



Commander's Corner: Well, here we are starting a new year and our first full year of the 2nd Bn., 1st Infantry Regiment Chapter of the ADVA. I hope you all enjoyed your holidays and are looking forward to 2012 and the comradeship we will be sharing with our 2/1 brothers.

Our membership is really starting to grow and we are proud to welcome the newest members to our chapter. They are Harry Humbert (Bravo), Oscar Truitt (Delta), Cecil Humbree (Bravo), Michael Crowe (Bravo), Mike Glascock (Bravo/HHC), James Pitra (Delta), John Licata (Bravo), Hal Kuehl (Bravo/HHC), and Jim Gales (Bravo). We welcome you to the 2/1 Chapter. Also, we urge all of our members to join the Americal Division Veterans Association. There's a link to them on our site.

We are counting on all of you to spread the word about our web site and our chapter and check into the site often as changes and updates are done on a frequent basis. The information for the 2012 ADVA annual reunion, to be held in Atlanta, GA., has recently been added, so check it out. The only bummer is it will be held the same weekend as the annual Kokomo, IN Veteran's reunion which I'll have to miss after going for over 20 years. The Kokomo reunion is the largest in the country and draws about 40,000 veterans and their friends and families each year. If you can't make Atlanta, I would highly suggest you attempt to attend this reunion (they also have Huey rides).

The most frequent updates to our site take place on our "Members List". Also, the "2/1 Roster" page has been broken down by company. Sometime over the winter, I plan on starting a "Past Reunion" page and would appreciate some pix of the initial reunion held in St. Louis in 1989; actually the first time a lot of us had seen each other in about 20 years. Pictures may be sent to me and I'd prefer .jpg format but, can work with other types if need be. Please include name of people in the pix if possible.

I have been contacting other web sites to get a link to our site added to their sites, which I hope will increase our site activity and bring us some new members; especially from some of the companies we are just now beginning to bring into the fold.

Last but not least, it has been mentioned that we take a group cruise sometime in 2013 to the Caribbean. We'd get a group discount and be able to make payments up until 45 days before the cruise at which time the balance would be due. Anyone interested, please contact me via email and we'll see what we can get going. Can't provide detailed info until we know how many are interested.

Well, I've rambled long enough!

Keep safe and may the bond of battle never be broken!

Chuck

U.S. War in Iraq Declared Officially Over: The United States military officially declared an end to its mission in Iraq on Thursday even as violence continues to plague the country and the Muslim world remains distrustful of American power. In a fortified concrete courtyard at the airport in Baghdad, Defense Secretary **Leon E. Panetta** thanked the more than one million American service members who have served in Iraq for "the remarkable progress" made over the past nine years but acknowledged the severe challenges that face the struggling democracy. "Let me be clear: Iraq will be tested in the days ahead — by terrorism, and by those who would seek to divide, by economic and social issues, by the demands of democracy itself," Mr. Panetta said. "Challenges remain, but the U.S. will be there to stand by the Iraqi people as they navigate those challenges to build a stronger and more prosperous nation."

The muted ceremony stood in contrast to the start of the war in 2003 when an America both frightened and emboldened by the attacks of Sept. 11, 2001, sent columns of tanks north from Kuwait to overthrow **Saddam Hussein**. As of last Friday, the war in Iraq had claimed 4,487 American lives, with another 32,226 Americans wounded in action, according to Pentagon statistics. The tenor of the hour-long farewell ceremony, officially called "Casing the Colors," was likely to sound an uncertain trumpet for a war that was started to rid Iraq of weapons of mass destruction it did not have. It now ends without the sizable, enduring military presence for which American militaries had hoped. Although Thursday's



ceremony marked the end of the war, the military still has two bases in Iraq and roughly 4,000 troops, including several hundred who attended the ceremony. At the height of the war in 2007, there were 505 bases and more than 170,000 troops. According to military officials, the remaining troops are still being attacked on a daily basis, mainly by indirect fire attacks on the bases and road side bomb explosions against convoys heading south through Iraq to bases in Kuwait. Even after the last two bases are closed and the final American combat troops withdraw from Iraq by Dec. 31, under rules of an agreement with the government in Baghdad, a few hundred military personnel and Pentagon civilians will remain, working within the American Embassy as part of an Office of Security Cooperation to assist in arms sales and training.

