



The Phoenix Veteran Affairs
Health Care System
Mental Health Services

National Crisis Hotline
National Suicide Prevention Life
[1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

For Help connecting to resources, contact Be Connected: [1-866-4AZ VETS \(429-8387\)](tel:1-866-4AZ-VETS). Be Connected is available to all services members Veterans family members and helpers.

Document Created by [Todd Dahl, LCSW](#)
Community Mental Health Liaison

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Phoenix VA Health Care System

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Enrollment to the Veteran Affairs (Health Benefit) and Veteran Affairs Regional Office (Monetary Benefit)

Enrollment into the Veteran Affairs (VA)

If a Veteran is not enrolled at the Phoenix VA Medical Center, the Veteran should attend to the following:

He or she will need to present to the Eligibility Department at the Phoenix VA Medical Center located at [650 E. Indian School Rd. Phoenix, AZ 85012](#). The Eligibility Department should be able to assist in enrolling the Veteran into the Phoenix VA Health Care System.

Once enrolled, The Veteran can request a consult to be assigned to a Primary Care Provider in one of the VA's Outpatient Clinics to establish medical care. They will also be able to participate in other health care treatment options, such as the mental health and substance abuse clinics.

An additional location to get a Veteran enrolled in the Phoenix VA Health Care System is located at the VA Community Resource and Referral Center (CRRC) Current hours of operation are Monday – Friday 7:30am – 4:30pm. The CRRC is located at [1500 E. Thomas Rd. Ste. 106 Phoenix, AZ 85014](#). Phone number is 602.248.6040.

VA Regional Office

The VA is split into three sections: The [Veterans Health Administration](#) (which includes the VA Medical Centers and the Community Based Outpatient Clinics (CBOC's), the [National Cemetery Administration](#) (which includes the National Cemeteries and burial services) and lastly, the [Veterans Benefit Administration](#) (which includes the VA Regional Office or VARO). At VARO, the Veteran can learn about specific benefit information, such as a Service Connection Disability, Non-Service Connected Pension, GI Bills, VA Home Loans, etc. A Veteran can also be assisted at these locations to order a DD214 and find out options concerning their discharge status.

Phoenix VA Regional Office is located at [3333 N. Central Ave., Phoenix AZ](#)

National VA Benefits phone number: 1.800.827.1000.

Emergency Department Social Work

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: 24 hours a day/365 day a year

Program Number: 602.277.5551 x 7279

Highly skilled clinical social worker support is available on site in the Phoenix Veteran Medical Center Emergency Department 24-hours daily. Social workers are imbedded in the ED as part of a multi-disciplinary team (Social Work, Mental Health RN's, Psychiatrist, ED RN, ED Attending Provider) to provide assessment and supportive services to patients that present to the emergency department in crisis and requiring mental health, substance use disorder and/or medical case management services. At times, Veterans are brought to the emergency department after a traumatic event or due to mental or behavioral health concerns. Social work staff assesses functioning, provides supportive counseling, and refers to mental health services and treatment. Emergency Department social workers are able to provide some material assistance to patients presenting to the emergency department for care: If a patient or family member is in need of a particular service (emergent food need/public transportation) in order to be appropriately discharged from the emergency department, social work is able to provide some emergency assistance.

Staff Contact Numbers

Social Work

Supervisory Senior Social Worker [Michael Whetzel](#), LISW, 602.277.5551 Ext. 7279

[Heather Guess](#) LCSW, 602-277-5551 Ext. 7279

[Michael Williams](#) LCSW 602.277.5551 Ext. 7279

[Seth Miller](#) LMSW, 602.277.5551 Ext. 7279

[Fredrick Moore](#), LMSW, 602.277.5551 Ext. 7279

[Pavel Popov](#), LMSW, 602.277.5551 Ext. 7279

Services Offered and How to Access Them

Referral Sources: Veteran self-referral, consult or outreach from internal and/or external community stakeholders, VA outreach and DOD outreach.

Mental Health Assessment: Mental Health Assessments are completed on patients considered clinically appropriate that are being seen in the emergency department.

Comprehensive Suicide Risk Assessment and Safety Planning: Suicide Risk Assessments are an integral part of the services offered to Veterans that present for care to the ED. All patients presenting to the ED with a mental health and/or substance

abuse issue are thoroughly evaluated for safety, safety planned prior to discharge and referred to desired/available treatment services.

Crisis Management: Crisis services offered by ED social workers aims to intervene as soon as possible after the onset of the crisis in order to enable the individual to overcome it, minimize the usage of maladaptive coping strategies and avoid complete psychological breakdown. It is a short-term intervention to assist the patient and returning to equilibrium. Emergency Department social workers are available 24/7 to attend to the needs of patients that present to the ED in crisis.

Facilitation of Involuntary Mental Health Evaluations: The Phoenix VA Medical Center is a voluntary facility for mental health treatment. At times when patients that present for care and are deemed danger to self/danger to others an involuntary evaluation is indicated. ED social workers are adept at facilitating this process through the community for those patients being evaluated in the ED that are considered DTO/DTS and are involuntary for mental health evaluation and treatment.

Medical Case Management: ED social workers provide medical case management services in the ED. Medical case management via the ED is a collaborative process that facilitates recommended treatment plans to assure the appropriate medical care is provided to disabled, ill or injured individuals. ED social workers are available to staff cases 24/7.

Women Veterans Program (WVP)

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Monday –Friday 6:00am – 2:30pm

Program Number: 602.277.5551 Ext. 2272

The women Veterans program works to ensure the women Veterans experience timely, high quality comprehensive primary care and mental health care in a sensitive, respectful and safe environment. The WVP focuses on assisting and improving services for women Veterans throughout the Phoenix VA Health Care System.

Staff Contact Numbers:

Program Manager: [Kristen Nordquist](#), LCSW 602.277.5551 Ext. 2272

Services Offered and How to Access Them

Referral Sources: Women Veterans, providers, and community stakeholders are invited to contact [Kristen Nordquist](#), to learn more about services for women Veterans.

Women's Health Primary Care Providers (WH-PCPs): Each clinic at the main facility and the CBOCs have at least one WH-PCP. These primary care providers demonstrate proficiency to address the unique comprehensive health care needs of women Veterans. All female Veterans should be assigned to a WH-PCP of their preferred gender, where available. If a woman is not currently assigned to a WH-PCP, and would like to transfer her care, she may complete a Provider Reassignment Request Form, available in the Primary Care Clinics.

Psychotherapy Classes:

Women's Breathe It'll Be OK: This is an eight weeks mindfulness-based pain wellness group specifically tailored for women Veterans with chronic pain. The class teaches numerous mindfulness skills to assist women Veterans to manage chronic pain, improve mood, and increase quality of life.

When: Thursdays 10:00am-12:00pm

Where: Women's Specialty Clinic - Amethyst Clinic Conference Room

How to Refer: Call Dr. [Heather A. Okvat](#) at 602.277.5551 Ext. 2449.

Women's STAIR Group: Skill Training in Affect and Interpersonal Regulation (STAIR) is a 12-weeks group that is specifically designed for Veterans who have had traumatic experiences (to include childhood, military or other) and teaches skills for emotion

regulation and distress tolerance to better prepare the Veteran for eventual completion of a trauma focused treatment.

Where: PCT/MST Clinic at the Midtown CBOC

How to Refer: Veterans must first be referred to the PCT or MST clinic via consult or self-referral for trauma-focused treatment. The clinical provider will assess whether referral to the STAIR group is appropriate.

POC: [Amanda Kraker, LCSW](#) (602) 234-7152

Women's CPT Group: Women's CPT Group is a 12-week group that focuses on the connections between intrusive thoughts, feelings and behaviors that stem from trauma and related symptoms. This group teaches cognitive skills to change these unhelpful habits and reduce trauma symptoms overall.

When: Thursdays 1:00-3:00pm

Where: PCT/MST Clinic at Midtown CBOC

How to Refer: Veterans must first be referred to the PCT or MST clinic via consult or self-referral for trauma-focused treatment. The clinical provider will assess whether referral to the CPT Group is appropriate.

POC: [Sharon Coleman](#), LCSW (602) 234-7157

Women in Recovery: This is a Women's only group to address the unique concerns for women with addiction.

When: Every Saturday from 1:30-3:30pm.

Where: Main Campus Building 31.

How to Refer: Place a consult, notify [Veronica Volcan](#) or present as a walk in during the outpatient substance abuse clinics hours from 1:00-3:00pm daily.

Psychosocial Rehabilitation & Recovery Center (PRRC)

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Monday –Friday 7:00am – 4:30pm

Walk-In Clinic Screenings Fridays 11:00am- 12:00pm

Program Number: 602.222.6471

Staff Contact Numbers:

Program Manager: [Jessica Martin, LCSW](#) 602.277.5551 Ext. 2545

Mental Health RN:

[Audra Johnson](#), RN 602.277.5551 Ext. 5865

Social Workers:

[Elizabeth Means](#), LCSW, 602.277.5551 Ext. 6846

[Joel Thompson](#), LCSW, 602.277.5551 Ext. 4416

[Alicia De La Vega](#) LMSW, 602.277.5551 Ext. 3555

Recreation Therapist:

Peer Supports:

[Regina Locke](#), 480-389-7837

[Lance Long](#), 602.277.5551 Ext. 5990 Cell: 480.540.9394

Goals of Recovery

1. Originate and implement a personal recovery plan
2. Learn the skills needed to set and achieve your goals
3. Utilize materials and staff resources for living, working and living in the community
4. Enhance coping skills to function at ones best and highest potential
5. Grow and improve social, emotional and physical health
6. Access support and education to make gains in all needed life areas

Services Offered

Intensive outpatient programming, including individual and group psychotherapy, recreational therapy, psycho-education, community integration

How to Access Them

Any qualified mental health provider can submit a Consult. **Vet must have had a MH Assessment within the last year. If one isn't available Vet can be referred to the Jade Opal Clinic for one or any qualified MH Provider may complete one**

Phases of Evolution

Phase 1: Game Plan (1-2 sessions/2-5 months)

Phase 2: Skill Building (2-3 sessions/5-8 months)

Phase 3: Learn New Things (2-4 sessions/5-10 months)

Phase 4: Community Integration and Graduation (2-3 sessions/5-8 months)

Services Offered and How to Access Them

**Recreation Therapy (Please note that all recreation therapy groups are offered simultaneously. Group options may vary from session to session. Group sessions are generally about 12 weeks long in duration and on average 6-8 recreation therapy groups are offered per week in each session.)*

Brain Games

This group is designed to improve mental and cognitive functioning through the use of puzzles, logic, problem-solving and other leisure activities. If you would like to challenge your mind to help improve memory and mental alertness, you may benefit from this group.

Ceramics

Experience a new form of creative expression or get back into an old hobby. Intro to ceramics will allow Veterans to paint ceramic pieces with freedom of expression and desire. Ceramic pieces may include holiday decorations or household items for practical use. Join us and see where your creativity may lead you!

Community Integration

Veterans will be invited to participate in community integration activities in order to explore, learn and practice skills for independent community living. Skills may include: healthy leisure opportunities, social skills, coping skills to reduce distress while engaging in community outings, and identification of community resources to add to your recovery toolbox.

Community Team Planning

This group provides Veterans an opportunity to share ideas, brainstorm options and make plans for the upcoming weekly community integration activity in a structured committee format. In addition, Veterans will learn and discuss options for independent community involvement in their home communities.

Coping in Motion

During this group, Veterans will learn effective strategies for managing stress, emotions, and unpleasant symptoms while also having opportunities to practice skills in a safe group environment through interactive and activity based curriculum.

Creative Writing

Veterans will be provided the opportunity to engage in independent and collaborative creative writing experiences, which will unlock one's positive potential. From writing poetry to short stories to personal narratives, Veterans will gain tools for reinventing their creative writing style while developing effective coping strategies for improving quality of life.

Drumming

Have you ever been interested in drumming? Are you ready to try something new? Drumming is a group that provides the opportunity for Veterans to participate in a creative, energetic and physical activity while creating a sense of connectedness and community among group members. Whether you have never touched a drum or you are an expert player, you may find benefit from this interactive group.

Group Exercise

Let's get moving! Join us for an exercise program that has been developed for everyone, from the physically active to those with a sedentary lifestyle. The program utilizes resistance bands to safely improve muscular strength, endurance and flexibility while improving cardiovascular health through aerobic activity.

