

Montgomery County, MD - Veterans Network Directory

Post-Traumatic Stress (PTS)

Montgomery County, Maryland ('the County') cannot guarantee the relevance, completeness, accuracy, or timeliness of the information provided on the non-County links. The County does not endorse any non-County organizations' products, services, or viewpoints. The County is not responsible for any materials stored on other non-County web sites, nor is it liable for any inaccurate, defamatory, offensive or illegal materials found on other Web sites, and that the risk of injury or damage from viewing, hearing, downloading or storing such materials rests entirely with the user. Alternative formats of this document are available upon request.

This is a project of the Montgomery County Commission on Veterans Affairs. To submit an update, add or remove a listing, or request an alternative format, please contact: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

African American Post Traumatic Stress Disorder Association

E-mail: tacomaptsd@earthlink.net
www.aaptsdassn.org

Information on PTSD, effects of the disorder, and treatment options. Provide informative materials that explain why African Americans and other ethnic minorities are more susceptible to these disorders.

Center for the Study of Traumatic Stress

Uniformed Services University of the Health Sciences
Department of Psychiatry
4301 Jones Bridge Road
Bethesda, MD 20814
E-mail: cstsinfo@usuhs.mil
www.centerforthestudyoftraumaticstress.com

Conduct research, education, consultation and training on preparing for and responding to the psychological effects and health consequences of traumatic events. Develop military health fact sheets to improve the well-being of deployed soldiers and their families.

Maryland's Commitment to Veterans

<http://veterans.dhmh.maryland.gov>

1-877-770-4801 (24/7 – Toll Free)

Provide access to mental health and substance abuse treatment and resources to veterans, their families and the communities. Schedule appointments for veterans with local mental health and substance abuse providers. Connect veterans with Veterans Service Organizations to assist with enrollment and benefit information. Services are free of charge to veterans.

Central Regional Resource Coordinator: 410-258-2513 (V)

David Galloway
E-mail: dgalloway.mcv@gmail.com
Serving: Baltimore, Baltimore City, Harford, Howard and Anne Arundel Counties

Western Regional Resource Coordinator: 410-725-9971 (V)

Melissa Barber, LSWA
E-mail: mbarber.mcv@gmail.com
Serving Garrett, Allegany, Frederick, Montgomery, Carroll, and Washington Counties

Eastern Regional Resource Coordinator: 410-725-9996 (V)

Dina Karpf
E-mail: dkarpf.mvc@gmail.com
Serving Kent, Queen Anne's, Caroline, Talbot, Dorchester, Wicomico, Worcester, Cecil and Somerset Counties

Southern Regional Resource Coordinator: 410-725-9993 (V)

Justin Willis
E-mail: jwillis.mcv@gmail.com
Serving Anne Arundel, St. Mary's, Calvert, Prince George's and Charles Counties

NAMI Veterans Resource Center

E-mail: vets@nami.org

1-800-950-6264 (Information Helpline)

Information about posttraumatic stress disorder, treatment options, effects on families, news and media, and an online discussion. Also offer resources on traumatic brain injury, public policy and legislation, veterans affairs and Veterans Integrated Service Networks (VISNs), mental illness, information for families, children, and spouses, women veterans, multicultural resources, suicide prevention, homelessness, and an online discussion group and forum for veterans to connect. Individuals have to create a free account in order to view these resources.

National Center for Post-Traumatic Stress Disorder (PTSD) - U.S. Department of Veterans Affairs

E-mail: ncptsd@va.gov
www.ptsd.va.gov

802-296-6300 (Information Voicemail)

Aim to advance the critical care and social welfare of U.S. Veterans through research, education, and training on PTSD and stress-related disorders. Website features fact sheets and videos on trauma, PTSD and related issues.

National Center for Trauma-Informed Care

66 Canal Center Plaza, Suite 302
Alexandria, VA 22314

1-866-254-4819 (Toll Free)

E-mail: nctic@nasmhpd.org
www.samhsa.gov/nctic

Offer consultation and technical assistance, and education and outreach. Website features hot topics, news and information, an event calendar, and resources including trauma-informed models for trauma-specific treatments and interventions and target groups, topic papers and research, links, and other materials are provided to help educate and foster a deeper understanding of the impact of trauma.

