classes: 1) hypnosis, 2) mindfulness meditation, and 3) pain education and self-management. Each of these types of interventions has been shown to be helpful for pain management. Classes meet once per week for 8 weeks and begin three times per year (February, June, and October). Each type of class is available at Am Lake and Seattle. Contact the SKILLS group coordinator Carrie Kincaid at (206) 277-3959 or Dr. Williams (206) 277-6290 for schedule details or to be screened for enrollment.

COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC PAIN – PORT ANGELES
This 6-session class teaches Veterans a variety of active coping skills to help them better manage chronic pain and related difficulties.
Contact Rachel Jones, PhD: (360) 565-7437

PAIN SERIES – MT VERNON
This six-session class encourages Veterans to adopt an active, problem-solving approach in coping with mild-to-moderate functional impairment associated with chronic pain. Veterans may attend the initial foundational meeting or all of this six-part series. Meets Wednesdays at 10:00am.
Contact Alex Schut, PhD, ABPP: (360) 419-3677

WOMEN’S PAIN & HEALTH SELF-MANAGEMENT GROUP – SEATTLE
For women with chronic pain and other persistent disabling conditions.
Mondays, 1:00pm-2:45pm for 10 weeks.
Contact Mary Jean Mariano, PhD: (206) 277-3027

SLEEP IMPROVEMENT

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I) – PORT ANGELES
This 4-session class is designed to help Veterans with sleep difficulties. The class covers how sleep works, important factors affecting sleep patterns, and effective strategies to improve sleep quality and sleep duration.
Contact Rachel Jones, PhD: (360) 565-7437

CPAP DESENSITIZATION – AMLK
This 1-time class provides Veterans with information about sleep apnea and helps them become more comfortable with their CPAP machines. The group meets the first Monday of every month from 1:30pm to 3:00pm.
Contact: Joshua Breitstein, PsyD: (253) 583-2571
**CPAP DESENSITIZATION - SEATTLE**
This is a 1-session class, with the option of 3 follow-up sessions. The goal of the class is to help Veterans with sleep apnea become more comfortable with their CPAP machines. The class covers the basics of sleep apnea, CPAP use, and guides Veterans to develop an individualized plan to gradually increase daily CPAP use. The group meets Tuesdays every other month from 10:00am to 11:15am. Contact Nicola De Paul, PhD at (206) 277-3635

**ORIENTATION TO INSOMNIA TREATMENT - M T VERNON**
This is a one session orientation to treatment options for chronic insomnia. You will learn about what causes and maintains chronic insomnia as well as some simple, non-medication methods for improving sleep. Meets the 1st and 3rd Thursdays of each month, 1:30pm-2:30pm. The group leader is Dr. Nathan Frise. Please contact the clinic to schedule appointment at (360) 419-3677. Drop-ins welcome (see clerk day-of the class in order to be scheduled).

**SLEEP IMPROVEMENT GROUP - AMLK**
Meets the 2nd Friday of the month, 10:00am-11:30pm. Contact Joshua Breitstein, PsyD: (253) 583-2571

**SLEEP IMPROVEMENT GROUP - SEATTLE**
Meets either Tuesdays, 10:00am-11:15am, or on Fridays, 1:00pm-2:15pm. It alternates each month and meets for 4 sessions. Contact Craig Santerre, PhD: (206) 768-5474

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**WOMEN’S WELLNESS**

**CANCER SUPPORT GROUP FOR WOMEN - SEATTLE**
Fourth Tuesdays of the month, 11:00am-12:00pm. Contact Mary Jean Mariano, PhD: (206) 277-3027

**COPING SKILLS GROUP - AMLK**
Mondays, 10:00am-11:30am. Walk-ins are welcome. Contact Lori Katz, PhD: (253) 583-3714

**COURAGE GROUP FOR WOMEN - PORT ANGELES**
This 12-session group is for women Veterans who have experienced interpersonal violence of any type. The focus is on development of emotional regulation, distress tolerance, and coping skills for dealing with trauma as well as connection with other women. Meets on the 1st and 3rd Thursdays from 3:00pm-4:00pm. Contact Angela Heiligenthal, PhD: (360) 565-7420
GRIEF AND LOSS GROUP FOR WOMEN VETERANS - AMLK
This 8-week group offers the opportunity to identify and honor losses, understand and experience the grieving process, and begin to heal and live more fully. Contact Chaplain Linda Conyers, BCC: (206) 277-3753