Group Fitness

Do you prefer independent exercise? This group will take place indoors within the Topaz Clinic Fitness Center. You will have the opportunity to learn a safe and effective exercise routine using stationary bikes, treadmill, hydro tone machine, weight machines, and resistance bands to work towards your fitness and health goals. This program has also been developed for everyone, regardless of your current physical status. This group requires a medical clearance from your primary care provider prior to participation so please let your recreation therapy know if you are interested in participating.

Hiking to Wellness

Veterans are invited to engage in outdoor hiking experience to learn ways to exercise outdoors through some of the valley's most scenic views. Veterans will also gain knowledge in hiking safety, mindfulness practices, and destination orientation. Medical clearance from a primary care provider is required.

Intro to Computers

Veterans will be provided small group instruction to learn basic computer skills through a skill progression system, including: basic operating procedures, browsing the Internet, creating an email account

Journaling to Recovery

Journaling to Recovery group provides Veterans the opportunity to practice and develop skills in personal reflection and self-discovery to gain insight into one's mental health

recovery journey through creative expression. Veterans will participate in interactive journaling experience to write and share journal entries with the group in a safe and supportive environment.

Leisure Education

Veterans will be invited to explore personal leisure interests, abilities and goals while learning the benefits of incorporating a healthy leisure lifestyle into their daily recovery.

During this group, Veterans will practice positive social skills while developing leisure related skills, attitudes and knowledge in order to improve overall life balance.

Life After PRRC

In this group, Veterans will discuss issues that may arise as they prepare for discharge or graduation from PRRC. Group topics may include: building community resources, exploring the community around me, developing a social accountability plan, and an independent leisure/recreation plan.

Mindfulness

Not to be confused with meditation, mindfulness is simply paying attention on purpose. This class aims to help you become more aware of thoughts, feelings, urges, and body sensations. Once you have become more aware of these you will be able to react to situations in a more effective manner. This course will teach mindfulness practices that will include progressive muscle relaxation, guided-imagery, and mindfulness meditation. Research supports that mindfulness has long-term benefits that reduce stress, anxiety, reduce rumination, increase focus/concentration/memory, decreases emotional reactivity, increases cognitive flexibility, increases quality of life and relationship satisfaction.

Musical Expressions

Do you have an appreciation for music? Are you interested in learning how music can complement and support your journey through mental health recovery? In this group, you will have the opportunity to experience playing musical instruments, explore emotional response to music, complete lyric analysis, and participate in music history and trivia, among other musical opportunities. If you enjoy music and are interested in learning how to incorporate music into your life, this group is for you!

Resource Group

This group will focus on Veteran's developing their independent leisure/recreation/work plan with the purpose of integrating into their local communities while problem solving barriers, researching options, and acquiring the community resources to meet their independent goals. Veterans will utilize their knowledge and own independent research of community resources to help other group members address their needs.

Therapeutic Art and Crafts

Veterans will be invited to explore a variety of arts and crafts techniques to learn and practice new strategies for coping and moving through the recovery process. Creative

arts provide opportunities for relaxation, sense of accomplishment, improving fine-motor skills and focus of task, as well as possibility of developing a meaningful life-long hobby.

Volunteer Opportunities

Are you interested in giving back? Are you interested in creating a meaningful role for yourself in the community? This group will help you develop a personalized plan for community-based volunteering. Participants will receive support from staff and peers. Group facilitators will assist Veterans in identifying their volunteer goals and take action towards meeting these goals.

Walking

The purpose of walking group is to allow the opportunity to build exercise into your everyday routine while socializing with your peers. Research indicates that exercise not only contributes to improving your physical health but also your mental health. Dependent on the climate outside, we will walk at your own comfortable pace in the Indian School Park or in the basement level of the main hospital.

Wellness Management and Recovery

This class will help you increase your knowledge of mental illness and provide additional strategies for treatment. The goal is to decrease intensity of symptoms experienced, and reduce how often you have to go to the hospital. The class will focus on making progress toward your goals and recovery.

Women's Process Group

The PRRC Women's Group is a structured support group for women. Topics will vary depending upon the needs of the group with possible subjects including self-esteem, healthy relationships, interpersonal boundaries, goal-setting, and balancing life and responsibilities. The purpose of this group is to provide an environment, which women feel comfortable sharing their experiences and can gain support from other women.

How to Participate in PRRC Recreation Therapy Groups

Admission into the PRRC requires a consult from a provider within the Phoenix VA Medical Center. Once a Veteran is accepted and attends New Veteran Orientation within the PRRC, they are eligible to attend PRRC recreation therapy groups for two weeks (or the appropriate guesting period). Once a Veteran is admitted into the PRRC fully, they are eligible to take recreation therapy groups appropriate to their individual needs and treatment goals.

Jade Opal Clinic Outpatient Mental Health Clinic

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Monday – Friday

Walk-In hours 8:00am – 3:30pm

Scheduled appointments 7:00am -5:00pm

Program Number: 602.222.2752 Fax: 602.222.2723

A Veteran can talk to a mental health provider if he/she does not have a scheduled appointment; mental health staff is available on a walk-in basis or by appointment. After hours, if a Veteran is experiencing a mental health emergency, he/she may talk with a mental health professional by going to the Emergency Department. Some of the services we have in outpatient mental health include education classes, medication management and talk therapies. We can help you with many kinds of problems, including: depression, anxiety, post-deployment adjustment, drug and alcohol abuse, transgender issues, PTSD, homelessness, adapting to a new medical diagnosis or long-standing health concern such as diabetes, weight management, insomnia or chronic pain and many other problems.

Staff Contact Numbers

Nursing: [Lana People](#) 602-277-5551 ext. 3318

Psychiatry: [Dr. Jose Ventura](#) MD, FAPA 602.277.5551 Ext. 7545

Psychology: [Dr. Teresa Imholte](#), 602.277.5551 Ext. 5866

Social Work: [Stephanie Glitsos](#) LCSW, Cell 480.335.4402

Mental Health Team RN's:

Team A: [Laura Roberts](#), 602.277.5551 Ext. 5986

Team B: [Monica Gerdes](#) 602-277-5551 Ext. 5867

Team C [Jeane Cachola](#), 602.277.5551 Ext: 5778

Team D: [Paulette Compton](#), 602.277.5551 Ext. 6806

Team E: [Jo Marie Solema](#) 602-277-5551 Ext. 3102

Team C/D: [Kim Bradley](#) 602-277-5551 Ext. 7405

Services Offered and How to Access Them

Walk-In Clinic - for Urgent Psychiatric Needs

Medication Management - By calling 602.277.5551 Ext. 7405, 2752 for an appt. or Walk-In

Individual Psychotherapy -Time-limited, research-based individual treatment based on therapy goals. An Individual Psychotherapy Consult is required to initiate care.

Group Psychotherapy- learn skills in a class format. Weekly, time limited sessions.

Supportive Counseling - Provided by the Team RNs

Nursing and pharmacy medication - check appointments

Injection Clinic

Resources and Referrals - as needed from the clinic social workers

Jade Opal Group Psychotherapy

LGBTQ:

- Equality Group—Information/discussion regarding LGBTQ healthcare issues
- Transgender Support Group

Mindfulness: Four weeks

Veteran's Toolkit: 12 weeks curriculum Vet can "Drop In."

Co-Occurring Group 12 weeks –Develop skills and receive feedback to cope with substance abuse along with multiple stressors. Rolling admissions.

ACT for Interpersonal Effectiveness 12 week accept the presence of painful thoughts/feelings in your life and commit to acting on your values- to create a life worth living. Focus on interpersonal interactions.

Depression: MAP Group four weeks focuses on behavioral activation. This group is not appropriate for a person with a Dx of Personality D/O.

Anxiety Group: Four weeks focuses on cognitive restructuring.

Men's Cognitive Processing Therapy for PTSD: 12 weeks Men's Cognitive Processing Therapy Evidenced-Based treatment for PTSD.

Anger Management Group Description: Eight weeks and utilize the SAMSHA Anger Management materials.

Pathfinders Group: Three five-weeks module, a skills group teaching mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills.

Veteran's Pain Toolbox: 10 weeks curriculum drop in group teaching strategies for chronic pain management with cognitive behavioral therapy for chronic pain principals.

Insomnia: Sleep Well Group.

Race-Based Stress and Resiliency Group: A group, tailored to Veterans of Color experiencing race-based stress, to teach skills to create healing, enhance self-care, coping, & resilience, and build positive racial identity.

Specialized Programming

Dialectical Behavior Therapy (DBT): A behavioral approach for those who are prone to react more intensely to certain situations. DBT has two weeks required components:

1. Individual Sessions and
2. Skills class (mindfulness, interpersonal effectiveness, distress tolerance, and emotion regulation. Program Coordinator: Jeanette Devevo.

To refer to individual or group psychotherapy:

Internal Providers:

Consults tab: New Consults-Outpatient Consults-Mental Health-Mental Health Provider Only-General Mental Health Psychotherapy-Psychotherapy Group Outpatient or Psychotherapy Individual.

Transition and Care Management (TCM)

Transition and Care Management (TCM) focuses on assisting Veteran transiting from active duty to Veteran status. Programming assists in recognizing common post deployment and post separation needs. Assist in service linkage and system navigation the TCM Program offers services focused on transitional care. This may include formal case management, combat related TBI evaluation, and mental health services comprised of medication management and therapy services.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours Monday – Friday 7:00 am – 4:00 pm

Program Number: 602.277.5551 Ext. 6750

TCM Social Worker at SEC, **Mon-Fri**
TCM Social Worker at SW CBOC, **Mon, Tues, & Thurs**

Staff Contact Numbers

Program Manager [Cara Garcia](#) LCSW, 602.277.5551 Ext. 3950

Program Administrative Assistant [Jose Hernandez](#), 602.277.5551 Ext. 6465

Psychology

Clinical Psychologist [Dr. Adriana Weyer](#), 602.277.5551 Ext. 7889

Polytrauma Neuropsychology [Dr. Mary Lou Bushnell](#), 602.277.5551 Ext. 5661

Psychiatry/PA

Physician Assistant Dr. [Carrie Kunberger](#) 602.277.5551 Ext. 6438

Temporarily: [John Brown](#), PA (Medical Intake and TBI 2nd Level Eval) 602.277.5551 ext. 5729

RN Case Manager

[Sheritha Evans](#) , RN 602.277.5551 Ext. 2016

[Cheryl Thompson-Maxson](#), RN 602.277.5551 Ext. 5429

LPN Case Manager Assistant

[Vicki Vick](#), LPN 602.277.5551 Ext. 4197

Clinical Social Worker

[Jeanette Devevo](#) LCSW, 602.277.5551 Ext. 5412

[Kelly Rieke](#) LCSW, 623.772.4090

[Andrea Hernandez](#) LCSW 602.277.5551 Ext. 4218

Social Worker Case Manager

[Patricia Bishop](#) LCSW, 602.277.5551 Ext. 5762

[Judi Orosz](#) LCSW, Cell 480.243.4564

Outreach and Transition Social Worker

[Shilo Catlett](#) LICSW, 602.277.5551 Ext. 6443

Veterans Benefit Administration Representative

[Harry Miller](#)

Services Offered and How to Access Them

Referral Sources: Veteran self-referral, consult or outreach from internal and/or external community stakeholders, VA outreach and DOD outreach.

Psychiatry/Medication:

To initiate Psychiatry Services:

For Veterans requiring specialty mental health services, please use Mental Health Outpatient Consult in CPRS. Veteran will be scheduled with a BHIP provider in the Jade Opal Clinic.

For Veterans with mild to moderate anxiety, depression, PTSD, or substance misuse, consider a warm handoff to PCMHI provider (add DCM as an additional signer noting Veterans interest in meeting with psychiatry provider in PCMHI)

For newly separated and unassigned Veterans: Veterans can schedule with PA [Carrie Kunberger](#) by the Amethyst Clinic Clerks 602.277.5551 Ext. 6750

Mental Health History and Assessments

Mental Health History and Assessments are comprehensive intakes used to assist in diagnosis, treatment planning, and generating appropriate referrals for Veterans. The Mental Health History and Assessment is completed for Veterans interested in psychotherapy. If a Veteran is interested in psychotherapy and psychotropic medications services please use the Mental Health Outpatient Consult in CPRS. *If possible, indicate scheduling preference for the Veteran (e.g. day of the week/time of*

day that the Veteran is able to attend appointments and where they would like to be seen.)

Individual Psychotherapy:

Individual Readjustment Counseling: Focuses on Post Deployment/Transition issues. May be used to prepare Veterans for group Services or evidence based psychotherapy protocols.

