



HAVE YOU EVER SERVED IN THE MILITARY?

One question can make a big difference.

Post-Traumatic Stress/Military Sexual Trauma/ Traumatic Brain Injury/Substance Use Disorders Screening Questions & Referral Information

To screen for:

Post-Traumatic Stress

- Have you ever experienced a traumatic or stressful event which caused you to believe your life or the lives of those around you were in danger?
- Are you experiencing intrusive trauma-related thoughts or feelings?
- Having nightmares, vivid memories or flashbacks of the event?
- Feeling anxious, jittery, on-guard, easily startled?
- Experiencing a sense of panic that something bad is about to happen?
- Having difficulty sleeping or concentrating?
- Do you or have you felt numb or detached from others, activities, or your surroundings?

Blast Concussions/Traumatic Brain Injury

- During your service, did you experience . . .
Blast or explosion, IED (improvised explosive device), RPG (rocket propelled grenade), land mine, grenade, vehicular accident/crash (any vehicle, including aircraft), fragment wound or bullet wound above the shoulders, fall, blow to the head (head hit by falling/flying object, head hit by another person, head hit against something, etc.), other Injury to head?
- If yes, did you have any of these symptoms immediately and/or afterwards . . .
Loss of consciousness or being knocked out, being dazed or seeing stars, not remembering the event, diagnosis of concussion or head injury, nausea, balance problems, irritability, sleep problems, sensitivity to bright light, blurred vision, headaches, short-term memory problems, problem organizing?

Military Sexual Trauma

- During military service did you receive uninvited or unwanted sexual attention, such as touching, pressure for sexual favors or sexual remarks?
- Did anyone ever use force or threat of force to have sexual contact with you against your will?
- Was there ever anything that happened that you were not able to report at the time?
 - Most men and some women will say 'no' to an MST screen, and even with the explanation that includes sexual harassment, still only hear 'sexual assault'
 - While PTSD is often the outcome of MST for survivors, other mental health concerns (including substance use) and medical concerns may also be related (chronic pain, cardio-pulmonary problems related to obesity, pelvic pain, back pain, reproductive problems, migraines, IBS, dental problems)
 - MST survivors may be able to be seen at the VA for limited care that's related to MST even if they aren't otherwise eligible for care -the VA MST Coordinators are the point of contact to confirm eligibility

Substance Use Disorders

- Do most or all of your social activities include drinking or using drugs?
- Have you had regrets about your behavior after drinking or using?
- Do you ever hide your drinking or substance use from family and friends or drink and use substances alone?
- Do you drink or use more than you used to in order to get the same effect?
- Do you ever drink or use substances to numb or dull negative feelings or memories of past events?
- Have you ever forgotten all or part of an evening after using or drinking?
- Have you ever missed work or an important event because of drinking or using?
- Have you ever had personal, medical, legal or financial problems related to drinking or using but didn't alter your use patterns?
- Do you have any family members with an alcohol or other drug problem?
- Have you ever tried to stop or cut down but weren't always successful?

If the client answered yes to two or more questions, s/he may be developing unhealthy drinking or substance use habits. It may be helpful for them to further be evaluated. Please see the NH Treatment Locator or BDAS Treatment Guide listed below for assistance in identifying a provider