"No free man shall ever be debarred the use of arms." -- Thomas Jefferson

TRICARE: Summary of Beneficiary Costs Brochure: is an eight-page brochure that provides an overview of the costs associated with stateside TRICARE program options—TRICARE Prime (including TRICARE Prime Remote and TRICARE Prime Remote for Active Duty Family Members), TRICARE Standard and TRICARE Extra, US Family Health Plan, TRICARE Reserve Select, TRICARE Retired Reserve, Continued Health Care Benefit Program, TRICARE Young Adult, and TRICARE For Life—and TRICARE pharmacy and dental benefits. Cost information about copayments, cost-shares, deductibles, enrollment fees, premiums, and catastrophic caps is organized by program option, beneficiary type, and service/benefit. Contact information is also included.

This brochure is available for download at: <http://www.tricare.mil/tricaresmart/product.aspx?id=442&CID=88&RID=3>.

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Special Forces Equals Green Berets. Got It? The U.S. Army Special Forces Green Berets get plenty of acclaim - sometimes too much acclaim. Some 87 percent of the deployed force is in the general area of Afghanistan and Iraq, and the Pentagon has ordered their 8,500-strong force expanded by 1,000 over the past four years because they are so much in demand. "Special Forces," means specifically -- and only -- Green Berets, as some Green Berets will tell you through gritted teeth. Yet since the Navy SEAL raid that killed Osama bin Laden in Pakistan earlier this year, even the commander-in-chief has used "special forces" to refer to all special operations forces -- from SEALs to Army Rangers to Air Force Special Operations troops. The Special Forces were established in 1952, but President Kennedy approved the namesake cap in 1961. Kennedy saw the Green Berets as key to his battle against communism, using "unconventional warfare" -- teaching local forces to overthrow the local government or leader, fighting alongside them to provide expertise, intelligence and logistical support. When the U.S. responded to the Sept. 11, 2001, attacks, Green Berets were the first military forces deployed, Reeder said, together with CIA operatives. They provided Afghanistan insurgents firepower, direction and intelligence to help unseat the Taliban in just 43 days. More recently in Afghanistan, Green Berets employed their other skill of "foreign internal defense," in this case by helping the local forces support the U.S.-backed Afghan government. The Green Beret small-footprint counterinsurgency is being discussed as a possible exit strategy for the White House as it seeks a way to shrink the U.S. troop presence in Afghanistan. The Green-Beret-designed program to secure remote Afghan areas -- called Village Stability Operations -- is being touted as the way to keep the Taliban out, with far fewer U.S. troops.

Monopoly – You will never look at the game the same way: Starting in 1941, an increasing number of British Airmen found themselves as the involuntary guests of the Third Reich (as POWs), and The Crown was casting about for ways and means to facilitate their escape...Now, obviously, one of the most helpful aids to that end is a useful and accurate map, one showing not only where stuff was, but

also showing the locations of 'safe houses' a POW on-the-lam could go for food and shelter. Paper maps had some real drawbacks -- they make a lot of noise when you open and fold them, they wear out rapidly and, if they get wet, they turn into mush. Someone in MI-5(similar to America's OSS) got the idea of printing escape maps on silk. It's durable, can be scrunched-up into tiny wads, can be unfolded as many times as needed, and makes no noise whatsoever. At that time, there was only one manufacturer in Great Britain that had perfected the technology of printing on silk and that was John Waddington, Ltd. When approached by the government, the firm was only too happy to do its bit for the war effort. By pure coincidence, Waddington was also the UK licensee for the popular American board game, Monopoly. As it happened, 'games and pastimes' was a category of item qualified for insertion into CARE packages, dispatched by the International Red Cross to prisoners-of-war. Under the strictest of secrecy, in a securely guarded and inaccessible old workshop on The grounds of Waddington's, a group of sworn-to-secrecy employees began producing escape maps, keyed to each region of Germany or Italy where Allied POW camps were regional system. When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece. While they were at it, the clever workmen at Waddington's also managed to add:

