



Readjustment Counseling Service (RCS)

*NW SA Vet Center
910 W Loop 1604 N, Suite 126
San Antonio, Texas 78254*

*NE SA Vet Center
9504 IH 35 N, Suite 214
San Antonio, Texas 78233*

Veterans Administration

- VAMC
 - Outpatient Clinics (OPC)
 - Feeder Contracts (FC)
- Benefits Office
 - Voc Rehab
 - Education/Training
 - Compensation and Pension
- Readjustment Counseling Services (RCS)
 - Vet Centers
 - Mobile Vet Centers (MVC)
- Cemetery
 - Ft. Sam National Cemetery

Mobile Vet Center (MVC)



World Series 2012

MVC Counseling/Outreach

- Reach rural areas to provide
 - Readjustment counseling to combat veterans
 - Two confidential counseling sections
 - Handicap accessible
 - Or Patient Care
 - Two treatment sections Tele-Health
 - V- Satellite capabilities
 - Aid in Natural disasters
 - Four litters

Vet Center History

- Established by Congress in 1979 initially to help Vietnam-era veterans with the readjustment process
- After much success in serving Vietnam Veterans, eligibility was opened to veterans of all combat eras

Eligibility

- Service in a combat zone and received a campaign medal
- Must be on DD214
- Military Sexual Trauma
 - Regardless of Combat Service
 - Regardless of gender
- Spouse and family of eligible personnel

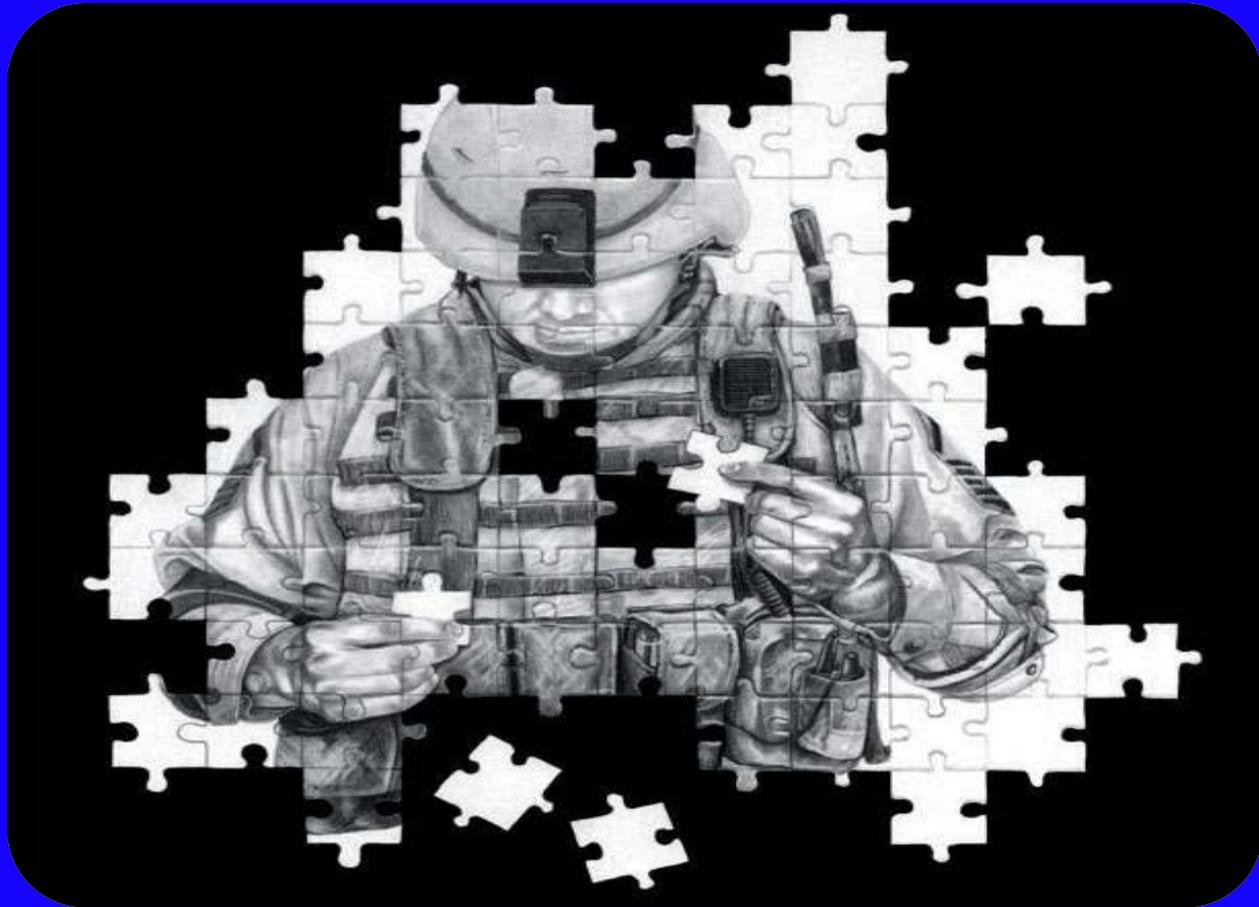
Vet Center Services

- Individual Counseling
- Group Counseling
- Rural Counseling Services
- Military Sexual Trauma Counseling
- Marital/Family Counseling
- Bereavement Counseling
- Liaison with VA and Community Resources

What does the Vet Center offer?

- A safe place to talk
- Confidentiality
- Counselors who have experienced combat themselves
- Flexible hours
- Easily accessible community setting

The stress can be overwhelming



Veterans may experience

Marriage, relationship problems	Medical issues	Financial hardships
Endless questions from family and friends	Guilt, shame, anger	Lack of focus
Feelings of isolation	Nightmares, sleeplessness	Lack of motivation, forgetfulness

Post Traumatic Stress Disorder

- History of PTSD
 - United States
- Traumatic Events
 - Death, Combat, Abuse, Serious Injuries, Natural Disasters, Mass Destructions, Peace Keeping Missions, Medical emergencies, Acts of Terrorism, and ...
- Who gets it?

Family Counseling Services

- Marital, Couple, and Family Therapy
- Play therapy for families with younger children
- Couple/Relationship Seminars



Military Sexual Trauma

- 1 in 5 women and 1 in 100 men responded “yes” when screened by their VA healthcare provider for MST
- Definition of MST-any veteran who was sexually harassed, sexually assaulted or sexually traumatized while serving in the military
- Regardless of gender or era of service all are eligible

Bereavement Counseling

➤ Who is eligible?

➤ Surviving parents, spouses, children and siblings of service members who die while on active duty

➤ We meet the family sometimes at their home, church, or a location they feel comfortable in

How do I make an appointment?

- Call the Vet Center
 - NW Vet Center 210-688-0606
 - NE Vet Center 210-650-0422
- Open Monday-Friday 0800-1630
 - Flexible evening hours

Issues on the Rise

➤ Family Dynamics

➤ Bereavement

➤ Aging and Retired Veterans

Thank you!



www.vetcenter.va.gov