To Refer: to individual readjustment counseling, submit an OIF/ OEF consult through CPRS. Please indicate Veterans needs and goals for psychotherapy services.

Cognitive Process Therapy (CPT): Offered in group only format at the SW CBOC (No Trauma account/all eras).

To Refer: Place a consult to the PCT Clinic and specify CPT at the SW CBOC.

Marriage/Couples Counseling:

To Refer: Please submit an OIF/OEF consult through CPRS and indicate where the couple would like to be seen.

The Seven Principles for Making Marriage Work, Couples Education Workshop: Based on Gottman's "Seven Principles for Making Marriage Work." This psychoeducational workshop provides couples with structure, motivation and accountability to work through materials found in the 7 Principles Book. The program is to help couples strengthen their relationships in a variety of ways including deepening their love maps, fostering fondness and admiration, facilitating turning towards each other, accepting influence, solving solvable problems, overcoming gridlock, creating shared meaning and maintaining gains.

Where: Rm D540

When: Weds 3:00-4:30 eight-week group

Referrals Submit OEF/OIF consult in CPRS (indicate as "other" and note interest in couple's workshop). Consults will be reviewed by TCM Marriage and Family Therapist, [Andrea Hernandez](#), LCSW

Group Psychotherapy Services:

Brain Boosters Group: Veterans will learn techniques and strategies to help with memory, attention, sleep difficulties, irritability, and more. Education will be provided regarding the cognitive effects of TBI, blast exposure, aging, and PTSD.

Where: Topaz Clinic

When: Tuesday's 5:00pm or Wednesday's 1:00pm

To Refer: Please add [Mary Lu Bushnell](#), Ph.D. as an additional signer to Veterans note.

Psychoeducational Classes & Workshops:

TCM Orientation Group: For TCM Veterans that are new to the Phoenix VAHCS. Provides information on common post deployment/ transitional concerns, connecting to VA services and benefits, resources available within VA, staff is available to coordinate care.

Where: Amethyst Clinic

When: Offered the 2nd and 4th Thursday of each month 2:00-3:00pm

And the Audiology Clinic.

When: 1st Tuesday of each month 2:00-3:00pm

To Refer: Walk-in service – no appointment needed

For questions contact: [Shilo Catlett](#), LCSW

Benefits Information: A representative from the VA Regional Office will be on site to assist Veterans with questions/needs regarding benefits, service connected claims, assistance with completing claims paperwork etc.

When: Offered the 2nd and 4th Thursday of each month, and coinciding Monday

Where: Amethyst Clinic

To Refer: Please send the interested TCM Veteran for this walk-in service (No appointment required). Schedule may change, contact clinic 602.277.5551 Ext. 6750 to confirm.

Care Giver Support: Team member the caregiver support program will be on site to answer questions, check on status of claims etc.

When: Mon - Fri from 0800-1400

Where: Amethyst clinic walk in.

AW2 Advocate: The AW2 Advocate Guides Soldiers, families and caregivers throughout the recovery and transition process and educates them on the benefits and resources available. Each severely wounded, ill or injured Soldier enrolled in AW2 is paired with an AW2 Advocate. Together they collaborate to set goals for the Soldier's families to meet the personal needs and abilities of the individual AW2 Soldier.

When: Mon-Thurs 0630-1500

Contact: [Timothy Dixon](#), MSW, MS: 520-678-4889

Eligibility Requirements:

To be considered eligible for entry into AW2, Soldiers must have sustained wounds, illness, or injuries incurred in the line of duty after September 10, 2001 and received, or are expected to receive at least a 30 percent Army Disability rating from the Integrated Disability Evaluation System (IDES) for one of the following conditions:

Blindness or severe loss of vision

Loss of limb

Hearing loss or deafness

Burns or permanent disfigurement

Paralysis/spinal cord injury

Traumatic Brain Injury (TBI)

Fatal and incurable disease with limited life expectancy of one year or less

-Or-

Receive a 30 percent IDES (Army) disability rating for any other combat related condition or caused by an instrumentality of war (Answering Yes to V/1 or V/3 on DA Form 199), including Post Traumatic Stress Disorder (PTSD) and other Behavioral Health (BH) conditions

-Or-

Receive a combined 50 percent IDES (Army) disability rating for any other combat related conditions or conditions caused by an instrumentality of war (Answering Yes to V/1 or V/3 on DA Form 199)
The AW2 Director has the authority to approve an exception to policy to allow a Soldier not meeting the above criteria into the AW2 Program on a case by case basis

Substance Abuse Residential Rehabilitation Treatment Program (SARRTP)

The Substance Abuse Residential Rehabilitation Treatment Program (SARRTP) is an intensive residential program for Veterans who have attempted treatment for substance abuse disorders in the past but have been unsuccessful in maintaining recovery outside a structured setting. The SARRTP is a 24-bed unit, which currently houses 20 males and four female residents. Length of stay is based on need but typically lasts from one to three months.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Monday – Sunday

Program Number: 602.277.5551 Ext. 3952, 5399

Staff Contact Numbers

Program Manager [Jama Burkeen](#) 602.277.5551 Ext. 5954

Medical Director SARRTP [Dr. Show Lin](#) 602.277.5551 Ext. 2559

SARRTP Admissions

Coordinator: [Tywan Anjani](#), LMSW 602.277.5551 Ext. 5399

Physician Assistant

[Laura Fox](#), PA 602.277.5551 Ext. 2555

Psychology

[Jason Netland, Ph.D.](#) 602.277.5551 Ext. 7981

Pharmacist

[Taylor Nichols](#) 602.277.5551 Ext. 4320

Nurse Manager [Katie Schoenwald-Oberbeck](#) 602.277.5551 Ext. 5134

Social Work

[Jim Jones](#) LMSW, 602.277.5551 Ext. 5727

[Melisa Thesing](#) LCSW 602.277.5551 Ext. 7766

[Erica Leffler](#), LMSW Cell 480.487.7399

Addiction Therapist [Cornell Poitier](#) 602.277.5551 Ext. 2566

Recreation Therapist

[Michelle May](#) 602.277.5551 Ext. 5395

Peer Support

[Carol Tucker](#), 602.277.5551 Ext. 3952 Cell: 480.510.8218

Services Offered and How to Access Them

Participants will be in therapeutic recovery groups daily for a minimum of six hours Monday – Friday and four hours Saturday and Sunday.

Eligibility

The Veteran Must:

Have current difficulty with substance abuse, be medically and psychiatrically, stable. Not be in need of medically assisted withdrawal (Inpatient Detox). Have had previous unsuccessful attempts at treatment or sobriety, need the structure and support of residential treatment, not be in danger to self or others, lack a stable lifestyle or living arrangement, be capable of self-care. Have treatment and rehabilitation needs that can be met by the program.

How to Refer to SARRTP

The Veteran must first be screened for eligibility for SARRTP. A Veteran may request a referral (consult) from their provider or call ext. 5399 and ask to schedule a screening. If found appropriate, for residential treatment after the screening the Veteran will be contacted by a SARRTP clinician with a target admission date. If admission dates are longer than two weeks the Veteran will be offered alternative treatment options. While waiting placement the Veteran should attend SARRTP Preparation Group (offered Tues. and Thur. at 3:00pm in the Brite Building #31. Veteran should obtain a TB test prior admission to the program

How to participate in SARRTP Recreation Therapy Groups.

All Veterans admitted to the SARRTP Program are expected to participate in all programming as scheduled. Consult to SARRTP for admission screening is required for participation in the program.

Substance Use Disorder Treatment Program (SUDTP)

The Substance Use Disorder Treatment Program's (SUDTP) mission is to provide Veteran centered, evidence based, state of the art, high quality outpatient rehabilitation and treatment services for Veterans with substance use disorders. The SUDTP identifies and addresses goals of rehabilitation, recovery, health maintenance, improved quality of life, and community integration.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Number: 602.277.5551 Ext. 7640

Staff Contact Numbers

Program Manager [Becky Hyduke-Rundall](#) LCSW, 602.277.5551 Ext. 7741

Psychology

[Jason Netland, Ph.D.](#) 602.277.5551 Ext. 7981

Social Work

[Dr. Ed Mann](#) Ph.D. 602.277.5551 Ext. 6089

[Christopher Harris](#), LMSW 602.277.5551 Ext. 5318

[Kelly Morrison](#) LMSW, 602.277.5551 Ext. 2541

[Dino Haley](#) LMSW, 602.277.5551 Ext. 7609

[Veronica Volcan](#), LMSW 602.277.5551 Ext. 4259

[David D'Auteuil](#) LCSW, 602.277.5551 Ext. 7143

Addiction Therapist

[Kerry Taylor](#) , LAC, MA 602.277.5551 Ext. 5382

Peer Support

[Robert Braxton](#) 602.277.5551 Ext. 5249

Services Offered and How to Access Them

SUD Primary Programs

Screening Hours – Mon thru Fri 1:00pm – 3:00pm

Intensive Outpatient Treatment Program – Nine hours per week for six weeks, mornings only.

Justice Involved Intensive Outpatient Program – Nine hours per week mornings only

To Refer Co-sign [Becky Hyduke-Rundall](#), LCSW for any referrals

Outpatient Program – Six hours per week for Six weeks. Mon & Wed 10am-Noon and 4:00-6:30pm.

Seeking Safety – PTSD and substance abuse treatment Tues. 9:30 – 11am and Thurs. 12:30 – 2:00pm

To Refer add [Chris Harris](#), LMSW as an additional signer to the Veterans note.

Treatment Modalities: Cognitive Behavioral Therapy, Motivational Interviewing, Psychoeducation, Mindfulness. The Matrix Model

Women in Recovery: This is a Women's Only group to address the unique concerns for women with addiction.

When: Every Sat from 1:30-3:30pm

Where: Building 31

How to Refer: Place a Consult, notify [Veronica Volcan](#) OR present as a walk in during the OP substance abuse clinics hours from 1:00-3:00pm

Aftercare Program

AM Aftercare – Attendance in 1-4 continuing care groups weekly is encouraged for six weeks post discharge from any primary program to help insure Veterans treatment goal and recovery success.

Must be staffed by SUDTP Staff - [Becky Hyduke-Rundall](#), LCSW or the Veteran can walk in

PM Aftercare – Tues 5:00pm – 6:00pm

Relapse Prevention – Tues. or Thurs. at 10:00am

Other SUD Services –

Buprenorphine

To Refer Consult required

Some SUD treatment services available at the SE and SW CBOC

Phoenix-Brite Post-Hospitalization SWS Orientation

This group is an opportunity for Veterans that are hospitalized to receive an immediate orientation into the Specialty Mental Health Programs in Bldg. This is not meant for Veterans already engaged in SUD, PRRC, MHICM, or SARRTP services.

When: Mon at 9:00am and 1:00pm
Tues at 3:00pm
Weds at 2:00pm
Thurs at 9:00am

Where: Bldg. 31

How to Refer: Please call 602.277.5551 Ext. 7640 for any questions or to refer

Veterans will be provided information on all the programs in Bldg. 31/Brite Bldg. including SUD, SARRTP, PRRC, MHICM and CWT. They will be given opportunities to schedule appointments with providers in the appropriate programs within a week of their orientation for an individual assessment.

Please indicate which program the Veteran would be most appropriate for in the discharge note.

Veterans Justice Outreach (VJO)

The Veterans Justice Program (VJP) is under the Phoenix VA Health Care System's comprehensive network of homeless services for Veterans. The aim of the VJP is to avoid the unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible, justice-involved Veterans have timely access to the Veterans Health Administration (VHA) services, as clinically indicated.