1. A playing token containing a small magnetic compass;
2. A two-part metal file that could easily be screwed together; and
3. Useful amounts of genuine high-denomination German, Italian, and French currency, hidden within the piles of Monopoly money!

British and American air crews were advised, before taking off on their first mission, how to identify a 'rigged' Monopoly set -- by means of a tiny red dot, one cleverly rigged to look like an ordinary printing glitch, located in the corner of the 'Free Parking' square. Of the estimated 35,000 Allied POWs who successfully escaped, an estimated one-third were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely, since the British Government might want to use this highly successful ruse in still another, future war. The story wasn't declassified until 2007, when the surviving craftsmen from Waddington's, as well as the firm itself, were finally honored in a public ceremony.

Dues Notice: January starts the Chapter's fiscal year. Although we started with donated funds, the Executive Committee asked the members attending our annual meeting for approval of an annual assessment of \$ 5.00 per year. There was unanimous approval. Dues will be expected and payable during January 2012 and every year thereafter. If the Executive Committee feels the funds are excess to the Chapter's needs, subsequent years assessment will be adjusted. The funds are necessary to offset the cost and maintenance of the Chapter WEBSITE. As our membership increases we will experience more members who do not have email, we might incur additional expenses for mail. If for some reason conditions prevent anyone from paying the dues, please let me know. You will continue as a member until conditions change. Make your check payable to: **2/1, 196th LIB Veterans Chapter**. Send your payment to: Don Hicks, 909 Mapleleaf Street, Franklin, KY 42134. Don Hicks

Army Desertion Rate Lowest Since Vietnam: The U.S. Army's desertion rate dropped sharply in the past year to the lowest point since the Vietnam war, a welcome relief which experts believe is thanks to a sputtering economy, better recruits and the drawdown of U.S. forces in Iraq. "The Army right now is in a place where it can be very selective of the Soldiers that it recruits," said Pentagon spokesman Lt. Col. Steve Warren "and because of that we are bringing into the Army the very best that America has to offer." Despite a patriotic surge in the wake of the terrorist attacks of September 11, 2001, the Army had trouble keeping its ranks filled amid the intense pressures of the wars in Afghanistan and Iraq. The desertion rate actually jumped in the wake of the attacks, with 4,399 Soldiers fleeing their posts in 2001, and began to rise as Iraq unraveled in 2005 and 2006. It peaked during the 2007 surge to 4,698 troops, which was just under one percent of the service rolls and the Army's highest desertion rate since records became available in 1970. A 2002 Army report found that the number of deserters and AWOL Soldiers usually rises in wartime as more demands are placed on troops and enlistment standards are lowered -- something that happened as Iraq careened into chaos.

Burn Pit Related to Illnesses? An Institute of Medicine study has found no evidence between exposure to burn pits in Iraq and Afghanistan and long-term health problems. A 14-member committee of the institute, the nonprofit health research arm of the National Academy of Sciences, could neither prove nor disprove that servicemembers' exposure to burning trash piles in Iraq and Afghanistan could cause long-term health problems, and recommended that more studies be done.

Spouse Support Program: The Department of Veterans Affairs is implementing a telephone support program to help spouses of returning Iraq and Afghanistan veterans after a pilot telephone support program showed significant reduction in stress for the spouses. The spouse telephone support program, which is part of VA's Caregiver Support Program, builds spouses' ability to cope with the challenges that reintegration to civilian society can bring, helps them serve as a pillar of support for returning veterans, and eases the transition for families after deployments. Spouses in the pilot program reported decreased symptoms of depression and anxiety, with an increase in social support. Local caregiver support coordinators are available to assist veterans and their caregivers in understanding and applying for VA's many caregiver benefits. VA also has a website, www.caregiver.va.gov, with general information on spouse telephone support and other caregiver support programs available.

