

## Minneapolis VA Health Care System Mental Health Resources, November 2016

We offer many services to support Veterans in their recovery. Please talk with your provider about services that might help you. Your VA provider can see more information on the [Minneapolis VA Clinical Services Share Point Site](#). In addition to services on this list, you can use individual therapy or care coordination. Many services are provided in person, and some are provided by “Vtel” (a secure video connection like Skype).

To connect with VA Mental Health, please call Mental Health Intake at 612-467-1921.

In an emergency, call 911. To reach the Veterans Crisis Line call 1-800-273-8255, then press 1.

*For Providers: Access the Clinical Services Share Point site by going to the Minneapolis VA intranet home page. At the left, click MVAHCS Share Point, then Clinical Services. Contact Martina at 612-467-3975 with questions.*

This resource was developed with the help of the **Veterans Mental Health Advisory Council**. The Council includes veterans and their supporters who volunteer their time to provide input about ways to enhance mental health services. If you would like to join the Council or get more information contact the staff liaison, Marcus Moore at 612-629-7481.

| <b>Challenge or need</b> | <b>Service</b>         | <b>Description</b>  | <b>Ask your provider to contact...</b> | <b>Location</b> |
|--------------------------|------------------------|---|--|-----------------|
| Anger                    | Anger Management Group | 8 group sessions, once per week, closed group (start & end w/same people) | Laura G                                | Hospital        |

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|---------------------------|--|--|--|--|
| Anger                     | Anger Coping Skills                      | 1x/week, 6-10 sessions, closed group (same people in each meeting) | Chris C<br>Melony S                    | Mankato<br>Rochester<br>Twin Ports<br>Vtel to Rice Lake, Hibbing, Chip Falls |
| Anxiety                   | Coping skills for PTSD and anxiety       | 5 session group, weekly, register in advance                       | Gina R                                 | Twin Ports   |
| Anxiety                   | Overcoming Anxiety                       | 3 session education class  | Dawn M                                 | Mankato<br>Vtel to Albert Lea, Rochester                                     |
| Anxiety or depression     | ACT: Acceptance & Commitment Therapy     | 10 session weekly group or short term individual therapy           | Ann W<br>Lutz H                        | Hospital   |
| Any mental health concern | Moving Forward (Problem Solving Therapy) | 4 week class, interpersonal effectiveness & problem-solving skills | Melony S                               | Twin Ports   |
| Any mental health concern | Mental Health Home Telehealth            | Brief daily responses to individualized health questions           | Jane S                                 | Cell, landline & computer based services                                     |
| Any mental health concern | Mind-Body Skills                         | 10 session group   | Beret S<br>Robin S<br>Susan S          | Hospital   |
| Any mental health concern | Mindfulness based stress reduction       | 8 session group  | John R<br>Denise L<br>Brad B           | Hospital<br>Maplewood<br>Ramsey  |

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| Any mental health concern | Mindfulness based practice          | Twice monthly practice group                                     | John R<br>Dawn M<br>Chris C            | Hospital<br>Mankato<br>Rochester       |
| Any mental health concern | Veterans Yoga Program               | Once per week  | Provider must place an RT Yoga Consult | Hospital                               |
| Any mental health concern | Tai Chi for health                  | 8 session group  | Julia P (psychologist)                 | Hospital                               |
| Any mental health concern | Wellness Management & Recovery      | 6-9 month group, meets 1x/week                                   | Martina R<br><br>Julia L               | Hospital<br>Vtel to clinics<br>Mankato |
| Any mental health concern | Client and Family Education (CAFÉ)  | 1 hour per week (veterans and supporters welcome) , group format | Jeff P<br>Susan R                      | Hospital<br>Vtel to clinics            |
| Any mental health concern | Coping Skills and Stress Management | 8 weekly sessions, closed group (everyone starts at same time)   | Amber H<br>Abbie S                     | Maplewood<br>Ramsey                    |
| Any mental health concern | Coping Skills drop in class         | 1 hour per week, group   | Dan S                                  | Albert Lea<br>Mankato<br>Rochester     |
| Any mental health concern | Emotional Wellness                  | 8 sessions, once weekly group, register in advance               | Melony S<br>Gina R                     | Twin Ports                             |