Location: [1500 E. Thomas Rd. Ste. 106 Phoenix, AZ 85014](#)

Program Hours: Mon – Fri 7:30am – 4:30pm

Program Number: Cell phones listed below

Staff Contact Numbers

VETERAN COURTS AND CONTACT INFORMATION:

Maricopa County Veterans Court (most felony cases):

Jennifer Castaneda, LCSW, Veterans Justice Program Specialist Phoenix VAMC
Cell: (602) 402-1253, [Jennifer Castaneda](#),

City of Phoenix Veterans Court:

For referrals: Veterans should contact Melvin Morris the Phoenix Veterans Court Coordinator @ 480-521-1238

For other information on City of Phoenix Veterans Court, please contact:
Veterans Justice Programs Specialist

Anna Bourne, LCSW
Cell: 480-450-0088, Anna.Bourne@va.gov

Monica King, LCSW
Cell: 602-541-2009, Monica.King@va.gov

East Valley Regional Veterans Court (EVRC) and Mesa Veterans Court:

This court includes Tempe, Scottsdale, Chandler, Gilbert, Paradise Valley, Fountain Hills and Cave Creek

Veterans Justice Programs Specialist
Ellyn Black, LCSW
Cell: 602-513-6859, Ellyn.Black@va.gov

Brian D'Agnolo,
Cell: 480-450-2571, Brian.DAgnolo@va.gov

Federal Veterans Probation Court

Veterans Justice Program Specialist
Jennifer Castaneda, LCSW
Cell: (602) 402-1253, [Jennifer Castaneda](mailto:Jennifer.Castaneda)

Maricopa County Drug Court Veterans Track

Veterans Justice Programs Specialist
Jennifer Castaneda, LCSW
Cell: 602-402-1253, [Jennifer Castaneda](mailto:Jennifer.Castaneda)

Phoenix VA Police Diversion Program VA diversion program:

Veteran Justice Programs Specialist/Medical Foster Home Program Coordinator
Brian D'Agnolo, LICSW
Cell: (480) 450-2571, Brian.DAgnolo@va.gov

Healthcare for Re-Entry Veterans (HCRV):

For veterans released from prison in the past 30 days, please refer to:
Healthcare for Re-Entry Veterans Specialist
Cindy Huerta-Montoya, LCSW
Cell: 602-291-0666, Cynthia.huertamontoya@va.gov

Veterans Justice Programs Peer Support Specialists:

For additional resources and support for Justice Involved Veterans, contact:
Peer Support Specialist

Sandra Topete-Ziegler
Cell: 480-259-9791, Sandra.topete-ziegler@va.gov

Ray Perez
Cell: 480-253-8549, Raymond.perez3@va.gov

Jail Outreach:

For any question regarding jail or jail outreach contact
[Jennifer Castaneda](mailto:Jennifer.Castaneda), LCSW Veterans Justice Programs Specialist Phoenix VAMC
Cell: 602-402-1253

Services offered and How to Access Them

VJO specialists provide direct outreach, assessment and case management for justice-involved Veterans in local courts and jails and liaison with local justice system partners.

Mission of the VJO Program

- To provide support, information, and resources to facilitate a successful transition from the justice system to the community

- To prevent homelessness
- To reduce the impact of medical, psychiatric, and substance abuse problems
- To decrease re-incarceration rates
- To build and develop a network of care that includes VA and non-VA resource

How to Refer: Veterans and families can contact VJO social workers for services Monday through Friday 7:30am – 4:30pm (excluding holidays).

*****The VA cannot provide legal services.** For legal assistance, visit the “State Side Legal Help” Website or contact a local VJO specialist, who may know of community legal***

Compensated Work Therapy (CWT)

Compensated Work Therapy is a recovery orientated, vocational model in the continuum of the Veterans Health Administration (VHA) Work Restoration Services. The mission of the CWT Program is to provide vocational services and support to help facilitate re-entry into the employment sector. CWT supports through vocational case management and workplace supports that facilitate and encourage continued employment success. CWT endeavors to match and support work ready Veterans in competitive jobs and utilizes the Veteran's skills, abilities and job preferences to help them develop good job matches with local businesses and industries regarding their specific employment needs. (Per legislation in support of rehabilitative eservices, participation in CWT cannot be used to reduce, deny or discontinue VA Compensation or pension during participation in the Program.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Mon – Fri 7:00am – 4:30pm

Program Number: 602.277.5551 Ext. 5987

Staff Contact Numbers

Program Manager

[Billy Kyles](#), LCSW, 602.277.5551 Ext. 5987

Transitional Work

[Aleishia James-Cooper](#), LMSW, 602.277.5551 Ext. 7202

Community Based Employment Services

[Jeffery Gilliam](#), MSW, 602.277.5551 Ext. 3141

Supportive Employment

[Sergio Morning](#), VRS, 602.277.5551 Ext. 2552

[Paul Velez-Salazar](#), VRS, 602.277.5551 Ext. 4098

Peer Supports

[Robert Warren](#), 602.277.5551 Exit 5269

CWT/SARRTP

[Jared Kinnaman](#), CRC, VRS

602.277.5551 Ext. 5051

Services offered and How to Access Them

Transitional Work (TW): Is a pre-employment vocational program where Veterans are matched to real life work assignments in the VA or community setting for a time limited basis. Veterans are supervised by personnel of the sponsoring site, under the same expectations experienced by non-CWT workers. Veterans are not considered employees and receive no traditional employee benefits. They earn the greater of federal or state minimum wage. Through Transitional Work placements, Veterans develop marketable skills, improve employability, and increase self-confidence.

Community Based Employment Services (CBES): Offers Community Based Employment Services and supports to help Veterans secure and maintain competitive employment in the community setting. Vocational supports are individualized, flexible and designed for each Veteran based on their strengths, interests and support needs.

Supported Employment (SE): Is an evidenced based vocational therapy that provides assistance in locating and maintaining competitive employment for Veterans with serious mental illness. Vocational services are integrated with mental health treatment and vocational supports are provided as long as clinically required. Supported Employment consist of full-time or part-time competitive employment. Veteran's vocational skills, abilities and job preferences are matched to specific needs of an employer in appropriate job settings.

Compensated Work Therapy/Substance Abuse Residential Rehabilitation Treatment Program (CWT/SARRTP): Employment services are available to Veterans enrolled in the SARRTP program. CWT staff provide individualized vocational services and supports during the Veteran's active participation in the recovery process. Employment services are provided on a one on one basis and services are tailored to meet the needs of the Veteran while in recovery.

CWT Peer Support Services: Peer Support Services are available to all Veterans enrolled in the CWT Program by a certified peer support specialist. Peer support services are an important component to the recovery model and offers a wide range of services to support the needs of Veterans. Services include but are not limited to: Individualized supports to help achieve recovery and vocational goals, vocational and career guidance, assistance to help identify personal strengths and overcome barriers, and bridges the gap between the Veteran and their CWT treatment team.

CWT Employment Workshops: Are designed to teach, educate and inform Veterans about the CWT Programs, the employment sector and services. The workshops offer tips on the things Veterans can do to improve their chances of getting and/or maintaining successful employment. Employment workshops are held in the BRITE building 31 and are open to all Veterans, no appointment required.

Orientation to the CWT Programs: Held every 2nd & 4th Mondays @2-3pm Building 31. There is no appointment required and all Veterans and staff are welcome.

Referrals to CWT

Referrals to the CWT program requires an electronic consult from the Veteran's treating provider (e.g., psychiatrist, primary care provider, nurse practitioner, physician assistant, or LCSW). In addition, the CWT program provides vocational assistance which does not require a consult.

Housing and Urban Development VA Subsidize Housing (HUDVASH)

HUD-VASH is a clinical social work program with a housing component. HUD-VASH stands for Housing and Urban Development – VA Supportive Housing. It is a collaborative effort between HUD and the U.S. Department of Veterans Affairs to provide clinical social work services to homeless Veterans with the goal of returning the Veteran to permanent housing.

Homeless Veterans can present to the CRRC Mon-Fri 0730-1600 to be assessed for the most appropriate level of housing intervention.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)
Program Number: 602.277.5551 Ext: 7807

Staff Contact Numbers

Supervisors [Michelle Hovis](#) LCSW, 602.277.5551 Ext. 3589
[Dan Morgan](#), LCSW 602.277.5551 Ext. 7433
[Beth Ann Elliot](#) LCSW, 602.277.5551 Ext. 5580

Health RN/NP

[Mary Grosskopf](#), NP 602.881.8244
[Dan Faretta](#) MSN, RN, CNS 480.653.7316

Recreation Therapist

[Barbara Tennis](#) 602.290.8185
[Caily O'Connor](#) 480.353.9537

Services Offered and How to Access Them

Recovery Support for:

- Physical Health
- Mental Health
- Employment/Education
- Substance Abuse

New Skills:

- Social Skills
- Strengthened Natural Support System
- Financial Management Skills

Groups:

- VASH 101 Group: *How to be a good tenant, searching for housing.*
- VASH 202 Group: *Adjustment to Housing*
- Stressed-Out no more Group: *Coping Skills*
- VASH Substance Abuse Recovery Group
- Recreation Therapy: Drumming & Music Ensemble

**Individual Counseling Upon Request*

Recreation Therapy:

Individual (1:1)

Recreation therapist works with individual to assess recreation and leisure interests; facilitates recreation and leisure interventions to include but not limited to, helping decrease isolation; supporting sobriety efforts, and helping with pain management; developing relaxation skills, and decrease symptoms of mental illness.

Community Reintegration

Community Reintegration activities are group activities within the community that provide Veterans with the opportunity to participate with peers to enhance optimal recreation, leisure and functioning. The goal is that the individual will, go through Community Reintegration, re-gain their social skills and obtain continued leisure interests and choose to participate in community recreation and leisure activities independently, either in activities they once enjoyed or have gained new and healthy recreation and leisure interests and activities; and to provide individuals with recreation and leisure opportunities to optimize veteran's quality of life.

Drum Group

Participants learn to play hand drums and additional rhythm instruments in a drum circle format. Participants play along within the group and if comfortable doing so, play solos. Benefits include, but not limited to socialization; self-expression; confidence building; memory work, focus development, reduction of negative thinking, experience state of flow, enhancement of coping.

Music Ensemble

This fun filled and energizing music program is for instrumentalists and vocalists that incorporate a wide range of musical styles and interests.

HUD-VASH 202

This group has a primary focus on housing and related topics but also has a recreation therapy component in each session. Participants receive knowledge of the available housing and recreation and leisure resources in their community, build upon social skills, report on motivation towards developing and maintaining relationships, and the desire to sustain independent living skills.

How to Participate in HUD-VASH Recreation Therapy Program

Veterans must first be enrolled in the HUD-VASH program. Once enrolled in HUD-VASH, a provider can place a consult for HUD-VASH Recreation Therapy Services to participate in the program.

Mental Health Intensive Case Management (MHICM)

Mental Health Intensive Case Management (MHICM) Program provides services to Veterans with a diagnosed serious mental illness. The Mission of the MHICM Program is to reduce inpatient hospitalizations and examples of interventions utilized include: medication management crisis intervention, community integration and supportive counseling.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Mon – Fri 7:30am – 4:30pm

Program Number: 602.277.5551 Ext.6731

Staff Contact Numbers

Program Manager

[Jessica Martin, LCSW](#) 602.277.5551 Ext. 2545

Mental Health RN's

[Michelle Mills](#), 602.277.5551 Ext. 7641, Cell:602.513.6460

[Mark Larson](#), 602.277.5551 Ext. 7641 Cell:602.540.1763

[Ed Schofield](#) 602.277.5551 Ext 7641

Social Work

[Brenda Nichols](#), LMSW 602.277.5551 Ext. 7644 Cell:480.341.4642

[Sean Feller](#), MSW 602.277.5551 Ext. 5431

[Antonio Rivera](#) MSW 602.277.5551 Ext. 5807

[James Cox](#) LMSW 602.277.5551 Ext. 3541

[Matthew Isaacson](#), LMSW 602.277.5551 Ext. 3286 Cell:480.204.0045

[Joseph Bird](#), MSW 602.277.5551 Ext. 5807

[Joel Thompson](#), LCSW, 602.277.5551 Ext. 4416

Peer Support

[Henry Stevens](#) (Scott) Cell 602.541.5732

[Regina Locke](#), 480-389-7837

Services Offered and How to Access Them

- Intensive and supportive case management in the home or place of residence
- Coordination of primary medical and mental health care
- Assistance with medication management
- Crisis management
- Information, referral assistance in applying for needed benefits

- Counseling and assistance regarding family issues, finances, housing alternatives, social skills, and activities of daily living
- Access to vocational assessment and counseling

To Refer: Veterans must be eligible for VA services and enrolled in the Phoenix, Healthcare System. Veterans are referred through VA healthcare professionals, inpatient wards and outside resources.