MATERNITY WELLNESS AND SUPPORT WORKSHOP - AMLK & SEATTLE
This is a quarterly workshop is for pregnant or postpartum Veterans (non-mobile infants welcome) focused on psychoeducation and coping skills for maternity stress, including postpartum depression, PTSD, mother-baby bonding, and relationship strain. Contact Jennifer McCabe-Beane, PhD: (206) 716-5791 or Catherine Wallace, PhD: (206) 768-5428

MENOPAUSE 101 - SEATTLE
This is a shared appointment for women Veterans who want to learn about and share experiences. We will come together to discuss menopause, hot flashes and sweats, sexual health, sleep, mood, and weight. Contact Mary Jean Mariano, PhD: (206) 277-3027
SPIRITUALITY GROUP FOR WOMEN VETERANS - AMLK
Spirituality is the pathway through which we explore our deepest beliefs, discover ourselves, and search for meaning and purpose in life. When we intentionally explore and practice our spirituality, we open ourselves up to feel more connected to others, have a stronger sense of ourselves, and develop deeper compassion for all. This group is offered as a safe and supportive place to explore and nurture your own spirituality, and learn how spiritual practice can help in recovery. Please contact your care coordinator for a referral.
Contact Chaplain Linda Conyers, BCC: (206) 277-3753

WARRIOR RENEW: TREATING MILITARY SEXUAL TRAUMA - AMLK
Tuesdays and Thursdays, 10:00am-12:00pm. 12-week session, offered 3 times a year. To apply for this group, contact Lori Katz, PhD: (253) 583-3714

WOMEN'S PAIN & HEALTH SELF-MANAGEMENT GROUP - SEATTLE
For women with chronic pain and other persistent disabling conditions. Mondays, 1:00pm-2:45pm for 10 weeks.
Contact Mary Jean Mariano, PhD: (206) 277-3027

WOMEN'S WHOLE HEALTH CLASS - AMLK
This is a weekly class focusing on mind-body-spirit health. Class uses mindfulness and goal-setting to support Veterans in making health behavior changes. Class meets Wednesdays, 10:00am-11:30am. Contact Lori Katz, PhD: (253) 583-3714
**HEALTH EDUCATION & SUPPORT**

**ABCS OF LONG TERM CARE PLANNING - MT VERNON**
2nd and 4th Mondays of the month, 12:00pm-1:30pm. Learn about what your VA and community benefits will cover when it comes to long term care. For Veterans assigned to Mount Vernon CBOC and their family/caregivers. Registration is required. Contact Ann Stewart, LICSW: (360) 419-3698 or Elizabeth Bohle, LICSW: (360)419-3685

**ALS SUPPORT GROUP - AMLK & SEATTLE**
1st Wednesdays of the month, 11:00am-12:00pm
(Seattle – Building 100, Room 1D-103; American Lake – Building 3 room 208)
Contact Jenny Bambara, PhD: (206) 277-4264

**AMPUTEE SUPPORT GROUP - AMLK & SEATTLE**
1st and 3rd Mondays of the month, 11:00am-12:00pm.
Contact Jenny Bambara, PhD: (206) 277-4264

**CANCER SUPPORT GROUP - SEATTLE**
Fridays, 12:00pm-1:00pm in Building 24, Room 40. This is a drop-in group open to any Veteran with any form of cancer and in any stage of treatment. Jean Hargrett, PA from radiation oncology joins us every other week.
Contact Nodie Sullivan: (206) 277-1263

**HIV/AIDS SUPPORT & EDUCATION GROUP - SEATTLE**
Mondays, 10:00am-11:00am. Meets in South Clinic.
Contact Specialty Medicine Fellow: (206) 716-5803.

