



VET TO VET PREAMBLE

We are proud to be part of the Vet To Vet program

We are proud to be part of an alliance with family members, professionals and other mental health consumers

We work together out of sense of shared respect and dignity

We work to improve and increase mental health services through community education and service. We work together not against each other.

CONTACT RICH ROBERTS
VA ERERRA COMMUNITY CARE CENTER
203 479 8000



Vet to Vet is a support meeting for Vets
Veterans helping other veterans.

These are daily classes from recognized materials. How to live with stress. How to live a life free from booze and dope. Veterans in safe environment. Veterans helping other veterans

Writers Groups
Disability Pride Disability Awareness
Wellness
Recovery Workbook

When: Every day of the week
Where: Ererra Community Care Center

Time: 12:30 to 1:15pm

Come meet other Veterans. Share your ideas, hopes and dreams. Learn what others are saying and doing

VET TO VET

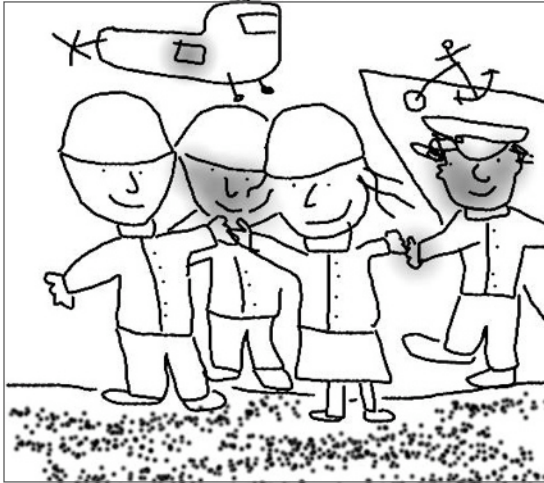
PEER SUPPORT



VET TO VET

We work together out of sense help and helpfulness NOT power. We work with in the system and for other veterans not against each other We dedicated to each other as veterans. This is the life that many of us probably always wanted comradship and togetherness. We once experienced that within the military. We now have this with Vet to Vet.....





VET-TO-VET CORE EDUCATIONAL COMPONENTS

1. Vet-to-Vet has an educational focus, utilizing established materials recognized in the field of psychosocial rehabilitation. These materials are read and discussed during each group. Some of the materials we have found helpful are:

The Recovery Workbook (Exercises, text)

The Experience of Recovery (First person accounts of Recovery)

Published by Boston University

by Martin Koehler, LeRoy Spaniol and Dori Hutchenson

These books can be ordered through Boston University

Telephone 617-558-1857u

Special Books from Vet to Vet at no cost

The Hip Pocket Recovery Workbook, Koehler, Spaniol and Hutchenson, Boston University Press, and condensed by Moe Armstrong

Through the Seasons (Poems) Published by Boston University Press by Moe Armstrong

Mental Illness Anonymous (MIA)

The Vet to Vet Training Manual

This can be ordered at no cost through

Vet To Vet 203 623 0731 or moeal@verizon.net



Vet To Vet is: Peer Support

The Well Recovery Action Plan (WRAP) and WRAP for Dual Diagnosis

An advanced directive, preparation for how to cope with psychiatric crisis, by Mary Ellen Copeland

Telephone 602-636-4445

Co-Occurring Disorders Recovery Plan, (A Series by Foundations Associates)

Creating a Relapse Prevention Plan

Making Medication Part of Your Life

Learning About Relapse

How Medication Can Help You

These publications can be ordered through Foundations by writing or calling: Foundations, 220 Ventura Circle, Nashville, Tennessee, 615-742-1000 or 888-889-9250

Recovering Your Mental Health (Series) by SAMHSA and CMHS

The books in the series are:

Action Planning for Prevention and Recovery

Building Self-Esteem

Dealing with the Effects of Trauma

Developing a Recovery and Wellness Lifestyle

Making and Keeping Friends

These books are free and can be ordered through

Center for Mental Health Services, 5600 Fishers Lane, Room 15-99, Rockville, MD 20857, 1-800-789-2647



moe armstrong 203 623 0731

VET TO VET IS:

We are proud to be part of the Vet To Vet program

We are proud to be part of an alliance with family members, professionals and others.

We work together out of sense of shared respect and dignity. We work to improve and increase services through community education and service. We work together not against each other. We try to find solutions through education.

Our motto is Gladly Teach Gladly Learn
We Leave No Veteran Behind

We believe that veterans, our families, friends and advocates have the right to services and information which assist in making informed choices

We believe that have the right to learn, live and to work in the community

We are Vet To Vet