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|--------------------------|--|--|---|---------------------------------------|
| Bipolar disorders        | Living with a Bipolar Disorder   | 8 week, educational group, closed  | Provider should talk with Snezana U               | Hospital<br>Vtel to clinics           |
| Borderline personality   | Dialectical Behavior Therapy (DBT)   | 6-12 month weekly group + weekly individual therapy + 24 hour phone coaching           | Provider must place a DBT Consult                 | Hospital                              |
| Borderline personality   | Dialectical Behavior Therapy (DBT)   | 6-12 month weekly skills training + weekly individual therapy + 24 hour phone coaching | Amber H<br>Brad B<br>Abbie S<br>Karsten B         | Maplewood<br>Ramsey<br><br>Twin Ports |
| Caregiver support        | Resources for families of vet needing high level of care and support, and/or with dementia | Various services available   | Bridget D<br>Michael R                            | Hospital                              |
| Chronic pain             | Coping with Chronic Pain   | Once per month from 9a-12p, group  | Primary care or PCMHI provider must place consult | Hospital                              |
| Chronic pain             | Mind-Body Skills   | 10 session group   | Beret S<br>Robin S, Susan S                       | Hospital                              |
| Chronic pain             | Living a Valued Life with Chronic Pain   | 8 session group  | Haley C   | Hospital                              |
| Chronic pain             | Mindfulness based practice   | Twice per month group  | John R  | Hospital                              |

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| Chronic pain   | Mindfulness based stress reduction          | 8 session group   | John R<br>Denise L<br>Brad B   | Hospital<br>Maplewood<br>Ramsey      |
| Chronic pain   | Chronic Pain Rehabilitation Program (CPRP)  | 4 week inter-disciplinary, At hospital based pain program. (M-F 8a-3:30p) | Primary care provider can submit consult to PMR pain outpatient clinic for CPRP. | Participants may stay in Building 10 |
| Clutter mgmt or Hoarding                               | Organization skills group                   | 20 weekly group sessions + 2-3 home visits                                | Jenna R  | Hospital<br>Vtel to clinics          |
| Cognitive skills (challenging unhelpful thoughts)      | Cognitive Behavioral Social Skills Training | 6-12 months, 2x per week, group format                                    | Bridget H  | Hospital                             |
| Cognitive skills (improving abilities)                 | Cognitive Rehabilitation, FOCUS             | 8 session group, meets once weekly for 90 min                             | Torrii Y   | Hospital                             |
| Cognitive skills (testing)                             | Neuropsych testing                          | Usually 1-3 visits  | Provider does MoCA & place Neuropsychology Consult if needed                     | Hospital<br>All VA clinics           |
| Cognitive skills (using tools, calendars, memory aids) | Speech Language Therapy                     | Individual treatment, short term  | Provider can place a Speech Language Pathology Consult                           | Hospital                             |
| Community participation                                | Individual skill coaching                   | Individual community-based skill practice, short-term                     | Talk with your therapist about working with VBR program staff on goals           | Discuss with provider                |

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|---|---|---|--|--|
| Crisis care (e.g. suicidal)                       | Inpatient psychiatry                                      | Hospital care to help you through crisis. Support, groups, medication help, social work, recreation, OT, peer services available. | Mary Jo S<br>Irene B                   | Hospital   |
| Dementia/<br>memory loss<br>(patients and family) | Living with Dementia                                      | 1x per month for 3 months;<br>for veterans with early dementia and their caregiver  | Eric M                                 | Hospital   |
| Depression  | Depression Education Class                                | 1x per week for 3 weeks, group  | Dawn M<br><br>Gina R                   | Albert Lea<br>Mankato<br>Rochester<br>Twin Ports |
| Depression  | Mindfulness Based Cognitive Therapy for Depression (MBCT) | 1x per week for 8 weeks, group  | Denise L<br>Brad B                     | Maplewood<br>Ramsey                              |
| Diagnosis (testing)                               | Assessment Clinic   | Usually 1-3 visits, individual  | Talk with your provider                | Hospital<br>All VA clinics                       |
| Domestic or interpersonal violence                | Strength at Home  | 12 weekly group sessions  | Lisa K                                 | Hospital   |
| Dual diagnosis (mental health & substance use)    | Dual Diagnosis Group                                      | 1x/week for 6-9 months, group format  | Jennifer M<br>Martina R                | Hospital   |
| Eating disorders                                  | Individual therapy  | Ind. therapy for problems with food, body image   | Matt K                                 | Hospital<br>Vtel to clinics                      |