National Institute of Mental Health

Science Writing, Press & Dissemination Branch
6001 Executive Boulevard
Room 8184, MSC 9663
Bethesda, MD 20892-9663

1-866-615-6464 (Toll Free)
301-443-8431 (TTY)

E-mail: nimhinfo@nih.gov
www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml

Information on signs, symptoms, treatment, locating services, science news, research publications, and fact sheets.

Operation: Tohidu – Melwood

E-mail: tohidu@melwood.org
www.melwood.org/operationtohidu

301-856-6358 (V)

Addresses the specific needs of veterans and active duty service members who have been formally diagnosed or are self-reporting with PTSD, TBI, anxiety, depression, or substance abuse disorders resulting from deployment-related trauma. The 7-day retreat rehabilitation program focuses on confidence-building, outdoor activities, and group discussion in a relaxed, positive environment using proven techniques for the self-management of symptoms, stressors and responses. Cost is free for eligible registrants after a \$50.00 refundable registration fee. Retreat location is in Nanjemoy, MD.

PTSD Program Locator – Department of Veterans Affairs

www.va.gov/directory/guide/PTSD.asp

Locate nearby specialized PTSD programs, search by state or find specialized PTSD programs by type.

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Real Warriors

Defense Centers of Excellence (DCoE) for Psychological Health and
Traumatic Brain Injury Real Warriors Campaign
1335 East West Highway, 9th Floor
Silver Spring, MD 20910
www.realwarriors.net

1-866-966-1020 (Toll Free 24/7 Outreach)

The 24/7 Outreach Center is staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. The Real Warriors Campaign is an initiative launched by DCoE to promote the processes of building resilience, facilitating recovery and supporting integration of returning service members, veterans and their families.

Silver Spring Vet Center

Wayne Miller, Team Leader/Director
2900 Linden Lane
Silver Spring, MD 20910
E-mail: wayne.miller3@med.va.gov
www.vetcenter.va.gov/Vet_Center_Services.asp

301-589-1073 (V)
202-273-9116 (Bereavement Counseling)

Hours: Open Monday – Thursday 8:00 a.m. to 7:30 p.m.; Friday 8:00 a.m. to 4:30 p.m.; Second Saturday of each month 7:30 a.m. to 4:30 p.m. Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center. View [Vet Center Eligibility Criteria](#). If you live outside of Montgomery County [view a list of other locations](#) that may be closer to you. **Directions:** The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop.

Veterans Health Council - Post-Traumatic Stress Disorder (PTSD)

E-mail: vhc@veteranshealth.org
www.veteranshealth.org/Vietnam/ptsd.html

301-585-4000 (V)

Inform veterans and their families about health issues and benefits available to them, insure that veterans get the proper diagnosis based on the impact of their particular military service, and advocate on behalf of veterans' healthcare initiatives. Website features a section on PTSD. Program of the Vietnam Veterans of America.

Vietnam Veterans of America (VVA)

8719 Colesville Road, Suite 100
Silver Spring, MD 20910
E-mail: veteransbenefits@vva.org
www.vva.org/benefits/ptsd.htm

1-800-882-1316 (Toll Free)

Offer a guide to recognition and treatment of PTSD for veterans, as well as information on financial and legal assistance and benefits. Publications include *PTSD What Every Veteran - And Every Veteran's Family - Should Know*.

War-Related Illness and Injury Study Center – Department of Veterans Affairs

DC VA Medical Center
c/o War-Related Illness and Injury Study Center
Room 3B 203 (Mail Stop 127)
50 Irving Street, NW
Washington, DC 20422
E-mail: WRIISC.DC@va.gov
www.warrelatedillness.va.gov

1-800-722-8340 (Toll Free)

Offer services to combat Veterans, families, and healthcare providers on deployment-related health concerns. Deployment related conditions refer to a wide range of problems include physical, psychological, and socio-cultural concerns. Offer multidisciplinary health evaluations for recently returned veterans who are concerned about new health problems. Clinical services focus on environmental exposure assessments and comprehensive medical evaluations for combat veterans who have chronic and difficult to diagnose symptoms. An Exposure Assessment Clinic is designed to address veterans' deployment-related exposure concerns. Also provide a variety of classes for veterans on topics ranging from environmental exposures to deployment-related conditions and symptoms.