**HYPERTENSION EDUCATION: KEEPING IT UNDER CONTROL - MT VERNON**
Meets the 3rd Wednesday of the month, 12:30pm-1:30pm. It repeats monthly. This class focuses on high blood pressure: What is it? What causes it? How do you know if you have it? How is it treated? What are some complications of untreated high blood pressure? We will focus on lifestyle modifications for management of high blood pressure. If you have a blood pressure cuff, please bring it with you to the class. Please contact the Mt Vernon CBOC to schedule at (360) 848-8500 or just walk-in!
LONG TERM CARE PLANNING GROUP - AMLK
3rd Tuesday of the month, 2:00pm-3:00pm.
Contact Nick Conklin, MSW: (253) 583-1476

LONG TERM CARE PLANNING CLASS (2-PART CLASS) - PORT ANGELES
2nd & 3rd Tuesdays in February, April, June, August, October and December.
1:00pm-3:00pm. Contact Debra Hunt, LCSW: (360) 565-7454

MEN'S SEXUAL HEALTH CLASS - AMLK
Please contact Dr. Breitstein, psychologist, if you have men's sexual health concerns. Dr. Breitstein will meet with veterans individually to provide psychoeducational information regarding men's sexual health. This was formally the “men's sexual health class”. Contact Joshua Breitstein, PsyD: (253) 583-2571

MULTIPLE SCLEROSIS SUPPORT GROUP - SEATTLE & MT VERNON
3rd Wednesdays of the month, 10:00am-11:00am.
Contact Jenny Bambara, PhD: (206) 277-4264

SMART HEALTH - SEATTLE
This 2-hour workshop aims to introduce Veterans to the use of mobile devices, mobile applications and internet websites for managing their health. Apps that help with mental health concerns, promote healthy self-awareness and coping with stress are emphasized but using phones and tablets to help with remembering medications and appointments is also covered along with a brief introduction to My Health-e Vet. The workshop is on the 2nd Monday of each month from 10am to noon and requires a scheduled appointment in the Mental Health Clinic. Having a smart phone or tablet is helpful but not required. Contact: Mary Jean Mariano, PhD: (206) 277-3027

SUPPORTIVE CARE PLANNING: A LONG TERM CARE CONVERSATION - SEATTLE
Supportive living is the single largest out-of-pocket cost for individuals as related to aging and disability. Expect to learn about what your VA or community benefits will cover when it comes to your long term care needs. Offered every 2nd Wednesday from 1:00pm-2:30pm in Building 1, Room 235. For more information, please call Tauna Hanson, LICSW: (206) 277-1077.
WHOLE HEALTH CLASSES

What really matters to you? Why do you want or need your health? What do you want your life to be like? Sometimes, it is hard to figure this out. Whole Health classes help Veterans create a personalized health plan to take charge of their health and live their lives to the fullest.

AMERICAN LAKE
Fridays, 2:30pm-3:30pm
Contact: Jason Katzenbach, PhD   (253) 583-3172

AMERICAN LAKE (WOMEN’S)
Wednesdays, 10:00am-11:30am
Contact: Lori Katz, PhD   (253) 583-3714

BELLEVUE
Tuesdays, 10:00am-11:00am
Contact: Renn D. Fowler, PMHNP   (425) 214-1055

BREMERTON
Thursdays, 10:00am-11:00am
Contact: Tammy Todd, LICSW   (360) 473-0348

FEDERAL WAY
Thursdays, 10:00am-11:00am
Contact: David Reimer, RN   (206) 947-7723

LAKE CITY (NORTH SEATTLE)
Thursdays, 1:00pm-2:00pm
Contact Diane Greenberg, PhD   (206) 305-1460

SEATTLE
Tuesdays, 2:00pm-3:00pm (participation via telehealth available)
Wednesdays, 1:00pm-2:00pm
Contact: Jenny Salmon, RN   (206) 277-1178
or Nicola De Paul, PhD   (206) 277-3635
HOME TELEHEALTH

The Home Telehealth program helps you learn to better manage your health through daily questions and health tips in the comfort of your own home. Registered Nurse Care Coordinators routinely monitor the information that you are sending in and call you to talk about your symptoms and progress. There is no charge for Home Telehealth services.

