

"Thoughts"

5/29/2015

Enclosed an outline of our recent PTS + TBI 8-week class. It's proven to be a very good therapy for all our vets attending and not all our combat. I hope we get some traction and they send more vets to our facility so we can build up this helpful program.

Had a handful of fresh picked strawberries the other day. Wow! What a blessing! Most of what is grown here is sold to staff and given to the local food pantry. These are good and just uses to help people and family's. Hopefully there will be a little for us to have in the chow hall as well.

Thanks to some bosses that share what they paid for a few workers get a blessing.

And I am grateful for small blessings, they have big impact.

Phones are out today so I can't call anyone as my normal Friday. It's my day off and most of the house is at work. So it's quiet enough to enjoy the conversations. It can be real aggravating when 30-people are yelling and slamming cards and dominoes on the tables. On Saturday I'll have to skip yard to do phone calls. Oh well... it's always worth it!

Tom P. Pils

Trauma Management

PTSD in Veterans: The Shadow of Combat

Group Information: *Trauma Management is an 8 week educational course on PTSD management for Veterans at Graham Correctional Center.*

The goal of the PTSD support group for Graham Veterans is to:

- Teach about Trauma and its effects.
- Use relaxation and anger control skills.
- Provide tips for better sleep, diet, and exercise habits.
- Help individuals identify and deal with guilt, shame, and other feelings about the event.
- Focus on changing how individuals react to their PTSD symptoms.

Week 1	<ul style="list-style-type: none">• Course Introduction• Course Sign-up• What you want to get out of the group?• Brief Discussion-Group Rules
Week 2	<ul style="list-style-type: none">• What is Trauma?• Symptoms of Trauma• ACES• Media• Group Discussion
Week 3	<ul style="list-style-type: none">• What causes trauma?• How likely is a person to develop PTSD after Trauma?• MYTHS• Media
Week 4	<ul style="list-style-type: none">• PTSD: The Shadow of Combat• Symptoms of PTSD• How likely is a person to develop PTSD after Trauma?• What other problems to people with PTSD experience?• Suicidality and PTSD-Prevention/Resourses
Week 5	<ul style="list-style-type: none">• Traumatic Brain Injury• Post-Concussion Syndrome• Blast Injuries• Combat Experiences
Week 6	<ul style="list-style-type: none">• Media• Review• When and how to use Coping mechanisms• Relaxation techniques• Stress Management

Week 7	<ul style="list-style-type: none">• Interventions/Treatment Strategies• Coping Mechanisms• Safe and Supportive environment• Medications• Recovery
Week 8	<ul style="list-style-type: none">• VA Resources• Certificates• Discussion of Group-Closing• Surveys