

PTSD ‘Toolbox’ Group Education Class Veteran Information Sheet

- WHO:** Any Veteran seeking education and help with Post Traumatic Stress Disorder (PTSD) symptoms and ways to manage those symptoms.
- WHAT:** Within the PTSD ‘Toolbox’ there are many classes, each covering a different topic or symptom of PTSD, such as anger, anxiety, depression or sleep problems.
- WHEN:** Rotating Schedule Available: 1) Tuesdays at the Health Care Annex 2) Fridays at both the Health Care Annex and CBOCs (Alpena, Bad Axe, Cadillac, Cheboygan, Clare and Grayling) by VTEL.

If Veteran is seeking help in general for PTSD symptoms: all classes may be attended.

If Veteran is seeking help only for sleep: Class 3 can be attended.

If Veteran is seeking help only for Depression/Anxiety: Class 4 can be attended.

If Veteran is seeking help only for Depression/Anxiety/Anger: Classes 4 & 5 can be attended.

Class Number	Description/(Title)
1	PTSD Diagnosis and History: Diagnosis, history, biological and psychological response to trauma, symptoms of PTSD, goals for healing and recovery.
2	PTSD “Toolbox”: Current tools in the toolbox and why they have helped; understanding tools to be added to the “toolbox” such as deep breathing, mindfulness, progressive muscle relaxation, imagery, and further information about PTSD.
3	Sleep Management Module: Increase understanding of the sleep cycle, what might affect sleep, mind-body habits for good sleep, sleeping smarter, and nightmares.
4	Mood Module for Depression, Anxiety and Anger: Understanding depression, anxiety, and anger, and what might be some factors which may contribute to these emotions.
5	Introduction to Anger Management: Increase knowledge about anger cues, what could be underneath the anger, anger management using body, behavior and belief techniques, introduction to cognitive therapy.
6	PTSD and continuing the Journey: Understanding and dealing with guilt, grief, moral injury, and other psychotherapy options.

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER? See above

WHERE:

Annex Building Room 102
4241 Barnard Road Saginaw

Note: Available via Clinical Video Telehealth (CVT) to all Community Based Outpatient Clinics (CBOCs).

WILL VETERAN GET TRAVEL PAY?

Yes – if eligible

HOW CAN A VETERAN JOIN THIS CLASS?

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.