Home Telehealth is currently able to serve Veterans with the following conditions:

- Anxiety
- Bipolar Disorder
- Congestive Heart Failure (CHF)
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes (DM)
- Hypertension (HTN)
- Posttraumatic Stress Disorder (PTSD)
- Schizophrenia
- Tobacco Cessation
- Weight Loss (TeleMOVE)

For more information contact Rebecca Cutler, BSN, RN: (206) 303-0958
CELEBRATE RECOVERY - AMLK
A Christian 12 step group for men and women that deals with life’s hurts, habits and hang ups. Meets weekly on Mondays 6:00pm at the chapel (Bldg. 111) for dinner followed by a large group meeting and then followed by open share small groups. NO CHILD CARE is available for this program. Contact Chaplain Miles Brown at (253) 583-3523

COGNITIVE BEHAVIORAL THERAPY FOR POSTTRAUMATIC STRESS DISORDER - BREMERTON
This class covers the nature of post-traumatic stress disorder (PTSD) and teaches veterans effective coping skills for managing unhelpful patterns of thinking, feeling and behavior that co-occur with this diagnosis. Meets on Tuesdays, 1:00pm-2:00pm for 10 weeks. Contact Kathryn Johnson, LICSW: (360) 473-0340

COGNITIVE PROCESSING THERAPY GROUP FOR POSTTRAUMATIC STRESS DISORDER - PORT ANGELES
This 12-week group is an evidence-based treatment for PTSD and related conditions. CPT looks at the impact a traumatic event has had on one’s life and helps examine and change unhelpful thoughts and feelings related to the event, self, others, and the world. An important part of treatment is addressing ways of thinking that might keep an individual “stuck” and get in the way of recovery. Meets on Wednesdays at 10:00-11:30 PM. Contact Angela Heiligenthal, PhD: (360) 565-7420

COMBAT TRAUMA HEALING GROUP - AMLK
A group to supplement a Veteran’s mental health care by using The Combat Trauma Healing Manual which is Christian-based providing tools for struggles with PTSD that combine insights from the medical and psychiatric communities with timeless principles from the Bible. Meets weekly on Thursdays at 3:00pm at the Chapel (Bldg. 111). Contact Chaplain Tom Hartmann at (253) 583-3523

DEPRESSION MANAGEMENT - MT VERNON
This four-session class is intended for Veterans with mild-to-moderate symptoms of depression, as well as for Veterans experiencing difficulties after a recent life change, e.g., retirement, divorce, separation from the military, moving, death of a loved one. Information covered includes practical, evidence-based coping skills to help reduce symptoms of depression and increase life satisfaction. Meets Wednesdays from 1:00pm 2:30pm. Facilitator: Evelyn Larsen, LCSW. For referral information, please contact Naz Edwards, (360) 419-3677.
DEALING WITH IRRITABILITY - AMLK
This is an 8-session series which meets on Fridays from 1:00pm-2:00pm. Veterans can start at any time. Topics include Mindfulness, Emotion Regulation, and Interpersonal Effectiveness skills. Contact Candy Campbell, MSW: (253) 583-1436

EXPLORING TREATMENT OPTIONS FOR ANXIETY - AMLK
First Thursday of the month: Overview of Anxiety Disorders; Second Thursday of the month: Exposure and Response Prevention; Third Thursday of the month: Cognitive Therapy for Anxiety; Fourth Thursday of the month: Five Areas Affected by Trauma (PTSD). All sessions meet from 10:30am–12:00pm. Contact Amee Epler, PhD: (253) 583-3720

FREE THERAPEUTIC HORSEMANSHIP LESSONS - RAINIER
Classes are 90 minutes long and offered at 10:00am, 12:00pm and 2:00pm. Learn grooming, ground work, safety and horse behavior. There are mounted and ground classes available. Contact Rainier Therapeutic Riding: (360) 446-1000 or saddleup@rtriding.org