Editors Notes: *Newsletters* are uploaded to the 2nd Battalion Chapter Website. If you missed an issue, look on the Website. The Web address in the heading of the N/L. Take a look at our newly developed Chapter LOGO. Do you like it? If you have anything relating to this N/L, email or write them at the following addresses; Email: rheroux1@nc.rr.com or gcarder@columbus.rr.com. Snail mail: Rich Heroux, 2005 Montgomery Road, Franklinton, NC 27525-7300 or Gary Carder, 1725 Demorest Road, Columbus, OH 43228.

VA and Veterans Team Up for Medical Research: VA is not just a place to receive health care and benefits like the GI Bill. It's also houses a unique research institution where medical advancements have continuously been made since 1925, like the first liver transplant and the development of the nicotine patch. Now, VA's research department is rolling with arguably its most ambitious project yet. The Million Veteran Program (MVP) was launched with a goal to build a database with a million blood samples and medical histories. The database hopes to lead to answers about how genes affect health and illness. In fact, screening, diagnosis, and treatment for some illnesses—such as some forms of cancer—have already been improved through knowledge about the effects of certain genes. A large research database may resolve issues that have baffled physicians for years; why treatments work for some and not for others, why some patients are at greater risk, and how to prevent certain illnesses before they spread. MVP takes great strides to protect the privacy of every volunteer in the program. All personally identifiable data, like names and Social Security numbers, are stripped from the samples and medical history submissions. Simply put, no one can trace a Veteran back to their sample—there is no need to worry about impacts on care or benefits. MVP eclipsed 10,000 volunteers, but it needs a larger pool of data to really make strides. If you'd like to help your fellow Vets by being a part of the research solution, check out this site for more information contact your local VA office.

Mission: 100k Jobs: If you're a military member leaving active service, you may be one of 100,000 veterans that will be hired by a leading corporation as part of the "100,000 Jobs Mission." Organized by JPMorgan Chase, which has partnered with 10 other large companies, the goal of the mission is for all 11 companies to collectively hire 100,000 military members by the end of 2020. The following companies have joined together in this effort to hire military and veterans:

- * AT&T
- * Broadridge Financial Solutions, Inc.
- * Cisco Systems Inc.
- * Cushman & Wakefield Inc.
- * EMC Corporation
- * Iron Mountain Incorporated
- * JPMorgan Chase & Co.
- * Modis
- * NCR Corporation
- * Universal Health Services, Inc.
- * Verizon Communications Inc.

One last thought: Only 2 defining forces have ever offered to die for you: Jesus Christ and The US Soldier; One died for your soul; the other for you and your children's Freedom.

Veterans Homelessness on Decline: The Departments of Veterans Affairs and Housing and Urban Development have announced that a new national report shows that homelessness among veterans has been reduced by nearly 12 percent between Jan. 2010 and Jan 2011. According to the 2011 (AHAR) report 67,495 veterans were homeless in the United States on a single night in January 2011 – a significant reduction from 2010's single night count of 76,329. Since 2009, working with over 4,000 community agencies, VA and HUD have successfully housed a total of 33,597 veterans in permanent, supportive housing with dedicated case managers and access to VA health care. The VA also announced it will make \$100 million in grants available to community agencies across the country to prevent nearly 42,000 veterans and their families from falling into homelessness or to quickly return them to stable housing. The funds are offered for fiscal 2012 through VA's Supportive Services for Veteran Families (SSVF) program, a homeless-prevention and rapid re-housing program. Last year, VA provided \$60 million to the SSVF program to community providers, which will affect nearly 22,000 people through 85 non-profit community agencies in 40 states and the District of Columbia. The program provides community organizations with funding for counseling, training, education assistance, direct time-limited financial assistance, transportation, child care, rent, utilities, and other services aimed at preventing homelessness or providing homes for participating veterans and family members. The available funds were announced in a message posted in the Federal Register and at VA's website, www.va.gov/homeless/ssvf.asp. Private non-profit organizations and consumer cooperatives interested in the grants have until February 15, 2012, to submit completed applications. In January 2012, VA will sponsor free workshops to review the grant application process. Community organizations interested in applying for funds under this program can use the website to find dates for workshops in Atlanta, Baltimore, Denver, San Francisco, and St. Louis. Community organizations seeking more information on the SSVF program can also contact VA at (877) 737-0111 or at SSVF@va.gov.