Entry Requirements:

- Veterans who have a diagnosis of a serious mental illness
- Veterans with frequent hospital admissions related to psychiatric illness
- Veterans with a desire to improve their quality of life

Exclusions:

- Veterans whose primary problem is substance abuse or dementia
- Any Veteran who does not voluntarily agree

Primary Care - Mental Health Integration (PCMHI)

Primary Care - Mental Health Integration (PCMHI) locates mental health services conveniently in primary care to address Veterans' needs often on the same day as a primary care provider visit. When primary care provider recognize that a Veteran has a mental health concern, they collaborate with PCMHI providers who are co-located within those clinics. PCMHI providers first see the patient for a brief assessment and treatment planning. Many mental health and behavioral health concerns are addressed in primary care with brief, targeted therapies. Primary care and PCMHI providers work together to care for Veterans using a team-based approach, providing Veterans with continuity of care and a timely, collaborative care experience.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Mon– Fri 7:30am – 4:30pm

Program Number: 602.277.5551 Ext.2927

Staff Contact Numbers

Program Manager

[Kristy Straits-Troster](#), PhD, ABPP 602.277.5551 Ext. 5383

Administrative Nurse Manager

[Lana Peoples](#) RN 602.277.5551 Ext. 6852

Depression Care Managers are Co-Located in Primary Care Clinics and can connect you with other members of the same PCMHI Team as needed including Psychologists, Psychiatrists, and Social Workers

Main Facility

Emerald Clinic [Lydia Green](#), RN 602.277.5551 Ext. 3404

Thunderbird CBOC

[Valissa Witmer](#), RN 602.633.6925

Northwest CBOC

[Joshua Backens](#) RN 623.322.8692

Southeast CBOC

[Kathleen Gallager](#), RN 602.339.0169

[Beckie Coleman](#), RN 480.825.7208

[Milissa Ward](#), RN 480.406.7948

Northeast CBOC (Scottsdale)

[Cheryl Zarobell](#), RN 480.579.2234

Midtown Clinic

[Brenda Dechant](#), RN 602.234.7192

Services Offered and How to Access Them

Behavioral Health Classes Offered

Sleep Interventions – (varied class options) – Learn about skills / habits that will help you maximize the quality of your sleep

- ❖ Sleep Screening Class
- ❖ Sleep Management Class
- ❖ CBT-I Class- Six week evidenced based insomnia treatment

Problem Solving Training: (Four-week class) Learn effective problem-solving strategies and identify the barriers that stand in the way of living the life you love.

Chronic Pain Self-Care Class: Six-week class that covers a variety of behavioral and cognitive skills for managing pain. The groups' focus is on improving functioning and quality of life.

CPAP Adherence Group: Five-week class that provides education regarding the effects of untreated sleep apnea and the desensitization protocol to increase CPAP use.

Anger Management: (Eight-week class) Identify triggers/cue, learn skills for reducing anger and preventing aggression.

Mindfulness Based Stress Reduction (MBSR): (Eight Week class) Learn tools to fully engage with the present moment and reduce stress. Mindfulness is one of PCMHI's most popular classes.

Anxiety Management: Four-week CBT-based group providing skills for management of anxiety symptoms.

To Refer: VA Providers-Warm handoff to PCMHI staff onsite preferred. Or you can co-sign [Dr. Andrea Saathoff](#) to a note indicating which class.

PCMHI Services

Smoking Cessation: (Four-week class) Education and support to be tobacco free

- ❖ 1st four Wednesdays of the month, Veterans may drop in on any Wednesday
- ❖ No Appointment needed, 2:00pm – 3:30pm, prosthetics conference room, 2nd floor

For all groups patients should:

- Have mild-to-moderate psychological distress or symptoms
- Be psychiatrically stable / not suicidal

- Not be considered for treatment with specialty mental health

To Refer: Community Providers-Veterans can ask their primary care provider or depression care manager about these classes

VA Providers-Please co-sign [Dr. Andrea Saathoff](#) to a note indicating, which class the Veteran, is interested in

Health Care for the Homeless Community Resource and Referral Center (CRRC)

Location: [1500 E. Thomas Rd. Ste. 106 Phoenix, AZ 85014](#)

Program Hours: Mon – Fri 7:30am – 4:00pm

Program Number: 602. 248.6040

Staff Contact Numbers

Main Points of Contact

CRRC Coordinator [Penny Miller](#), LCSW, Phone 602.717.6785

HCHV Coordinator [Jeff Willgale](#), LCSW, Phone:602.320.1986

HCHV Section Chief [Amanda Mason](#), LCSW, Phone: 602.568.8157

Outreach Social Workers

[Michelle Sullivan](#), LCSW, 602.510.4699

[MaryAnn Zoeller](#), LCSW, 602.316.8869

[Maria Beltran](#), LMSW, 602.884.5016

[Nerissa Moser](#), LMSW, 602.802.5666

[Ani Saraydarian](#), LMSW, 480.416.9362

Addiction Therapist

[Rick Isles](#), LAC 602.228.0594

Peer Support Specialists

[James Loehr](#) 480.353.7082

[Bella Hudspeth](#) 480.369.1051

[Jesse Ruelas](#) 480.435.1144

HPACT

Medical Support Assistant [Greg McGill](#) 602.248.6048

HPACT LPN [Courtnee Stewart](#) 602.248.6046

HPACT RN [Dennis Reinhart](#) 602.248.6045

HPACT SW [Caryl Gobel](#), LCSW, 602.831.7202

Grant Per Diem

MANA House Bridge

[David Klein](#), LCSW, 602.708.7213

MANA House Service Intensive

[Mary Picardi](#), LCSW 480.353.8278

US Vets Bridge

[David Klein](#), LCSW, 602.708.7213

US Vets Low Demand, Clinical Treatment, and Hospital to Housing

[Mary Picardi](#), LCSW 480.353.8278

UMOM

[Mary Picardi](#), LCSW 480.353.8278

CBI

[Esther Thomas](#), LCSW 602.803.2148

Contract Housing

Ozanam Manor, Crossroads, Walton House

[John McVade](#), LCSW, 602.510.7971 and

[Esther Thomas](#), LCSW 602.803.2148

Services Offered and How to Access Them

Daily:

- Courtesy SHUTTLE (Round-trip to/from VA & CRRC)
- Eligibility Verification & Registration
- Clothing & Hygiene Program (Limited In-Kind Benefits)
- Outreach & Assessment for all Healthcare and Housing Needs
- Peer Support
- Employment Services
- Medical Care
- Substance Abuse Services

Every:

Weds & Fri 9:00am-4:00pm VA Benefit/Claims Assistance

National 24/7 Call Center for Homeless Veterans

1.877.424.3838

Additional Services Provided by Our Community Partners:

- Transitional Housing Screenings
- Senior Housing Placement
- Children and Family Services
- Child Support Services via Community Legal
- Rally Point Navigation
- Apartment Finder Assistance
- Financial Counseling
- ID Vouchers via Homeless ID Project

How to Refer: The primary referral process for the Veteran to receive care at the CRRC is by walk in.

Southwest Community Based Outpatient Clinic (SW-CBOC)

The Southwest Community Based Outpatient Clinic (SW-CBOC) is designed to provide ease of access to care for Veterans located in the Avondale, Buckeye, Goodyear, Laveen, Tolleson, West Phoenix, and other Southwest Valley Communities. The SW-CBOC provides primary and mental health care services, Social Work Services, Clinical Pharmacy Consultation and a Laboratory Draw Station. The clinic does not have its own pharmacy onsite; prescriptions will be filled and mailed through the Main Facility.

Location: [9250 W. Thomas Rd., Suite 400](#) Phoenix, AZ 85037

Program Hours: Mon– Fri :30am – 4:00 pm

Phone: 623.772.4000

Fax: 623.772.6630

Staff Contact Numbers

[Lena Jefferson Wilson](#), MD ABPN, FAPA, 623.772.4092

Pharmacist

[Christine Fergus](#), 602-633-6900 x4357

[Mandy Short](#), 602-633-6900 x4357

Psychology

Lead Psychologist: [Maria Hamilton](#) 623.772.4049

[Spencer Beck Ph.D.](#) 623.772.4052

[Travis Nichols, Ph.D.](#) 623.772.4051

PCT Dr. [Rebecca Moe](#), 623.772.4091

PCMHI DCM [Staci Fine](#), RN, 623.772.4089

Social Work

TCM Social Worker

[Kelly Rieke](#), LCSW 623.772.4090

PACT Social Workers

[Katia Blevins](#), LCSW 623.772.4080

PCMHI Social Worker

[Andrea Sheldon](#), LCSW 602.290.7993

Recreation Therapist

[Carolyn Curcio](#), CTRS 602.277.5551 Ext. 2586

Services Offered and How to Access Them

Individual Therapy:

Evidenced Based Psychotherapy: (12-16 weekly sessions on average) CBT, IPT, CBTI, time limited, structured, goal-orientated individual treatment. Please discuss with the Veteran this form of therapy will involve weekly attendance and daily assignments in a structured, therapeutic manner.

To Refer: Consult: Outpatient Consults, Mental Health/Mental Health Providers only, General Mental Health Psychotherapy/Psychotherapy Individual Outpatient

Evidence Based PTSD Therapy: (10-12 weekly sessions on average) Time limited, trauma focused treatment for PTSD. This includes referrals for Prolonged Exposure Therapy (PET) or CBT. A six-week coping skills class specifically for PTSD is also offered. Please discuss with the Veteran this form of therapy is trauma focused and will involve weekly attendance and daily assignments in addition working through traumatic experiences in a structured, therapeutic manner.

To Refer: Enter a PCT consult specifying request for treatment at the SW CBOC and the Veteran will be contacted regarding PTSD treatment.

Group Therapy:

CBT Coping Skills Group: (10 weeks) Group teaches CBT based coping skills for anxiety and depression.

Where: SW CBOC

When: Thursdays from 10:00-11:00am.

How to Refer: Consult: Outpatient Consults>Mental Health>Mental Health Providers Only>General Mental Health Psychotherapy>Psychotherapy Group Outpatient

Pathfinder Group: DBT skills only focusing on being more comfortable with emotions (rather than avoiding or resorting to anger), using more effective skills when feeling very stressed, improved communications with others and feeling more comfortable with yourself by learning to be present (rather than being stuck in your head)

Where: SW CBOC

When: Tuesday 1:00-3:00pm

To Refer: Consult: Outpatient Consults>Mental Health>Mental Health Providers Only>General Mental Health Psychotherapy>Psychotherapy Group Outpatient

SW CBOC PCT Men's CPT Services: Trauma-focused Psychotherapy, including Cognitive Processing Therapy (CPT), Prolonged Cognitive Process Therapy (CPT): Offered in-group only format at the SW CBOC (No Trauma account/all eras).

When: Tuesday 10:00-11:00 am

To Refer: Please contact [Kelly Rieke](#), LCSW

Anger Management:

When: Mondays 1400-1530

How Long: Eight weeks, 90 minutes

To Refer: Please Contact Andrea Sheldon, LCSW

TCM Social Worker Services: Provides assessments, resource connections, therapy (individual, couples, and family) and group skills, using evidenced based practices. Treatment focuses on clear achievable goals related to transition, post-deployment, and readjustment needs.

To Refer: Co-sign [Kelly Rieke](#), LCSW

Mental Health Nurse: Provides RN Case management. Medication checks, supportive counseling, communication between the Veteran and provider.

Recreation Therapy Groups offered

Group Exercise Each exercise group consists of stretching, resistance band exercises, flexibility and low impact cardio all done while seated in a chair and listening to music.

Adaptive Yoga This yoga class has been modified to accommodate seated participants. It is designed to promote relaxation, increased flexibility, improve physical strength, enhance focus, and assist with pain management.

Group Exercise Core Stability Each exercise group consists of stretching, resistance band exercises, flexibility and low impact cardio all done while seated in a chair and listening to music. There will be a section of core work, promoted to target lower back pain and balance issues

TAI CHI A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” regular practice promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain.

How to Refer Request a consult for OP Rec Therapy and specify the SW CBOC location

Midtown VA Clinic (MT-COBC)

The Midtown Clinic is an outpatient clinic designed to provide ease of access to care for Veterans located in the heart of Phoenix. This clinic provides Integrated Primary Care Mental Health Services, Social Work, Nutrition, Clinical Pharmacy Consultation and a Laboratory Draw Station. The entire Post Traumatic Stress Disorder (PTSD) Clinic is located at the Midtown location. The clinic does not have a pharmacy onsite, prescriptions will be filled and mailed through the Main Facility.