GRIEF GROUP - AMLK
This group helps Veterans struggling with the death of a loved one or other grief issues. Bereavement and personal growth are emphasized. Meets for 8 weeks on Mondays from 9:00am-10:30am. Enrollment by referral from provider. Contact Chaplain Linda Conyers: (206) 277-3753
**GRIEF & LOSS GROUP - SEATTLE**
This is a 6-session support group for Veterans focused on grief and loss. Meets Wednesdays from 1:00pm-2:30pm in Building 24, Room 51. The next group begins October 4th. Contact David Pina, Chaplain Fellow: (206) 277-6607

**HERO’S JOURNEY HOME - SEATTLE**
This 10-session class looks at the return home as a cultural transition from the military to civilian world using the steps of the “hero’s journey” as described by American scholar of world religions, Joseph Campbell. We use stories and movies to help veterans identify ways that they can be of continued service as veteran-civilians bringing back valuable skills and knowledge to society. Whether you are just out of the service, or have been out for years—the journey home can be a long road and the hero’s journey can provide a road map for the steps the lie ahead. Next class starts October 16th. Meets for ten weekly sessions, Mondays, 2:00pm–3:30pm. Contact Jenny Salmon, RN: (206) 277-1178

**LIFE PATHS - AMSK, BREMERTON, & MT VERNON**
This 4-session class teaches Veterans how to deal with negative emotions, get unstuck from unworkable patterns of behavior, and develop skills to live more fully and engaged with values.

- **American Lake**
  Meet for 4 weeks beginning the 1st Tuesday of each month. Classes are held from 3:00pm-4:30pm.
  Contact Mary-Catherine Kane, PhD: (253) 583-1642

- **Bremerton**
  Meet for 4 weeks on Wednesdays from 2:00pm-3:00pm.
  Contact Kathryn Johnson, LICSW: (360) 473-0340

- **Mount Vernon**
  Meet weekly on Wednesdays from 9:00am-10:00am.
  Contact Naz Edwards: (360) 419-3677

**LOVING-KINDNESS MEDITATION - SEATTLE**
This group teaches meditation practices that cultivate the ability to feel kindness and compassion for self and others. This group may be helpful to Veterans who have experienced trauma, as well as Veterans with difficult to treat chronic medical conditions, such as chronic pain.

For questions contact Kim Gustas: (206) 277-1721
To refer a patient, submit a consult to MINDFULNESS BASED STRESS REDUCTION (Under the Seattle Consult Menu) and specify that you are requesting Loving-Kindness Meditation.
MANAGING STRESS AND EMOTIONS - SEATTLE
Helps Veterans learn new ways of responding to uncomfortable emotions in order to improve their ability to cope with life’s difficulties. This 5-week class combines elements of mindfulness, cognitive therapy, and behavioral (exposure) therapy. Participants must join the class at session one and patients already enrolled in MHC or ATC are ineligible. Meets Mondays, 3:30pm–5:00pm. Contact Kelly Caver, PhD: (206) 277-4267, or Nicola De Paul, PhD: (206) 277-3635

MINDFULNESS-BASED STRESS REDUCTION - AMLK & SEATTLE
This group teaches methods to work with stress, pain and depression. Held once a week, 9:30am-12:00pm for 8 weeks. Weekdays vary between each group. This group is a standardized, evidence-based approach to teaching mindfulness meditation. The course follows closely the curriculum originally developed at the University of Massachusetts. Clinical trials show benefits of MBSR for chronic pain, PTSD, IBS, fatigue, depression and self-reported attention/memory lapses.

For questions contact Kim Gustas: (206) 277-1721

To refer a patient, submit a consult to MINDFULNESS BASED STRESS REDUCTION (Under the Seattle Consult Menu)

MOVING FORWARD - BREMERTON & MT. VERNON
This 4-week, evidence-based class teaches Veterans effective problem-solving techniques, emotion regulation skills and creative strategies for managing challenges of everyday life, including difficulties arising from mental health diagnoses. The class is specifically designed to help OIF/OEF Veterans adjust to civilian life after returning from deployment, although it is open to any interested Veteran.