Donut Dollies of Vietnam: During World War II numerous teams of three female Red Cross volunteers operated clubmobiles equipped with a kitchen area with a stove for heating water for coffee and a built-in donut machine. These clubmobiles traveled with the rear echelon units, but each day their teams sought out in different operating areas to visit Soldiers, play Victrola records, pass out sundry items, and serve hot coffee and fresh-made-donuts to the troops. Female Red Cross workers answered the call to duty again during the Korean War. In its early stages, they earned the endearing Nickname, "Donut Dollies," turning out up to 20,000 donuts a day for the American Soldiers disembarking troop ships in Pusan. The Donut Dollies

were visible to the troops serving in Vietnam. Between February 1962 and March 1973, they logged in over 2 million miles by jeep, duce-and-a-half, and helicopter, visiting combat troops at remote fire bases from An Khe to Yen Giang (pronounced Zang there's no "Z" in Vietnamese). Surprisingly they didn't pass out a single donut during this war. Instead, usually traveling in pairs and dressed in their signature pale blue outfits, they brought smiles, songs, games, and a touch of back home to the guys who were in the bush counting down the days from 365. Over 600 Donut Dollies responded to the somewhat opaque Red Cross's ads seeking "qualified young women who were willing to serve one year overseas." They had to be at least 21, have a college education, and have that "girl next door" look. Among the understated requirements: "the job requires a capacity for hard work under less than ideal conditions."

After two weeks of training in Washington, D.C. as Red Cross recreation workers, the women packed off for Vietnam where they set up recreation centers before the USO and Special Services arrived and wrote up and conducted recreation programs in the field for troops who couldn't visit the centers. They also visited hospitals to hand out activity books and spent time in evac hospitals with the wounded. As one Donut Dolly put it, "Our job was to smile and be bubbly for the entire year – no matter what the situation."

No one appreciated the presence of the Donut Dolly more than the troops on the remote firebases. Minutes spent talking about home or sports or music or wives and girlfriends with a fresh-faced American girl with a pony tail wearing a tinge of lipstick and a splash of perfume was a terrific morale boost. And the fact that these young women had the guts to brave incoming mortars, sniper and ground-to-air fire, and other wartime hardships and dangers to visit the firebases earned them the unarguable respect and admiration of the troops. And that's exactly how Vietnam veterans remember the Red Cross Donut Dollies nearly forty years later- with unarguable appreciation, respect, and admiration.

Air Force Mortuary under Investigation: According to a recent Washington Post report the US Air Force dumped the cremated, partial remains of at least 274 troops in a landfill before halting the secretive practice in 2008. The procedure was never formally authorized or disclosed to senior Pentagon officials, who conducted a review of the cremation policies of Dover Air Base -- the main point of entry for US war dead -- in 2008, the Post said. Nor was the dumping ever disclosed to the families of the fallen troops, who had authorized the military to dispose of the remains in a respectful and dignified manner. The precise count of the remains disposed of at a Virginia landfill would require searching through the records of 6,300 troops whose remains have passed through Dover since 2001. An additional group of 1,762 remains -- which could not undergo DNA testing because they were badly damaged or burned -- were also disposed of in this manner. Last month investigators said they had found "gross mismanagement" at the US Air Force mortuary, with body parts lost and remains mishandled. After allegations from whistle-blowers, an Air Force probe found that two "portions of the remains" of fallen troops had been lost and uncovered other problems at the morgue. New procedures have been put in place at the mortuary and the commander at the morgue, a colonel, together with two civilian officials were disciplined over the episode but not sacked.