Location: [5040 N. 15th Ave Phoenix, AZ 85015](#)

Program Hours: Mon– Fri 7:30am – 4:30pm

Program Number: 602.234.7080

Staff Contact Numbers

Psychology

PCT Program Director /Clinical Psychologist [Dr. Brandi Luedtke](#), Psy.D. 602.234.7158

PCMHI Psychologist [Dr. Andrea Saathoff](#) 602.234.7100

PCMHI [Psychologist Dr. Erin](#)

[Dr. Courtney Baker](#) 602.234.7155

[Dr. Tim Ayers](#), 602.234.7161

[Dr. Kyle Lowrey](#) 602.234.7205

Psychiatry

[Dr. Dorothy Piekut](#) 602.234.7198

Depression Care Manager

[Brenda Dechant RN](#) Phone: 602.234.7121

[Sue Fradkin, RN Phone](#) 602.234.7192

Social Work (Located at the Midtown Clinic)

MST Coordinator [Sharon Coleman, LCSW](#), 602.234.7157

[Amanda Kraker, LCSW](#), 602.234.7152

[Jen Egan, LCSW](#), 602.234.7148

PTSD Program

[Jennifer Cataleta, LCSW](#), 602.234.7151

[Krista Drain, LMSW](#), 602.234.7153

Posttraumatic Stress Disorder Clinical Team (PCT)

We are dedicated to working with Veterans who have experienced traumatic events in their lives. The clinic purpose is to help Veterans deal with immediate and long-term effects of these events. We are committed to respectfully help you reach your goals using resources and programs within the clinic.

Treatment Options:

The clinic is a treatment team of trauma specialists. Providing evidenced-based treatments and psychiatric care for trauma-related symptoms for both men and women. We do not provide PTSD evaluations for service Connection claims. The clinic treatment options include:

- Trauma-focused Psychotherapy: Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and EMDR, Cognitive Behavioral Conjoint Therapy for PTSD (CBCT for PTSD)
- Classes & Other Treatments: Insomnia, Acceptance and Commitment of PTSD Therapy (ACT), Yoga, Mindfulness-Based Stress Reduction for PTSD, Nightmare Therapy (IRT)
- Psychiatric Care: Medication Management Treatment Options explained on the following pages:

Men's MST Group(CPT): Focuses on the connections between thoughts, feelings and behaviors for PTSD and related conditions. Includes written trauma account. Additionally, Veteran will be assigned and individual therapist with whom they will meet weekly with for one hour.

Where: Midtown Clinic

When: Tuesdays 1:00pm-3:00pm

How to Refer: Contact [Jennifer Egan, LCSW](#)

Women's (CPT) Group: Focuses on the connections between thoughts, feelings and behaviors for PTSD and related conditions.

Where: Midtown Clinic

When: Thursdays 1:00pm-3:00pm

How to Refer: Contact [Sharon Coleman, LCSW](#)

Women's STAIR Group: Skill Training in Affect and Interpersonal Regulation (STAIR) is a cognitive behavioral therapy for those suffering from intrusive symptoms after traumatic experiences. The overall goal of STAIR program is to provide the tools/skills to trauma survivors that reduce trauma symptoms, improve emotion management skills, and improve functioning in relationships.

Where: Midtown Clinic

When: 10:00am-12:00pm

How to Refer Contact: [Amanda Kraker, LCSW](#)

Cognitive Processing Therapy ((CPT)

Goals:

- Reduce trauma-related symptoms (intrusive thoughts, nightmares, avoidance, emotional numbing, loss of interest, sleep disturbance, hypervigilance, excessive startle response
- Improve overall functioning
- Learn skills to help yourself after therapy is over

Prolonged Exposure (PE) Therapy

Goals:

- Reduce trauma related symptoms included intrusive thoughts, nightmares and flashbacks, avoidance, emotional numbing and loss of interest, sleep disturbance, irritability, hypervigilance, and excessive startle response
- Improved daily functioning, including substantial reduction in depression, general anxiety, and anger have been observed in clients treated with PE
- The standard treatment program consists of nine to twelve 90-minute sessions

Eye Movement Dispensation & Reprocessing Therapy (EMDR)

Goals:

- Gaining a new understanding of the (“reprocessing”) of the events, the bodily and emotional feelings and the thoughts and self-images associated with these events
- Addresses the past experiences that have set the groundwork for problems
- Addresses the current situations that trigger difficult emotions, beliefs and sensations
- Develop positive experiences needed to enhance future positive and adaptive behaviors and mental health

Mindful Yoga

- Will consist of mindfulness practice and gentle restorative movement.
- All ages and Gender can participate
- Please check with your PCP if you are concerned about your health.
- Sharon Coleman, LCSW Tuesdays 10:00am-11:30am Eight weekly sessions 75 minutes each

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Goals:

- To improve quality of sleep and reduce daytime sleepiness
- Improve education about sleep and causes of insomnia
- To teach individuals strategies which have been proven through research to be effective in improve sleep

Imagery Rehearsal Therapy (IRT)

Goals:

- Reduce frequency and intensity of nightmares
- Improve sleep quality

- Increase sense of control over nightmares Skills Training in Affective and Interpersonal Regulation (STAIR)

Goals:

- To reduce PTSD Symptoms
- Improve emotion and management skills
- Improve functioning in relationships

Mindfulness Based Stress Reduction (MBSR)

- The course is taught in 8 consecutive weeks, meeting once per week for two hours to learn techniques of mindfulness meditation. The Mindfulness approach is taught through lying and sitting meditations, light stretching or Yoga and walking.
- [Dr. Brandi Luedtke](#) Mondays 12:00pm – 2:00pm

Cognitive-Behavioral Conjoint Therapy (CBCT) for PTSD

Goals:

- Reduce trauma related symptoms (for example avoidance, intrusive thoughts, emotional numbing, anger and loss of interest)
- Enhance communication, intimacy, cohesion and relationship satisfaction
- Learn skills to help each other after therapy is over

Southeast Community Based Outpatient Clinic (SE - CBOC)

The Southeast Community Based Outpatient Clinic (SE-CBOC) is based on a primary care model of health care that has physicians, physician's assistants, and nurse practitioners that provide care. The clinic has several medical and psychiatric specialties available on site: for example, there is psychology, psychiatry, dermatology, gastroenterology, and rheumatology. The clinic has its a laboratory, social workers, and dietician. The clinic does not have a pharmacy onsite, prescriptions will be filled and mailed through the Main Facility.

Location: [3285 S. Val Vista Dr. Gilbert, AZ 82597](#)

Program Hours: Mon – Fri 7:30am – 4:30 pm

Extended Hours: Thurs until 6:30pm and Sat 7:30am – 4:00pm by appt

Program Number: 480.397.2800

Staff Contact Numbers

Administrative Officer [Paula Fisher](#) phone 480.397.2800 Ext. 2813

MSA Lead [John Compton](#) 602.277.5551.Ext. 7302

Scheduling Operations Supervisor, [Pauline DeWenter](#) 480.397.2997

Psychology

Lead Psychologist: Dr. [Joelle Oizumi](#) 480.397.2838

PCMHI Psychologist Dr. [Jenna Gress-Smith](#) 480.397.2927

PCT Dr. [Michael Moore](#)

PCT Dr. [Danielle Hernandez](#) 480.397.2836

Psychiatry

Lead Psychiatrist Dr. [Aly Hassan](#) 480.825.7225

Dr. [Jose Agosto](#) 602.277.5551 Ext 2487

PCMHI Psychiatrist Dr. [Jerry Thomas](#) 480.397.2979

Mental Health RN's

[Craig Bower](#) 602.277.5551 Ext. 2923

[Cathy Blair](#) 602.277.5551 Ext. 2841

[Kim Bassett](#) 602.277.5551 Ext. 2843

Depression Care Managers

[Kathleen Gallager](#), RN, 602.339.0169

[Beckie Coleman](#), RN, 480.825.7208

[Milissa Ward](#), RN, 480.406.7949

Recreation Therapists

[Dr. Jordan Gregory](#), CTRS 480.397.2885

[Suzanne Prosser](#), MSHCA, CTRS

Social Work

HUD VASH [Christine Hughes, LCSW 602.694.1583](#)

MH SW [Megan Sauter](#), LMSW 480.397.2914

MH SW [Jeff Troutman](#) LCSW 480.397.2993

PACT [Jaime Tovar](#) LCSW 480.397.2874

PACT [Deanna Scott](#) LCSW, 480.397.2872

PACT [Robert Heinz](#), LMSW, 480.825.7211

PACT [Leah Swenson](#), LCSW 480.397.2913

Substance Use Disorder Treatment Program (SUDTP)

SUD [Lisa Benner](#) LCSW, 480.397.2925

Addiction Therapist [Evalee Jacobson](#), MA, LPC Phone: 480-397-2835

Services Offered and How to Access Them

Mindfulness: (4-12 weeks open/rolling admission) Group teaches skills to build present-focused awareness.

When: Fridays 10:00-11:30am

To Refer: Add [Dr. Christopher Ogle](#) as an additional signer to Veterans note. There may be an 8-10 week wait to depend on the number of Veterans already on the waitlist

CBT Coping Skills Group: (8 weeks) Group teaches CBT – based coping skills for anxiety and depression.

When: Weds 2:00-3:30pm.

To Refer: Add [Dr. Joelle Oizumi](#) as an additional signer to the Veterans note there maybe an 8-10 week wait if the group is full or recently started.

PTSD:

Cognitive Processing Therapy: (12 weeks) Group focuses on reducing trauma-related symptoms.

When: Tues 1:00-3:00pm

To Refer: Enter a consult under Southeast PTSD Consult and the Veteran will be contacted regarding PTSD treatment.

Anger:

Anger Management: (10 weeks) Psycho-educational group about anger.

When: Thurs 2:00-3:30pm.

To Refer: Add [Dr. Christopher Ogle](#) as an additional signer to the Veterans note there maybe an 8-10 week wait if the group is full or recently started.

Emotion Dysregulation:

STAIR Group: Teaches skills training in Affect and Interpersonal Regulation

When: Tues 1:00-2:30pm

To Refer: Add [Dr. Doug Kraus](#) as an additional signer to the Veterans note.

DBT:

To Refer: Add [Dr. Joelle Oizumi](#) as an additional signer to the Veterans note. * *Veteran will have to complete 2 preliminary sessions downtown**

Core Class: (6 weeks) Focus is on learning coping strategies to manage anxiety and PTSD symptoms.

When: Thurs 9:00-11:00.

To Refer: Enter a consult under Southeast PTSD Consult and the Veteran will be contacted regarding PTSD treatment.

Individual Therapy:

Evidenced Based Psychotherapy: (12-16 weekly sessions on average) CBT, ACT, IPT time limited, structured, goal-orientated individual treatment.

To Refer: Add [Dr. Joelle Oizumi](#) as an additional signer to the Veterans note and a therapist will be assigned

Evidence Based PTSD Therapy: (10-12 weekly sessions on average) Time limited, trauma focused treatment for PTSD. This includes referrals for Prolonged Exposure Therapy (PET) or CBT. A six-week coping skills class specifically for PTSD is also offered. Please discuss with the Veteran this form of therapy is trauma focused and will involve weekly attendance and daily assignments in addition working through traumatic experiences in a structured, therapeutic manner.

To Refer: Enter a consult under Southeast PTSD Consult and the Veteran will be contacted regarding PTSD treatment.

Supportive Counseling/Case Management (Open Ended) It is a present-orientated, supportive counseling/case management. **Team nurses are added to the treatment teams. Discuss referral with your team's case managers. **

Recreation Therapy Groups offered

Circuit Training as a Leisure Outlet: Fast paced, timed, full body work designed to increase strength and endurance.

When: Thurs 8:00-12:00pm.

Slammin' Exercise: A fun, exhilarating, full body workout that combines cardio, conditioning, and strength using drum sticks. This group is designed to provide a fun alternative to exercising while burning those calories!

Adaptive Yoga: Gain improved control of mind, body and spirit through guided, reflective yoga practices and medication exercises.

When: Wed @ 9:30am.

Group Exercise: Seeking a full healthier lifestyle. This group will provide you a full body workout focused on improving strength, core stability, endurance, and flexibility in fun, creative ways.

When: Mon @11:00am.

Fitness: Structured fitness programs are developed based on individual needs. Programs include strength training, core and balance, flexibility, and cardio respiratory training. All participants are required to have a medical release from their PCP.

When: Tues & Thurs from 8:00am-12:00pm.

TAI CHI: A specialized exercise program often described as “meditation in motion” designed to energize the mind and body through a series of graceful, slow movements. Regular practice can reduce pain, anxiety, and stress in addition to improving balance, strength and coordination.

When: Wed at 3:00pm and Fri at 10:30am.