<p>Manchester VA Medical Center 603.624.4366 ▪ 800.892.8384 www.manchester.va.gov</p> <p>White River Junction (VT) VA Medical Center 802.295.9363 ▪ 866.687.8387 www.whiteriver.va.gov</p> <p><i>Eligibility for VA Healthcare Services—</i> Manchester: ext. 6799 White River Junction: ext. 5118/6281</p>	<p>Group Therapies Manchester ext. 2504 White River Junction ext. 5760</p> <p>Mental Health and Substance Use Disorders Services Manchester ext. 6463 (SUD: 2203) White River Junction ext. 6132</p> <p>Military Sexual Trauma (MST) Coordinator Manchester ext. 6450 White River Junction ext. 5766</p> <p>Peer Support Services Manchester ext. 3621 White River Junction ext. 6932</p> <p>PolyTrauma/TBI Manchester ext. 6455</p> <p>Women Veterans Manchester ext. 6541 White River Junction ext. 6230</p>
<p>Berlin Vet Center 603.752.2571 ▪ 877.927.8387</p> <p>Keene Vet Center 603.358.4950 ▪ 877.927.8387</p> <p>Manchester Vet Center 603.668.7060 ▪ 877.927.8387</p> <p>White River Junction (VT) Vet Center 802.295.2908</p>	<p>Provides a broad range of counseling, outreach, and referral services for combat veterans, veterans who have experienced military sexual trauma, and their families</p>
<p>Veterans Crisis Hotline 800.273.8255 www.veteranscrisisline.net</p>	<p>Connects veterans in crisis and their families with qualified responders through a confidential toll-free hotline</p>
<p>National Center for PTSD PTSD Consultation Program for Providers 866.948.7880 www.PTSDconsult@va.gov</p>	<p>Provides PTSD Consultation to providers treating veterans with PTSD</p>
<p>Red Sox Foundation and MA General Hospital HomeBase Program 617.724.5202 www.homebaseprogram.org</p>	<p>Provides clinical care and support services to Iraq and Afghanistan service members, veterans, and their families who are affected by deployment– or combat–related stress or traumatic brain injury</p>
<p>Brain Injury Association of NH 603.225.8400, Family Helpline: 800.773.8400 www.bianh.org ▪ www.nh-veteran.com</p>	<p>Provides information, support and resources to those who are experiencing an acquired or traumatic brain injury (TBI)</p>
<p>Substance Abuse & Mental Services Administration (SAMHSA) 877.SAMHSA.7 (877.726.4727) www.samhsa.gov</p>	<p>Programs and campaigns offer information, training, and technical assistance to improve the quality and delivery of behavioral health services</p>
<p>National Institute on Drug Abuse (NIDA) 301-443-1124 www.drugabuse.gov</p>	<p>Provides research results and technical assistance to improve prevention and treatment of drug misuse and addiction</p>
<p>NH Alcohol and Drug Treatment Locator www.nhtreatment.org</p>	<p>Provides lists of NH providers offering treatment services for people experiencing problems with alcohol and other drug use, including addiction. The site allows to search for SUD tx providers by insurance, level of care, and geographical location</p>
<p>Tricare http://www.tricare.mil/</p>	<p>Provides information about Tricare insurance coverage (e.g. eligibility, plans, services etc.)</p>
<p>Veterans Choice Card www.manchester.va.gov/services/Veterans</p>	<p>Provides information for VA-eligible veterans regarding eligibility to receive health care services from non-VA providers</p>

<p>Farnum Center</p> <p>http://www.easterseals.com/nh/our-programs/substance-abuse-services/?referrer=https://www.google.com/</p> <p>www.farnumcenter.org</p>	<p>Provides information about the Farnum Center. This is a comprehensive alcohol and other drug treatment facility offering an array of services including the State's only stand-alone medical detox unit, Inpatient, Outpatient, Intensive Outpatient, and Suboxone clinics. Military members receive priority status for admission. The center is a veteran's choice provider</p>
<p>Bureau of Drug and Alcohol Services</p> <p>http://www.dhhs.nh.gov/dcbcs/bdas/</p>	<p>Provides a variety of information regarding SUD prevention, treatment, and recovery efforts throughout the state (e.g. state's initiatives, educational materials, community resources, etc.)</p>
<p>BDAS treatment guide</p> <p>http://www.dhhs.nh.gov/dcbcs/bdas/documents/resource-guide-treatment.pdf</p>	<p>Includes listing of all state-funded treatment programs in NH</p>
<p>Statewide Addiction Crisis-line</p> <p>1-844-711-HELP</p> <p>hope@ketstonehall.org</p> <p>Flyer:</p> <p>http://www.dhhs.nh.gov/dcbcs/bdas/documents/crisis-line.pdf</p>	<p>Confidential 24/7 crisis line connects individuals to trained counselors to assist in accessing SUD treatment</p>
<p>New Hampshire Center for Excellence</p> <p>http://nhcenterforexcellence.org/</p>	<p>Provides technical assistance and training for SUD providers in NH</p>
<p>Care Coordination Program—NH (ProForce)</p> <p>Care Coordination—currently serving</p> <p>603.573.1617</p> <p>Easter Seals Military & Veteran Services</p> <p>Care Coordination—all eras</p> <p>603.315.4354</p>	<p>Provides direct support and referral services related to: healthcare, benefits, mental health, substance misuse, and other needed services</p>

<p>PROVIDERS: If you'd like to become a Tricare or Vets Choice Provider, see below</p>
<p>Tricare</p> <p>https://www.hnfs.com/content/hnfs/home/tn/prov/highlight_sites/become_a_provider.html</p>
<p>Vet's Choice Program</p> <p>https://www.va.gov/opa/choiceact/for_providers.asp</p>

If you need further assistance in serving veterans, please call **Ask the Question: 1.844.427.5838** or visit our website, www.askthequestionnh.com