Post Traumatic Stress Disorder (PTSD):

Post Traumatic Stress Disorder (PTSD): Have you or someone you love been through combat? Lived through a disaster? Been Raped? Experienced any kind of traumatic event? Have you ever thought that painful memories of that experience were still causing problems for you or a loved one? PTSD—an often mentioned problem in the news or from friends and family presents much confusion as to what it is, or whether or someone you know has it. PTSD can occur after someone goes through, sees, or learns about a traumatic event like: • Combat exposure • Child sexual or physical abuse • Terrorist attack • Sexual/physical assault • Serious accident • Natural disaster. Most people have some stress-related reactions after a traumatic event. If reactions don't go away over time and they disrupt a person's life, it may be the result of PTSD. Most Americans have had a trauma. About 60 % of men and 50 % of women experience at least one traumatic event. Of those who do, about 8% of men and 20% of women will develop PTSD. For some events, like combat and sexual assault, more people develop PTSD. It is normal to have stress reactions after a traumatic event. Emotions and behavior can change in ways that are troubling.

Fear or anxiety: In moments of danger, our bodies prepare to fight our enemy, flee the situation, or freeze in the hope that the danger will move past us. But those feelings of alertness may stay even after the danger has passed. Persons may: feel tense or afraid; be agitated and jumpy; feel on alert.

Sadness or depression: Sadness after a trauma may come from a sense of loss---of a loved one, of trust in the world, faith, or a previous way of life. The result manifest itself by crying spells, lose interest in things that once were joyful, a desire to be alone all the time and feeling tired, empty, and numb.

Guilt and shame: A feeling of guilt that more was not done to prevent the trauma. A feeling of shame following the trauma because enough was not done or regrettable actions were undertaken. A feeling that actions were taken that would otherwise not have been done. A person may feel responsible for what happened during the trauma or guilty because others were injured or killed and you survived.

Anger and irritability: Anger may result from feeling of being unfairly treated. Anger can give way to being irritated and can be the cause of being easily set off. Lashing out at your partner or spouse, having less patience with children and overreacting to small misunderstandings are all associated with the emotions expressed by PTSD.

Behavior changes: People act in unhealthy ways. They tend to over indulge in drink, use of drugs or smoke, drive aggressively, neglect their health and avoid certain people or situations. Most people will have some of these reactions at first, but they will get better at some time. If symptoms last longer than three months, cause great distress, or disrupt work or home life, help should be sought.

What Are the Symptoms of PTSD? PTSD has four types of symptoms.

Reliving the event (also called experiencing): Memories of the trauma can come back at any time. The memories manifest with the same feeling of fear and horror experienced when the event took place. Nightmares that present similar feelings that were present during the initial trauma were being reproduced once again. This is called a flashback. Sometimes there is a trigger—a sound or sight that cause revisiting the event. Sometimes a visual reminder of the trauma may bring back memories of the event. The renewed experience may come back during a period of high concentration such as work or school when the need is to focus on a project or work effort.

Avoiding situations that remind you of the event: People try to avoid situations or people that trigger memories of the traumatic event. They may even avoid talking or thinking about the event, avoiding crowds because they feel endangered. Sometimes, an occurrence of an automobile accident or a bombed military convoy transpire as a result of the trauma, driving is avoided. Some people may keep very busy or avoid seeking help. This keeps them from having to think or talk about the event.

Feeling numb: The reluctance to express one's feelings. This is another way to avoid memories. It may also be hard to remember or talk about parts of the trauma. • It may be hard experience emotions. • There is often no positive or loving feelings toward other people and may stay away from relationships. • Lack of interest in activities you used to enjoy, like spending time with family and friends. Find difficulty to express feelings.

