

# *Service* SERVICES OFFERED

## For those who have served:

- An assessment of needs
- Individual, group, couple's and family therapy.
- Peer support
- Referral to appropriate agencies for jobs, housing, medical care, etc

## For family members:

- A Family Wellness Program, which includes education, individual, group, family and children's therapy
- Peer support

## For the community:

- Educational classes
- Community awareness events

*All services are provided at no cost – our vets and their families have already paid the price!*

Sources of funding include Nevada County Behavioral Health Department through the California Mental Health Services Act, Fundraising events, and donations.

**Your tax deductible donation helps create a healing journey home.**



530.272.3300  
info@welcomehomevets.org  
A 501(c)3 Nonprofit organization

**WELCOME HOME VETS, INC.**  
248 Mill Street  
PO Box 189  
Grass Valley, CA 95945



*Education, Advocacy and  
Psychological Services for those affected  
by military-related trauma*

NOT A GOVERNMENT AGENCY



## THINGS JUST NOT THE SAME SINCE MILITARY SERVICE?

Coming home after serving in the military is usually anticipated with joy. But sometimes, things just don't seem quite right for the veteran – or for the veteran's family. The problem is even greater if the veteran served in a combat zone or experienced a traumatic event while serving.

### For the veteran:

- Family and friends may seem less important than the “battle buddies” left behind
- Other people may get on your nerves and seem to be acting “stupid”
- Life at home may seem pretty dull
- You may feel detached from the world at home

### For the family:

- The vet seems distant and detached
- The vet may have sudden outbursts of anger and irritability
- The spouse or parent feels totally responsible for making things work in the family

These are common responses to returning home but when they persist, the problems may only get worse unless help is sought. You can't fix this one on your own.

***Welcome Home Vets  
is here to help!***

## MILITARY RELATED PSYCHOLOGICAL TRAUMA

Those who serve in the military are at high risk of exposure to physical and psychological trauma. Combat, accidents, and military sexual trauma are among the most common sources of traumatic stress. Those experiencing trauma may develop serious psychological issues such as Posttraumatic Stress Disorder (PTSD), and these reactions can be exacerbated if Traumatic Brain Injury (TBI) is also present. PTSD results when normal initial reactions to psychological trauma persist and are not treated. People with PTSD can benefit from treatment by a trained, understanding professional in order to help the person experiencing it recover.

### PTSD can include some or all of the following problems:

- Avoiding thoughts and feelings that remind you of the trauma
- Feelings of mistrust and betrayal
- Loss of interest in activities and life in general
- Feeling detached from others and emotionally numb
- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hypervigilance (always on “red alert”)
- Feeling jumpy and easily startled
- Shame or survivor guilt
- Substance Abuse
- Feeling alienated and alone

## PTSD AND FAMILY

PTSD also affects families. Tension and anxiety can make family members feel like they're “walking on eggshells.” Family members can start to feel helpless, hopeless and isolated. They may feel guilt and shame, resulting in resentment and bitterness over time. Children may start to display some of the symptoms of the PTSD parent. Spouses and parents can lose their own sense of self as all activities increasingly revolve around the needs of the PTSD vet.

***Our Family Wellness Program  
can help – you are not alone!***

## OUR MISSION

Welcome Home Vets provides mental health services for veterans and their families, advocates for needs of veterans, and provides community education about the effects of PTSD and other psychological reactions to military-related trauma.

Our goal is to help vets and their families readjust to civilian life in a manner that is healthy for each of them and to help create a community that welcomes them and supports their reintegration.

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email: [info@welcomehomevets.org](mailto:info@welcomehomevets.org)  
website: [www.welcomehomevets.org](http://www.welcomehomevets.org)

***We provide counseling by licensed therapists who understand what you've been through***