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| Family support & education                          | Support and Family Education   | 2x/month, drop in group, attend any session: for supporters/caregivers only | Tasha N   | Hospital                                   |
| Family therapy for mental illness                   | Behavioral Family Therapy      | Family/couple meets with individual therapist weekly or biweekly            | Tasha N   | Hospital<br>Vtel to clinics                |
| Family therapy for schizophrenia & bipolar disorder | Family psycho-education group  | Multi-family group, 2x/month for up to a year                               | Tasha N   | Hospital                                   |
| Family, couple conflict                             | Family Therapy Training Clinic | Short term family/couple therapy, 1x/wk (Mar-Aug)                           | Marianne S<br>Chris E                                     | Hospital                                   |
| Gambling  | Gambling counselor             | Individual sessions   | Roger Anton<br>Office: 612-253-0160<br>Cell: 612-558-5364 | Hospital                                   |
| Grief and loss                                      | Grief & loss support           | 8 group sessions, "closed" group—start & end with same people               | Amy W<br>Julia P (social worker)                          | Hospital<br>Mankato<br>Ramsey<br>Rochester |
| Health-related information                          | Patient Education Library      | Pamphlets, books, computers for vet use                                     | Room 1S-134 at main hospital                              | Hospital                                   |
| Homelessness  | CRRC Triage Social Workers     | Screening, info, help to end homelessness                                   | Walk-in, 9:30-3 Mon-Fri @ CRRC (no referral needed)       | CRRC                                       |



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|---|--|---|--|-------------------------------------|
| Homelessness  | Front Porch  | Screening, info, help to end homelessness                   | Drop in, 1J clinic, Thursdays, check in 7:30-8a                  | Hospital                            |
| Insomnia  | CBT for Insomnia   | Brief individual therapy for sleep problems                 | Erin K, Chris C<br>David S (Twin Ports)                          | Hospital<br>Vtel to clinics         |
| Insomnia  | CBT group for Insomnia   | Group education/therapy for sleep problems                  | Amber H (provider must refer)                                    | Maplewood                           |
| Intensive case management                           | MHICM for vets who have been hospitalized frequently           | In-home & community based case management services          | Sarah B (provider must refer)                                    | Hospital                            |
| Intensive skill building                            | Psychiatry Partial Hosp (PPH)                                  | 3 weeks, M-Th, 8:15a-2:15p, F 8:15a-12p                     | Provider must place PPH consult                                  | Hospital                            |
| Interpersonal difficulties (getting along w/others) | Time Limited Dynamic Psychotherapy                             | Short term individual therapy                               | Ann W  | Hospital                            |
| Interpersonal or emotion challenges                 | Balancing group  | Once weekly for about 6 months, group                       | Crystal T (provider must talk w/her)                             | Hospital                            |
| Job-related services                                | Therapeutic and Supported Employment                           | Individual services with job counselors                     | Angela S (provider must place Vocational Rehabilitation consult) | Hospital<br>Vtel to clinics         |
| Legal problems                                      | Moral Reconciliation   | 6-12 months, once weekly group                              | Ariana H   | Hospital<br>CRRC<br>Vtel to clinics |
| MST/Military Sexual Trauma                          | Education related to experiencing sexual assault or harassment | One-day workshops at hospital, individual therapy all sites | Deadra D   | Hospital<br>All VA clinics          |

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| MST/Military Sexual Trauma for men             | Education & therapy group for men who've experienced sexual harassment or assault | 10 session, 1x/week group for men   | Deadra D   | Hospital  |
| Music  | Bell Choir: The Ringing Cavaliers   | Once weekly musical performance group   | Irene H  | Hospital  |
| Nightmares                                     | Individual treatment  | up to 3 individual sessions   | Erin K, Chris C, Dawn M, Grant B                                   | Hospital<br>Vtel to clinics                         |
| Overweight, obesity                            | Mindfulness based practice  | Twice monthly group   | John R   | Hospital  |
|  | Mindfulness based stress reduction  | 8 week group  | John R<br>Denise L<br>Brad B                                       | Hospital<br>Maplewood<br>Ramsey                     |
| Peer Support                                   | Peer Support group  | Once per week, drop in  | Iden H   | Hospital<br>Vtel to clinics                         |
| Post traumatic stress & borderline personality | Journeys intensive outpatient program   | 12 week intensive outpatient program, 5 days per week, group & individual therapy | Laura M (provider completes application)                           | Participants may stay in Building 10                |
| Post traumatic stress (PTSD)                   | Time-limited, evidence-based therapies  | About 12 weeks of individual therapy  | Provider must send Cognitive Processing/Prolonged Exposure Consult | Hospital<br>Vtel to clinics<br>Mankato<br>Rochester |