Stretch and Flex for Relaxation: Begin your week with stretching and meditation through a series of stretching and core exercises from a seated position while focusing on breathing to improve overall health, flexibility and pain.

When: Mon @ 9:30am.

Back to Boot Camp: Take your fitness to the next level and experience high-intensity work-outs, inspiration, and motivation with every class.

When: Thurs 8:00-9:00am

Leisure and Outdoors

When: Seasonal explore outdoor leisure activities with this community based group

Therapeutic Expression: To aid in one’s overall wellbeing and healing, thoughts, and feelings using a variety of creative outlets, including visual art, creative writing, and collaborative art.

When: Tues @ 3:00pm.

Releasing Anger Through Recreation and leisure: While identifying personal barriers and triggers to anger, explore positive alternatives to release anger and improve your quality of life.

When: Tues @ 1:00pm

Leisure and Exercise: Seeking a physically healthier lifestyle? This group will provide you with a full body workout focused on improving strength, core stability, endurance, and flexibility in fun creative ways.

When: Mon @1:00pm

Music and Healing: Discover the benefits of healing through music exploration.

When: Thurs @2:30pm

Improving Self-Esteem with Meaningful Activity: Are you struggling to find your self-confidence? In this group, you will participate in a variety of activities that provide you opportunities for overall growth and well-being

When: Thurs @ 1:00pm.

Relaxation: Acquire skills to increase positive emotion, decrease stress and anxiety, experience greater well-being, overcome physical health barriers to engage in meaningful activity.

When: Wed @11:00

Adaptive Sports: The Adaptive Sports Program provides individuals a chance to participate in organized recreational and sporting activities in the community by accommodating individual needs and ability levels. ***Specialty Programming Requiring Further Evaluation***

Biofeedback: Biofeedback is a method of treatment that uses a monitor to measure a patient's physiological information of which they are normally unaware to different stressors. Through the feedback information gathered off the monitor, patients can learn to adjust their thinking and mental processes to control 'involuntary' bodily processes using different relaxation techniques. Biofeedback is found to be very effective in treating anxiety disorders, post-traumatic stress disorder, substance addictions, hypertension, and help with pain management.

For additional information and current group schedule, contact Jordan or Suzanne at 480-397-2885

Northeast Community Based Outpatient Clinic (NE- CBOC)

The Northeast Community Based Outpatient Clinic (NE-CBOC) is based on a primary care model of health care that has physicians, psychologists, psychiatrists, dietitian, registered nurses, clinical pharmacist and social worker that provide care. The clinic has its a laboratory draw station. The clinic does not have a pharmacy onsite, prescriptions will be filled and mailed through the Main Facility.

Location: [11390 E. Via Linda Rd. Ste. 105, Scottsdale, AZ 85259](#)

Program Hours: Mon – Fri 7:30am – 4:00 pm

Program Number: 602.222.6550

Staff Contact Numbers

Administrative Officer [Brenda Heverly](#), Ext 602.633.6900 Ext. 7735

Psychology

[Jessie Garcia](#), Ph.D. Ext. 480.579.2234

Psychiatry

[David Leicken](#), MD 480.579.2234

[David B. Rowlett](#) M.D. 602.277.5551 Ext. 6945

Depression Care Manager

[Cheryl Zarobell](#), RN 480.579.2234

Recreation Therapist

[Erin Sweeney](#), CTRS 602.277.5551 Ext. 2585

Social Work

[Ciara Targonski](#), LCSW Phone: 480.579.2233

Services Offered and How to Access Them

Individual Therapy

Evidenced Based Psychotherapy: 12-16 weekly sessions on average. This is a time limited, structured, goal-orientated treatment.

To Refer: Add [Dr. Garcia](#) as an additional signer to the Veterans note.

Evidenced Based PTSD Therapy: 12-16 weekly sessions on average. Time limited, trauma focused treatment for PTSD. This includes referrals for Prolonged Exposure

Therapy (PET) or CBT. A six-week coping skills class specifically for PTSD is also offered. Please discuss with the Veteran this form of therapy is trauma focused and will involve weekly attendance and daily assignments in addition working through traumatic experiences in a structured, therapeutic manner.

To Refer: Add [Dr. Garcia](#) as an additional signer to the Veterans note.

Supportive Counseling / Case Management: This is an open-ended, present-oriented, supportive counseling/case management service.

To Refer: Add Depression Care Manager or Social Worker as an additional signer to Veterans note.

Recreation Therapy Groups offered

Group Exercise: Enables Veterans to learn and practice in a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encourage to create their own method(s) of relaxation and coping strategies for stress which they can use in their home environment.

Fitness Room: A progression from the group exercise program, the fitness program will provide an education on the safe and proper way of exercising utilizing weight room equipment, educate on how to set the machines properly, promote community participation, and an eventual progression to the Veteran exercising independently

Adaptive Yoga: This Yoga class has been modified to accommodate participants using a yoga mat. It is designed to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management.

Tai Chi: A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” regular practice promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain.

How to Refer: A provider can place a consult for Outpatient Recreation Therapy to participate in the programs

Northwest Community Base Outpatient Clinic(NW-CBOC)

The Northwest Community Base Outpatient Clinic (NW-CBOC) is based on a primary care model of health care that has physicians, physician assistants, pharmacists, dermatologist, dietitian and nurse practitioners. The NW-CBOC provides podiatry, tele dermatology, and tele-retinal services. The clinic also has a laboratory, social workers, psychiatrists, psychologist, and recreation therapists on staff. The clinic does not have a pharmacy onsite. Prescriptions will be filled by mail through the Main Facility.

Location: [13985 W. Grand Ave. Ste. 101, Surprise, AZ 85374](#)

Program Hours: Mon – Fri 7:30am – 4:00 pm

Program Number: 623.251.2884

Staff Contact Numbers

Psychiatrist

[Roberto Coira-Gonzalez](#) 602.277.5551 Ext. 6438

[Superna Kundra](#), MD 623.251.2965

[Edward Rivera](#), MD 602.277.5551 Ext. 6438

[Barclay Jones](#), MD,JD

PCMHI DCM

[Joshua Backens](#) RN 623.322.8692

PCMHI Psychologist

[Shona Shewmaker](#), Ph.D. 623.251.3054

PTSD Psychologist

[Sherrie Somershoe](#), Ph.D.

[Christine Johnston-Klauschie](#), Psy. D. 623.251.3055

Psychologist

[Kimberly Snyder](#) Psy. D. 623.251.6047

Mental Health RN's

[Robert Neal](#), RN 623.251.3059

[Rebecca Hall](#) RN Phone: 623.266.4609

Recreation Therapist

[Ann Mann](#), CTRS 623.251.2964

[Carolyn Curico](#), CTRS 623.251.2964

Social Workers

[Stephanie Nix](#), LCSW 623.266.8421

[Sherry Whitener](#), LCSW 623.322.6241

Services Offered and How to Access Them

Orientation Group: Education on services offered at the NW-CBOC. Meets the 2nd and 4th Tuesdays from 11:00am to Noon.

Behavioral Health Classes Offered (PCMHI)

Chronic Pain Self-Care Class: Six weeks class that covers a variety of behavioral and cognitive skills for managing pain. The groups' focus is on improving functioning and quality of life

To Refer:

[Edward Rivera](#) as an additional signer to the Veterans note

[Shona Shewmaker](#) as an additional signer to the Veterans note

Recreation Therapy currently offers the following groups:

Group Exercise: Each group consists of up to 60 minutes of exercise which includes: stretching, resistance band exercises, flexibility, and low impact cardio all done while seated in chair (or standing) and listening to music.

When: Mon @ 1:00pm or 2:30pm

Weds @ 1:30pm and Thurs @ 1:00pm

TAI-CHI/Yoga: This group consists of 30 minutes of flexibility and strength training exercises all done while seated in a chair. The last 30 minutes involves deep breathing and basic Tai-Chi movements to assist in improving balance, mood, and relaxation.

When: Thurs @ 2:30pm

Adaptive Yoga / TAI-CHI: This group consists of stretching and flexibility training, combined with basic Tai-Chi movements. The group will focus on increasing flexibility and range of motion as well as improving balance, mood, and relaxation.

When: Tues @ 9:15am

Stretch, Flex, and Yoga: This class will provide participants with an opportunity to learn different stretching exercises designed to increase flexibility, promote pain management, and support relaxation. Some yoga techniques will be introduced as well as various breathing and relaxation techniques.

When: Fri @ 1:00pm

Basic Ceramics: This group will provide the opportunity to explore one's creative side. Bisque pieces, paints, glazes will be provided for participants to learn and practice various painting and glazing techniques.

When: Tues @ 12:30pm

Adaptive Yoga/Core Strengthening: Class is designed to teach basic core strengthening and balance skills from a chair to increase strength and improve neuromuscular balance. The class will include some basic yoga poses designed to promote relaxation, increase flexibility, and improve physical strength, enhance focus, and assist with pain management.

When: Fri @ 10:30am

Twice Weekly Fitness Program: Veterans may transition to this program after participating in one of the exercise classes for 12 weeks or more and space permitting

For additional information contact recreation therapy: 623.251.2964

Thunderbird Community Base Outpatient Clinic (Thunderbird - COBC)

The Thunderbird Clinic is based on the primary care mental health integration model of health care that has physician, nurse practitioner, psychiatrists, psychologists, social worker, dietitian, registered nurses and clinical pharmacist. The clinic does not have a pharmacy on site, prescriptions will be filled by mail through the Main Facility. The clinic has a laboratory draw station and part-time Veterans Service Officer.

Location: [9424 N. 25th Ave., Phoenix, AZ 85021](#)
Program Hours: Monday – Friday 7:30am – 4:30 pm
Program Number: 623.633.6900

Staff Contact Numbers

MH MSA: [Sonia\(Patricia\)Vasquez](#) 602.633.6928

MH Nursing Assist.: [Suzette Tomlinson](#),

PTSD Psychologist: [Kerri Salamanca](#) Ph.D. 623.633.6912

PCMHI Psychologist: [Rhonda Casillas](#) Ph.D. 623.633.6913

GMH Psychologist: [Leslie Telfer](#), Ph.D. 602.633.6900 Ext. 4358

Psychiatrist Lead Psychiatrist [Zoe Forester](#) 602.277.5551 Ext. 7545
[James Woloshin](#) 602.633.6927

Depression Care Manager: [Valissa Witmer](#), RN 602.633.6925

Recreation Therapist: [Julie McLean](#), CTRS 602.277.5551 Ext. 2584

Social Work: [Pat Tuli](#), LCSW 602.633.6977

Offered and How to Access Them

Mindfulness Based Stress Reduction (MBSR)

Not to be confused with meditation, mindfulness is simply paying attention on purpose. This class will help you with; improved mood, improved quality of sleep, reduced psychological stress, improved focus and concentration, increased motivation to engage in health promoting behaviors such as healthy diet, exercise, improved awareness in taking medication, and engage in pleasant events.

When: Thursdays 10:00 – 11:30

How to Refer: No referral or appointment needed, this is a drop-in class.

Contact: [Rhonda Casillas](#), Ph.D. for any questions

Claims 101 Class: The class is designed to teach a Vet how to file and how to support his claim and appeals

When: 1st and 3 Thursday from 11:30 to 1:00pm.

Contact [Pat Tuli](#), LCSW 602.633.6977 for further information

VSO is available on sight periodically Please contact [Pat Tuli](#), LCSW 602.633.6977 for further information.

Pain Self-Help Series

Managing Chronic Pain with Mindfulness

When: 1st Tuesday of the month 10:00-11:00

How to Refer: No referral or appointment needed, this is a drop-in class.

Anti-Inflammatory Diet and Physical Activity (with a registered dietitian)

When: 2nd Tuesday of the month 10:00-11:00

How to Refer: No referral or appointment needed, this is a drop-in class

Non-Opioid Medication for Pain and Naloxone (with a pharmacist)

When: 3rd Tuesday of the month 10:00-11:00

How to Refer: No referral or appointment needed, this is a drop-in class

Recreation Therapy Groups offered within Thunderbird Outpatient Clinic

Group Exercise: Enables Veterans to learn and practice a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encourage to create their own method(s) of relaxation and coping strategies for stress which they can use in their home environment.

Advance Group Exercise: This 60-minute class focuses on cardio, strength training and stretching much, of which is done standing and using ankle and hand weights for the cardio portion. Veterans would most likely work up to this class and transfer from the Seated Group Exercise class into the Advanced Exercise class.

