

Background of Readjustment Counseling Service

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services to eligible veterans in order to help them make a satisfying post-war readjustment to civilian life. **The family members of combat theater veterans may also be eligible for Vet Center services as well. We understand and, most of all, we care.**

Mobile Vet Center Features:

- **38' Mobile Counseling Center**
- **2 Private offices in the MVC**
- **Satellite communication & internet service with VA medical centers (sat. phones, fax/copier, laptops)**
- **Video conference / Tele-health**
- **HD flatscreen TVs for training and educational videos**
- **Wheelchair lift & accessibility**
- **Full-time veteran driver and social worker/counselor**

We are here to provide access to VA benefits & mental health care for combat veterans in rural areas!



MOBILE VET CENTER

**750 Riverside Dr.
Macon, GA 30824
(478) 477-3813**

www.va.gov/rcs



Post Traumatic Stress Disorder

Post Traumatic Stress is a normal set of reactions to a trauma such as war, which could be experienced by almost anyone. Sometimes, it becomes a disorder (PTSD) with the passage of time when feelings or issues related to the trauma are not dealt with but are suppressed by the individual. This can result in problems readjusting to community life following the trauma. A delayed stress reaction may surface after many years and include some or all of the following:

- anger, irritability and/or rage
- feeling nervous
- depression
- difficulty trusting others
- feeling guilt over acts committed or witnessed, the failure to prevent certain events, or merely having survived while others did not
- Hyper-alertness and/or startle reactions
- feeling grief or sadness
- having thoughts and memories that will not go away
- isolation and alienation from others
- loss of interest in pleasurable activities
- low tolerance to stress
- problems with authority
- problems feeling good about one's self
- nightmares
- substance abuse
- trouble sleeping
- anxiety
- paranoia

READJUSTMENT COUNSELING SERVICES

Individual counseling

Group counseling

Marital and family counseling

Bereavement counseling

Medical referrals

Assistance in applying for VA benefits

Employment counseling, guidance and referral

Substance abuse screening and referral

Information and referral to community resources

Sexual trauma counseling and referral

Community education

Confidentiality And Privacy

Vet Center staff respect the privacy of all veterans. We hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client, except in circumstances averting a crisis.

**VET CENTER SERVICES
ARE PROVIDED AT NO
COST TO THE VETERAN
OR FAMILY**



*We Value the Diversity and
Experiences of the Veterans
We Serve*

We are the people in the VA who welcome home war veterans with honor, by providing quality readjustment counseling in a caring manner. Vet Center staff understand and appreciate veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

The Value of Vet Centers :

- *Veteran focused services*
- *Quality care*
- *Community-based care*
- *Delivery of cost effective services*
- *Health, wellness, and preventive care services*
- *Honoring & respecting the service of our nation's veterans and their families*

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*Welcome Home
Veterans and Families*



“Keeping the Promise”