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|--------------------------------------|--|---|--|----------------------------|
| Post traumatic stress (PTSD)         | Time-limited, evidence-based therapies | Cognitive processing group<br>Couples therapy             | Melony S   | Twin Ports                 |
| Post traumatic stress (PTSD)         | Coping skills for PTSD and anxiety     | 5 session group, weekly, pre-register                     | Gina R   | Twin Ports                 |
| Recovery from serious mental illness | Veterans Bridge to Recovery            | Twice per week, groups and activities (3-5 hours per day) | Provider must place VBR consult                    | CRRC                       |
| Retirement                           | Healthy Retirement Class               | 8 session group, weekly                                   | Tom F  | Ramsey                     |
| Sharing resources                    | Community integration                  | Once weekly, drop in                                      | Daniel C   | Hospital                   |
| Smoking cessation                    | Smoking cessation group                | 8 weeks, once per week                                    | Bridget H  | Hospital<br>All VA clinics |
| Smoking cessation                    | Commit to Quit group                   | First Thursday of each month, check in by 10:55 at 1P-170 | Kathy S<br>Drop in (no referral needed)            | Hospital                   |
| Social & community participation     | Community Activity Group               | Once per week for 6-8 weeks                               | Ben F  | CRRC                       |
| Social and skill building, music     | Vets Drumming Group                    | Once per month (Vets and supporters welcome)              | Kathryn L  | Hospital                   |
| Social skills                        | Social Strategies                      | Two group meetings per week for 3-4 months                | Tasha N  | Hospital                   |
| Social skills                        | Social Skills Training                 | Two group meetings per week for 12 weeks                  | Bridget H  | Hospital                   |
| Substance use treatment              | Intensive Outpatient Program           | 4 weeks, 3 days per week<br>Group format                  | Weekly drop-in screening 1J-127 every Friday 9:00a | Hospital                   |

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| Substance use treatment                                    | Relapse Prevention                             | 2x/week for 3 weeks, group format               | Weekly drop-in screening 1J-127 every Friday 9:00a                                | Hospital                    |
| Substance use (Alcohol/drugs)                              | ARS Saturday Group                             | Once per week, drop in, no referral needed      | Weekly drop-in 10a-11a, 1U clinic   | Hospital                    |
| Substance use (Alcohol or other drugs) recovery            | Alcoholics Anonymous groups at VA              | Drop in   | No referral needed<br>Mon-Th 6p, Sun 9a room 1H-106<br>Weds 2p @ CRRC 1201 Harmon | Hospital                    |
| Substance use recovery                                     | Narcotics Anonymous                            | Twice per week, group                           | Drop in<br>Friday 6:30p 1H-106<br>Saturday 6:30p 1H-106                           | Hospital                    |
| Support & life skills for vets with serious mental illness | Life Management Group                          | Once per week                                   | David S<br>Renee O  | Twin Ports                  |
| Substance recovery (Alcohol or other drugs)                | Mind-Body Skills                               | 10 week group class                             | Robin S<br>Susan S  | Hospital                    |
| Substance use (Alcohol or other drugs)                     | SMART recovery                                 | Drop in, 2 groups per week                      | Iden H  | Hospital<br>Vtel to clinics |
| Substance use Aftercare                                    | Facilitated groups to enhance support & skills | Weekly for 8 weeks, for vets who have completed | Ask provider to place ARS consult   | Hospital                    |

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|----------------------------------|--|---|--|-----------------------------|
| (Alcohol or other drugs)         | for sobriety   | primary SUD treatment   |  |                             |
| <b>Challenge or need</b>         | <b>Service</b>   | <b>Description</b>  | <b>Ask your provider to contact...</b>                             | <b>Location</b>             |
| Substance use (opiate addiction) | Facilitated group to enhance support & skills for sobriety | Drop in group once per week, only for vets who use prescribed buprenorphine | Scott M  | Hospital                    |
| Trauma                           | Trauma Education   | One day workshop  | Emily V  | Hospital                    |
| Vocational Rehabilitation        | Therapeutic and Supported Employment Services              | Variety of job-related services   | Angela S (provider should place Vocational Rehabilitation Consult) | Hospital<br>Vtel to clinics |
| Voice Hearers                    | Coping with Voices   | Weekly for 10 weeks, group  | Martina R  | Hospital<br>Vtel to clinics |
| Young transgender adults         | Young Adult Transgender group                              | 1x per month, evenings  | Jennifer R   | Hospital<br>Vtel to clinics |

*More options may be available within specific programs. Please ask your providers for more information.*

*Veterans who are also VA employees may access additional resources through Occupational Health, Human Resources, Employee Assistance Program — [www.sandcreekeap.com](http://www.sandcreekeap.com), 651-430-3383, their union, or the Health Professional Services Program through the State of MN (651) 643-2120.*