

Montgomery County, MD - Veterans Network Directory

Post-Traumatic Stress (PTS)

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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: MCCVA@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

African American Post Traumatic Stress Disorder Association

www.aaptsdassn.org

253-589-0766 (V)

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. Assist with: helping Veterans and their families; filing VA claims; receiving adequate medical attention; understanding the VA Rating Schedule for compensation; providing safe houses; facilities for homeless Veterans; emergency overnight shelters; offering services that there is help available; help for female Veterans; information---not-for-profit agencies also available; other resources are available to provide assistance; and help Veterans get in homes.

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

Spring Grove Hospital Center, Mitchell Bldg.
55 Wade Ave, Catonsville, MD 21228
<http://veterans.health.maryland.gov>

1-877-770-4801 (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.

Rick Reed - Central Region

410-258-2513 (V)

E-mail: richard.reed@maryland.gov
Serving Baltimore, Baltimore City, Harford, Howard and Anne Arundel Counties

David Galloway - Western Region

410-725-9971 (V)

E-mail: david.galloway1@maryland.gov
Serving Garrett, Allegany, Frederick, Montgomery, Carroll, and Washington Counties

Dina Karpf - Eastern Region

410-725-9996 (V)

E-mail: dina.karpf@maryland.gov
Serving Kent, Queen Anne's, Caroline, Talbot, Dorchester, Wicomico, Worcester, Cecil and Somerset Counties

Vacant - Southern Region

1-877-770-4801 (Toll Free)

Serving St. Mary's, Calvert, Prince George's and Charles Counties

NAMI Veterans Resource Center

E-mail: info@nami.org
www.nami.org/Find-Support/Veterans-and-Active-Duty

1-800-950-6264 (Information Helpline)
Hours: Monday through Friday, 10:00 a.m. to 6:00 p.m.
Text "NAMI" to 741741

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 clinical care and social welfare of America's Veterans and others who have experienced trauma, or who suffer from PTSD, through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.

National Institute of Mental Health

Office of Science Policy, Planning and Communications
6001 Executive Boulevard
Room 6200, MSC 9663
Bethesda, MD 20892-9663
E-mail: nimhinfo@nih.gov

www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml

1-866-615-6464 (Toll Free)
301-443-8431 (TTY)
Hours: Monday through Friday,
8:30 a.m. to 5:00 p.m. EST

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

Operation: Tohidu – Melwood

E-mail: trahill@melwood.org
www.operationtohidu.org

301-599-4550 (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 5-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. All VA Medical Centers offer PTSD treatment, even if there is no specific PTSD program. Many Vet Centers and VA Community Based Outpatient Clinics also offer PTSD treatment.

Real Warriors

Psychological Health Center of Excellence Real Warriors Campaign 1-866-966-1020 (Toll Free 24/7 Outreach)
7700 Arlington Blvd, Suite 5101
Box #22 (Silver Spring Office)
Falls Church, VA 22041
www.realwarriors.net

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. Live online chat available.

Silver Spring Vet Center

Wayne Miller, Vet Center Director 301-589-1073 (V)
2900 Linden Lane 202-273-9116 (Bereavement Counseling)
Silver Spring, MD 20910
E-mail: wayne.miller3@med.va.gov
www.vetcenter.va.gov/Vet_Center_Services.asp

Hours: Open Monday – Thursday 8:00 a.m. to 7:30 p.m.; Friday 8:00 a.m. to 4:30 p.m.; Closed Saturday, Sunday, and Holidays. 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.

The Steven A. Cohen Military Family Clinic at Easterseals

1420 Spring Street 240-847-7500 (V)
Silver Spring, MD 20910
www.easterseals.com/DCMDVA/our-programs/cvn-home.html

The Steven A. Cohen Military Family Clinic provides high-quality, accessible and integrated mental health care. They focus on client-centered, customized outpatient care for veterans and family members, by removing barriers and creating better access to care. Serves post-9/11 veterans who served in the United States Armed Services, including the National Guard and regardless of role while in uniform, discharge status, or combat experience. Parents, siblings, spouses or partners, children, caretakers, and others. They treat a variety of mental health issues including depression, anxiety, post-traumatic stress, adjustment issues, anger, grief and loss, family issues, transition challenges, relationship problems, and children's behavioral problems.

Vietnam Veterans of America (VVA)

8719 Colesville Road, Suite 100 301-585-4000 (Toll Free)
Silver Spring, MD 20910
<https://vva.org/what-we-do/outreach-programs/ptsd/>

The PTSD program is dedicated to providing support for veterans and their families and advocates for the necessary health care to treat PTSD, including diagnoses, research, specialized programs and educational efforts.

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
www.warrelatedillness.va.gov

1-800-722-8340 (Toll Free)

National program dedicated to Veterans' post-deployment health concerns and unique health care needs. Develop and provide post-deployment health expertise to Veterans and their health care providers through clinical care, research, education, and risk communication. As a tertiary care center, they partner with referring providers and their health care teams to support the care of Veterans. The WRIISC is part of VA's Post Deployment Health Services, a VA Delivered Foundational Service.