Bremerton Meets on Fridays from 1:00pm-2:00pm.
Contact Kathryn Johnson, LICSW: (360) 473-0340

Mount Vernon Meets on Mondays from 1:30pm-2:30pm.
Contact Nathan Frise, PsyD: (360) 419-3677
ORIENTATION TO PTSD & PTSD TREATMENTS - MT VERNON
This is a one session orientation to Posttraumatic Stress Disorder (PTSD). In the class, you will learn about symptoms, causes, risk factors, and maintaining factors of PTSD. The class will provide an overview of all available treatments for PTSD, with an emphasis on treatments proven to reduce or eliminate PTSD symptoms all together. Meets the 2nd and 4th Thursdays of each month, 1:30pm-2:30pm. The group leader is Dr. Nathan Frise. Please contact the clinic to schedule appointment at (360) 419-3677. Drop-ins welcome (see clerk day of the class in order to be scheduled).

PROBLEM SOLVING SKILLS - AMLK
This one-on-one instruction is for Veterans who are struggling with irritability and decision making. Problem Solving is a skill that helps people take control of their lives and empowers them to make effective choices. Sessions incorporate the use of technology. Contact Annabel Prins, PhD: (253) 583-1612 to schedule an appointment.

RELAXATION AND MINDFULNESS SKILLS TRAINING - AMLK
Meets on the 1st Tuesday of the month, 1:00pm-2:00pm. Contact Mary-Catherine Kane, PhD: (253) 583-1642

SWEAT LODGE - AMLK
The Inipi (Sweat Lodge) is a place of purification-new beginnings-healing-direction-pathway-letting go. This Ceremony is provided by Traditional Native Veteran Elders and helpers from the community, helps release the "sickness of being in battle with people and self. "We have your "6". Please view our website at www.vasweatlodge.com.

For further information, please contact:
Mike L. (Native Elder) (253) 312-5431
Marty Martinez (Council) (360) 943-5087
WELLNESS GROUP - PORT ANGELES

This 12-session, recovery-oriented class is for Veterans who may have already received some brief individual therapy and/or psychiatric support from PCMHI staff but who would like some additional support in their recovery process. Meets on the 4th Friday of each month from 3:00pm-4:00pm.

Contact: Angela Heiligenthal, PhD: (360) 565-7420
**RELATIONSHIP SKILLS & FAMILY SUPPORT**

**COUPLES SKILLS GROUP - SEATTLE**
5-session couples group focused on developing skills related to communication, conflict resolution, and building intimacy. Meets Tuesdays, 2:00pm-3:30pm. Contact Keren Lehavot, PhD: (206) 277-1511, or Kori Blitstein, MSW: (206) 277-1186

**INTERPERSONAL SKILLS GROUP - SEATTLE**
Two 4-session modules focused on building interpersonal skills including assertiveness, conflict management and resolution, effective expression of emotions, and active listening. Classes held on Tuesdays 4:00pm-5:00pm in the Primary Care Group Room. Contact Kelly Caver, PhD: (206) 277-4267

**OPERATION S.A.V.E. GROUP FOR FAMILY AND FRIENDS - SEATTLE**
This is an ongoing supportive, educational group for the loved ones of Veterans currently struggling with thoughts of suicide. Educational content is repeated every session, with time allotted for open group discussion and peer support. This group will start in November and will meet 1st and 3rd Wednesdays of the month in the evening. Contact Heather Gebhardt, Ph.D. for more details: (206) 277-6201

**POSITIVE PARENTING GROUP - TELEHEALTH**
4-session group for parents/caregivers with children under age 12. Must have computer/internet access to participate from your home via telehealth. Time/day TBD, offered approximately every other month. Please request a telemental health referral from your provider to participate. Contact Meghan McGinn, PhD: (253) 327-3174

**PTSD 101 FOR FAMILY AND FRIENDS - SEATTLE**
2-hour educational workshop about PTSD symptoms, treatment, de-escalation strategies, how PTSD impacts relationships, and other available resources for loved ones. This one-time group is repeated on the 2nd Friday of every month from 10:30am-12:30pm in Building 1 room 168. This group is for family and friends of Veterans with PTSD. Contact Catherine Wallace, PhD: (206) 768-5428.
Call the quitline today
1-855-QUIT-VET

Quitting smoking is the single best thing you can do to improve your health.

You have the power to quit smoking and to stay smoke free, and the VA has resources available to help.