

KEEPING THE PROMISE



HOURS OF OPERATION:

Monday - Friday

08:00 am - 04:30 pm

*Springfield Vet Center
Kickapoo Corners
Shopping Center
3616 S. Campbell Avenue
Springfield, MO 65807
Phone: (417) 881-4197
Fax: (417) 881-4932*

Our Staff

**Gary Collins, LPC, LCSW
(Team leader)**

**Rob Freeman, BS
(Office Manager)**

**Ray Burmood, MSW, LCSW
(Social Worker)**

**Lamar Payne, MSW, LCSW
(Social Worker)**

**Stephanie Starkey
(Counselor)**

**National Suicide Prevention Lifeline
1-800-273-8255**

**National Call Center: 1-866-644-5371
or
www.vetcenter.va.gov**

Statement of Purpose

We are the people within the U.S. Department of Veterans Affairs who welcome home war veterans with honor by providing quality readjustment services in a caring manner, assisting veterans and their family members toward a successful post-war adjustment in or near their communities

Confidentiality

Vet Center staff respect veteran's privacy, and hold in strictest confidence all information disclosed in counseling. No information will be communicated to any other person or agency without written consent from veterans, except to avert a crisis (Privacy Act, 1975).

Post-traumatic Stress Disorder

Some survivors of traumatic events suffer long-term affliction due to intrusive aftereffects. American Psychiatric Association added posttraumatic stress disorder (PTSD) to its Diagnostic and Statistical Manual, Third Edition (DSM-III), in the early 1980's. Veterans of combat endure war memories long after hostilities cease. Different terms were used to describe the malady before PTSD emerged. Mental health professionals now realize that PTSD symptoms may affect survivors of other traumatic events including sexual assault and natural disasters like hurricanes or earthquakes.

Vet Center Eligibility

Vet Centers serve combat veterans from all war eras beginning with WW II through the present. Eligibility for services also extends to survivors of sexual trauma and harassment for veterans of both sexes, all eras; as well as bereavement counseling services to surviving parents, spouses, children and siblings of service members who die while on active duty, to include federally activated Reserve and National Guard personnel.

PTSD Symptoms (DSM-IV)

Precipitated by a traumatic event involving actual or threatened death or serious injury
Re-experiencing via intrusive recollections, dreams, distress at analogous events
Avoidance of associated stimuli like thoughts, feelings, activities, places or people reminiscent of the traumatic event, numbing of feelings, forgetfulness about events, lack of interest in normal activities, detached, no emotions, sense of a fore-shortened future.
Arousal (anxiety) leading to sleeplessness, anger, lack of concentration, hypervigilance, and startle response.
Symptoms cause ongoing distress or impairment lasting more than a month, affecting social or work activities, or other important life functions

Readjustment Counseling Service

In 1979, Public Law 96-22 established Vet Centers, a nationwide network of small, accessible, community based service centers for veterans and family members. Today, VA's Readjustment Counseling Service consists of over 200 Vet Centers across the United States, Puerto Rico, U.S. Virgin Islands and Guam. Vet Centers are staffed by mental health professionals, many of who are veterans, trained to assist veterans with readjustment.

Services

- Individual readjustment Counseling
- Referral for benefits Assistance
- Group readjustment Counseling
- Liaison with community Agencies
- Marital and family Counseling
- Substance abuse information/referral
- Sexual trauma counseling/referral
- Bereavement counseling
- Community education
- Job counseling