Feeling keyed up (also called hyperarousal) This is manifested by being jittery, or always on the alert and on the lookout for danger. A person might suddenly become angry or irritable. This is known as hyperarousal. • Often taking the seat that has the back to a wall in a restaurant or waiting room. • A loud noise can easily startle a person. • When bumping into someone might fly into a rage.

What Other Problems Do People with PTSD Experience? People with PTSD may feel hopelessness, shame, or despair. Employment and relationship problems are also common. Depression, anxiety, and alcohol or drug use often occur at the same time as PTSD. In many cases, the PTSD treatments described in the Getting Help section will also help these other disorders, because the problems are often related and the coping skills you learn work for all of them.

How Likely Is a Person to Develop PTSD after a Trauma? How likely you are to get PTSD can depend on things like:• How intense the trauma was or how long it lasted• If you lost someone you were close to or if you were hurt• How close you were to the event• How strong your reaction was• How much you felt in control of events• How much help and support you got after the event. Some groups of people may be more likely than others to develop PTSD. You are more likely to develop PTSD if you:

- Are female or a minority
- Have little education
- Had an earlier life-threatening event or trauma
- Have another mental health problem
- Have family members who have had mental health problems
- Have little support from family and friends
- Have had recent, stressful life changes

When Should a Person Get Evaluated for PTSD?

If you continue to be upset for more than three months, seek help. You can feel better!

Who Can Conduct an Evaluation, and What Does It Consist of?

PTSD is usually diagnosed in one or two sessions. Your doctor or a mental health professional will evaluate you. You will be asked about your trauma and symptoms. You may also be asked about other problems you have. Your spouse or partner may be asked to provide information. The Department of Veterans Affairs has a PTSD questionnaire that you can take online. You can also take the screening test below. If you find that you answered “yes” to many of the questions asked, you may have PTSD. It is best to talk to a mental health professional to find out for sure.

What Treatments Are Effective for PTSD?

There are good treatments available for PTSD. The two main types are psychotherapy, sometimes called “counseling,” and

Psychotherapy Cognitive Behavioral Therapy (CBT) is the most effective treatment for PTSD. CBT usually involves meeting with your therapist once a week for 3-6 months. There are different types of CBT that are effective for PTSD. Cognitive Processing Therapy (CPT) is a CBT in which you learn skills to better understand how a trauma changed your thoughts and feelings. It will help you see how you have gotten “stuck” in your thinking about the trauma. It helps you identify trauma-related thoughts and change them so they are more accurate and less distressing. Prolonged Exposure (PE) therapy is a CBT in which you talk about your trauma repeatedly until the memories are no longer upsetting. You also go into situations that are safe but which you may have been avoiding because they are related to the trauma.

Eye Movement Desensitization and Reprocessing (EMDR) involves focusing on distractions like hand movements or sounds while you talk about the traumatic event. Over time, it can help change how you react to memories of your trauma.

Medication Selective Serotonin Reuptake Inhibitors (SSRIs) can raise the level of serotonin in your brain, which can make you feel better. The two SSRIs that are currently approved by the FDA for the treatment of PTSD are sertraline (Zoloft) and paroxetine (Paxil). Sometimes, doctors prescribe medicines called benzodiazepines for people with PTSD. These medicines are often given to people who have problems with anxiety. While they may be of some help at first, they do not treat the core PTSD symptoms. They may lead to addiction and are not recommended for long-term PTSD treatment.

How Can I Learn More About PTSD?

View the multimedia companion to this brochure and other resources at www.ptsd.va.gov/public/

Where Can I Get Help for Myself or a Family Member?

These links are accessible online at <http://www.ptsd.va.gov/public/where-to-get-help.asp>. Where to Get Help for PTS

- DMental Health Services Locator
- VA PTSD Program Locator.

In a Crisis?

Call 911• Go to an emergency room• Call 1-800-273-TALK (1-800-273-8255).

Veterans, go to www.suicidepreventionlifeline.org/Veterans to chat live with a crisis counselor.