Tai Chi / Adaptive Yoga: This 60-minute class combines both Tai Chi and Adaptive Yoga. It is designed to promote relaxation, flexibility, deep breathing, mindfulness, focus, balance, and improved mood and to assist with pain management. This class has been modified to accommodate seated participants.

Fitness: Veterans may transition into this program after participating in one of the group exercise classes for 12 weeks or more space permitting. While in the fitness room, the Veterans performs a general circuit training program with light weights, resistance bands, stability ball activities including core strengthening and balance, and a 20-30 minute of cardiorespiratory training using the NuStep.

***A family member and / or a caregiver is welcome to join the Veteran in the Group Exercise, Advanced, Group Exercise, Tai-Chi / Adaptive Yoga classes as space allows.

How to Refer: A Provider can place a consult for Outpatient Recreation Therapy T-Bird Clinic to participate in the Programs.

Show Low Outpatient Clinic (Show Low CBOC)

The Show Low CBOC provides primary care services and some urgent care. The Show Low Clinic has one doctor, two nurse practitioners, Home Based Primary Care with one primary care nurse practitioner a podiatrist, and one social worker are also available. The clinic does not have a pharmacy on site. Prescriptions will be filled by mail through the Main Facility. Veterans will be seen by appointment only.

Location: [5171 Cub Lake Rd. Ste. C380 Show Low AZ 85901](#)
Program Hours: 7:30am – 4:30pm
Program Number: 928.532.1069

Staff Contact Numbers

Primary Care Nurse Practitioner

Podiatrist Dr. [Jared Hall](#)

Psychiatrist: Dr. [Gregory Davis](#) via Telehealth

Mental Health RN's: [Susan Hartford](#), [Penny Biggins](#)

LPN: [Craig French](#)

Social Work: [Darren Smallen, LCSW](#) 928.532.2562

Offered and How to Access Them

For a mental health appointment only, please call 928.532.2542

Lab Services: Daily from 8:00am-11:00am

Vietnam Combat PTSD Group: This is an all-male group.

When: 1st and 3rd Thursdays at 1300

To Refer: Must meet with [Darren Smallen](#) prior to entering the group.

OEF/OIF/OND Group:

When: 2nd and 4th Wednesdays at 1300

To Refer: Must meet with [Darren Smallen](#) prior to entering the group.

Telehealth via Dr. Davis

How to Refer: Mental Health consult placed by Primary Provider

Consults

How to Refer: For a Psychologist

Show Low on-site referrals, complete outpatient consult under Mental Health: Show Low Clinic MH Consult

Payson and **Show Low** Tele Mental Health referrals, complete outpatient consults under Tele Health: Tele MH General MH Psychotherapy (Payson/Show Low)

Veteran needs high-speed internet, email address, device (desktop/laptop with webcam, smart phone, iPhone/iPad, etc.)

No co-pay for visit! No travel – Veteran stays in his/her home!

Recreation Therapy

Tai-Chi: A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” it promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain.

When: Mondays 9:00am

Location: via V-Tel

How to Refer: Please request a consult from your Show Low Provider to Outpatient Recreation Therapy with a comment indicating Show low as a preferred location.

For additional information contact: Dr. Beth Dietrich 480.589.9847 (call or Text

Globe Community Based Outpatient Clinic (Globe-CBOC)

The Globe Veterans Affairs Health Care Clinic offers care by a psychiatrist and support staff. The clinic does not have a pharmacy on-site. Prescriptions will be filled by mail through the Main Facility. Patients are seen in the clinic by appointment only.

Location: [5860 S. Hospital Dr. Ste. 111 Globe AZ, 85501](#)

Program Hours: Monday – Friday 8:00am – 4:00pm

Program Number: 928.425.0027

Staff Contact Numbers

via telehealth **Psychiatrist:** [Dr. Gregory Davis](#)

Mental Health RN (via telehealth) [Susan Hartford](#) and [Penny Biggins](#)

Social Work: [Robert Heinz](#) , LMSW 480.825.7211

Offered and How to Access Them

Vietnam Combat PTSD Group: Meets every other Tuesday

To Refer: Must meet with Robert Heinz prior to entering the group

Telehealth- General Social Work Services

Psychotherapy How to Refer: Call the clinic and schedule an appointment to see Robert Heinz.

How to Refer Telehealth: via Dr. Davis: Mental Health consult placed by primary provider.

Recreation Therapy Programs

Tai-Chi Tues 9:00am and Thurs 10:00am

Description: A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” it promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain

Group Exercise: Tuesdays 10:00am. This class consists of exercise, which includes stretching, core strength, strength training using resistance bands, flexibility, and low impact cardio all done while seated in a chair and listening to music.

Chair Yoga: Thursdays @ 9:00am This Yoga class has been modified to accommodate seated participants. Designed to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management

To Participate: Please request a consult to Outpatient Recreation Therapy.

For additional information contact: [Dr. Beth Dietrich](#) 480.589.9847 (call or Text)

Payson Community Based Outpatient Clinic (Payson- CBOC)

The Payson Veterans Affairs Health Care Clinic offers care by a physician and support staff. The clinic does not have a pharmacy on-site. Prescriptions will be filled by mail through the Main Facility. Patients are seen in the clinic by appointment only after their eligibility and enrollment have been confirmed.

Location: [903 E. State Highway 260, Payson, AZ 85541](#)
Program Hours: Monday - Friday 7:30am – 4:30pm

Main Point of Contact: [Dr. Michael Lowe](#)
[Joshua Lyon, PA](#)
Program Number: 928.468.2100

Offered and How to Access Them

Telehealth via [Dr. Amy Frazier](#):

How to Refer: Mental Health consult placed through primary provider.

Tele Social Work: General Social Work services available.

Contact: [Darren Smallen](#) LCSW, @ 928.532.2562

Payson and Show Low Tele Mental Health referrals

How to Refer: Tele Mental Health referrals, complete outpatient consults under Tele Health: Tele MH General MH Psychotherapy (Payson/Show Low)
Telehealth Services offered are Psychiatry and Pain Management.

*Veteran needs high-speed internet, email address, device *(desktop/laptop with webcam, smart phone, iPhone/iPad, etc.)

No co-pay for visit! No travel – Veteran stays in his/her home!

Outpatient Recreation Therapy

Recreation Therapy uses a wide range of recreation modalities and interventions as treatment and education to assist Veterans with disabilities and other limitations to exercise their right to a lifestyle that focuses on functional independence, health and well-being. Outpatient Recreation Therapy offers various treatment programs in the Topaz Clinic located in the basement of the Ambulatory Care Clinic and at all the CBOCs.

Location: [650 E. Indian School Rd. Phoenix, AZ 85012](#)

Program Hours: Monday - Friday 7:30am – 4:30pm

Program Number: 480.579.2220

Staff Contact Numbers

Kayla Forster, CTRS 602.277.5551 Ext. 7250

Staff Contact Numbers

Acting Supervisory Recreation Therapist Kayla Forster, CTRS

Outpatient Recreation Therapists:

[Beth Dietrich](#), Ed. D, CTRS

[Carolyn Curico](#), CTRS

[James Cussen](#), CTRS

[Suzanne Prosser](#), CTRS

[Michelle May](#), CTRS

[Julie McLean](#), CTRS

[Erin Sweeney](#), CTRS

Offered and How to Access Them

How to Refer: A provider can place a consult for Outpatient Recreation Therapy Services or call the Recreation Therapy Program at 602.277.5551 Ext. 7250

Recreation Therapy Groups offered within Outpatient Recreation Therapy

Creative Arts: Various forms of art such as painting, drawing, crafts, etc. are used in specific interventions within a group atmosphere

Leather Craft: Basic leather craft skills such as stamping and carving are taught with individualized instruction through a uniform skill progression format

Independent Leather Craft: This group is designed to meet the needs of our more advanced leather crafters and for those who have completed the basic leather craft program. Veterans are required to bring their own leather craft projects. Veterans are provided with use of tools, stains, paints, templates etc.

Soft Leather: Designed to teach Veterans how to utilize deer and elk skin to make pre-designed projects in a skill progression with individualized instruction

Relaxation: Enables Veterans to learn and practice a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encouraged to create their own method(s) of coping strategies for stress that they can use in their home environment

Tai Chi: A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. Often described as “meditation in motion” regular practice promotes deep breathing and mental focus, which reduce stress, strengthens the immune system, improves balance/coordination and relief from pain

Music for Wellness: *No music skills required just a love for music!* This program provides Veterans an opportunity to explore music as a therapeutic tool to make positive changes in mood and emotional state, interact socially with others and work together in a group setting. Veterans will learn how music and rhythm can benefit their physical, spiritual, and emotional wellness Some examples of interventions include: drumming, music and movement, Tibetan bowl relaxation, guided meditation, and musical improvisation.

Music Ensemble: This fun filled and energizing music program is for instrumentalists and vocalists that will incorporate a wide range of musical styles and interests. Participants must have moderate musical skills; do not need to be able to play all styles but must be interested in adding to their musical repertoire, including occasionally playing rhythm accompaniment. **Participants need to bring their own instruments.** Additional activities include providing resources, relaxation techniques, lyric analysis, and playing as an ensemble skill development.

Music Performance: This program invites those Veterans with musical skills and interests to collaborate to make music of a variety of styles and genres. Vocalists are welcomed to join and enhance their skills by singing together. Each week, Veterans will meet to rehearse and practice new music. Every quarter, the group will provide a 45-60-minute performance on the CLC unit.

Advanced Pottery: This group is designed to meet the needs of those who are more advanced in pottery and have completed the pottery class. Veterans are required to bring their own ceramics or hand building utilizing our clay. Veterans are provided with use of tools, paint, firing is done by recreation therapy staff.

Social Games: A Program designed to provide participants with an opportunity to engage in purposeful social activities in a small group setting. All activities will challenge participants to develop and refine skills including, but not limited to, communication, cooperation, and interpersonal relationships.

Group Exercise: Enables Veterans to learn and practice a variety of relaxation techniques and learn coping skills to deal with daily life stressors. Veterans are encouraged to create their own method(s) of relaxation and coping strategies for stress which they can use in their home environment.

Advance Exercise Group: Individuals will learn a variety of different exercises to bring their fitness to the next level. Routines may include: Dynamic stretching, strength training, circuit training, aerobic training, advanced core strength and more. ****All exercises can be adapted. ****

Core and Stability: This class is designed to teach basic core strengthening and balancing skills from a chair utilizing evidenced based techniques, which are taught to increase strength and improve neuromuscular balance.

Fitness Room: A progression from the group exercise program, the fitness program will provide an education on a safe and proper way of exercising utilizing weight room equipment, educate how to set the machines properly, promote community participation, and eventual progression to the Veteran exercising independently.

Participants require a release from their primary care provider.

Adaptive Sports: A specialized sports program designed for individuals with physical disabilities, such as Spinal Cord injuries, Traumatic Brain Injury, Amputation, and Visual Impairments focusing on various sporting events such as cycling, golf, track, & field, kayaking, archery, etc. Individuals may have the opportunity to compete at the Local and National levels as well as serve as a peer mentor for new athletes. **Medical provider must submit a Recreation Therapy Adaptive Sports Consult**
Adaptive Sports Coordinator: [Johanna Avilez](#), CTRS, @ 602. 277.5551 Ext. 3371

Trauma Release Exercises (TRE): An eight session class teaching self-help technique that target the parasympathetic nervous system to release deep muscular patterns of stress, tension, and trauma.

Tibetan Healing Bowls: Specialized modality that uses vibrational sound to help manage pain, reduce stress, alter consciousness and create a deep sense of peace, wellbeing and better health.

Small Group: A time sensitive program designed to provide participants with an opportunity to explore various forms of art such as painting, drawing, crafts, etc. in a small group atmosphere

Pottery: Basic ceramics, hand building, sculpture and throwing clay on a potter's wheel are skills taught in a therapeutic group environment. Paints and glazes will be provided to learn various painting and glazing techniques.

Adaptive Yoga: This yoga class has been modified to accommodate both seated and/or standing yoga practice to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management.

Creative Arts: Various forms of art such as painting, drawing, crafts, etc. are used in specific interventions within a group atmosphere

Drumming: No experience required! Drumming is an ancient approach that uses rhythm to promote healing and self-expression. Veterans will learn basic skills and participate in rhythmic games and drum circles.

Qi Gong: Qi Gong is about strength and building energy. Breath, medication and movement are combined in a seamless practice to help manage pain, reduce stress, alter consciousness and create a deep sense of peace, wellbeing and better health.