



## HEALTH EDUCATION - NEW YORK CAMPUS



| <i>Service Provided</i>         | <i>When &amp; Where</i>  | <i>Drop-in or Referral Required</i> | <i>Additional Comments</i>                               |
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| Al-Anon Step, Open Tradition    | Mondays 6:30-7:30pm, Atrium on the main floor. Wheelchair accessible.  | Drop-in group                       | The Twelve Steps of Alcoholics Anonymous                 |
| Alcoholics Anonymous            | Saturdays 9:00am - 10:00am 3rd Floor, Room 3076  | Drop-in group                       | Open Discussion. All Welcome.                            |
| VISN3 CVT Amputee Support Group | Third Friday of every month, 11:00am-12:00pm   | Drop-in group                       | Contact is Agranova-Breyter, Irinia (718) 584-9000 x1325 |
| Anger Management                | Online VA AIMS course at <a href="http://www.veterantraining.va.gov/AIMS/">http://www.veterantraining.va.gov/AIMS/</a> , or an individual anger management appointment with Anthony Stamatouras at Ext. 7697, or Anger management group with referral needed through Mental Health Ext. 5470 | Drop-in group                       |  |

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| <p>BAM Women's Group (Be Active and Move)</p> | <p>Meets in 8 week group cycles, starts March 17, 2016 9am – 10 am, Room 2-404, Brooklyn Campus</p>  | <p>For more info call (718) 836-6600 ext. 3404 to enroll</p> | <p>Discover safe ways to improve your health and fitness despite joint pain or other medical conditions. Geared toward female veterans of all fitness levels.</p> |
| <p>Bariatric Group</p>                        | <p>2nd Wednesday every month 3:00pm - 4:00pm 2227N</p>   | <p>Referral required from a Bronx VA medical provider.</p>   | <p>Contact person Seena Mathew 1-718-526-1000 x2311</p>   |
| <p>Blind (VIST) Veteran's Support Group</p>   | <p>Manhattan: Fridays 10:00am - 11:30am Room 2541 by Eye Clinic on 2nd Floor, Brooklyn: Wednesdays 9:00am - 10:00am Room 14-107, St. Albans: 3rd Tuesday of each month Time: 9:30-11:00am 2nd Floor St. Albans Recreation Room</p> | <p>Drop-in for vision loss patients.</p>                     | <p>Call John Collins, LCSW ext. 52-6846 for more information</p>  |
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| CHF Management Clinic<br>(shared medical appt) | 1st Wednesday of the month,<br>10:00am, 12W conf room                            | By appointment. Please contact<br>Kathy Woods, NP, ext. 3926 | Interdisciplinary education &<br>medical appointment for CHF<br>patients  |
| Computer Question & Answer<br>Session          | 1st and 3rd Tuesday each month<br>10:00am - 11:00am 2227N                        | Drop-in group  | Ask questions about emailing,<br>microsoft word, internet<br>searching, and pc basics, such as<br>using a mouse, saving, locating<br>and organizing files, and printing.<br>Contact person is Julia ext. 7681 |
| Creative Writing (a PTSD group)                | Tuesdays 2:15pm - 3:15pm   | Referral required.   | Contact Michael Kramer ext.<br>3180   |
| Connections Group                              | Fridays 2-3pm, Outpatient<br>Mental Health Clinic                                | Referral is required. Contact Dr.<br>Hamlin, ext. 4078       | Group for male veterans in their<br>80s and older struggling with life<br>stage issues and isolation  |
| Diabetes Education                             | Appointments and same day<br>when available. 9W (Nutrition<br>and Diabetes Area) | Consult & verbal referral.<br>Check in on 9 West.            | 1:1 teaching with Diabetes<br>Educator, Joyce Lusan ext. 4529<br>or check in desk x5700 or<br>centralized scheduling  |

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| Diabetes Management<br>(shared medical appt) | Tuesdays, 9:00am-11:00am,<br>9034W   | Drop-in group. Appointments<br>also available. Contact person is<br>Marisa Wallace ext. 4780 | Interdisciplinary education &<br>medical appointment for<br>diabetic patients.            |
| Diabetes Support Group                       | Tuesdays 10:30-11:30am,<br>Mental Health Clinic, Rm. 2642  | Drop-in group  | Contact Dr. Spivack ext. 4079 for<br>more information                                     |
| Diabetes Survival Skills Group               | Thursdays 10:00am- 12:00pm<br>9W (Nutrition and Diabetes<br>Area)  | Walk-ins and appointments  | Contact Joyce Lusan ext. 4529 or<br>check in desk x5700 or<br>centralized scheduling      |
| Dialectical Behavior Therapy Skills          | Mondays 2:30-4:00pm or<br>Tuesdays 5:00-6:30pm via<br>referral; drop in groups available<br>on Tuesdays 10:00am-11:00am<br>(Room 2691) and Thursdays 1:00-<br>2:00pm (Room2644 and at<br>Chapel Street via broadcast in<br>Clinic Room 812 | Referral by a Mental Health<br>provider or Social Worker<br>required.                        | Skills for emotion regulation,<br>distress tolerance, and<br>interpersonal effectiveness. |
| <b><i>Service Provided</i></b>               | <b>When &amp; Where</b>  | <b>Drop-in or Referral Required</b>  | <b>Additional Comments</b>  |

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| <p>Evaluating Online Health Information and the Veterans Health Library</p> | <p><b>WHEN:</b> 11:00 a.m. to 12:00pm beginning July 28th<br/> Part 1—2nd Thursday      Part<br/> 2—4th Thursday      (every month)</p> <p><b>WHERE:</b> Rm. 2227N in Manhattan &amp; Rm. 6235 in Brooklyn</p> | <p><b>REGISTRATION REQUIRED:</b> (212) 686-7500 ext. 7681. Ask for Julia</p> | <p>Did you know there are many websites that present myths and half-truths as “facts”.</p> <p>Learn to decipher fact from fiction and find trustworthy health information quickly and easily (Part 1). Learn the advantages of using the Veterans Health Library over Google (Part 2).</p> |
| <p>Healthy Living &amp; Sober Support Group</p>                             | <p>Thursdays 10:45-11:45am, 17W Conference Rm.</p>   | <p>Drop-in group</p>   | <p>Variety of topics are discussed related to developing a healthy lifestyle. Contact Barbara Bowman, LCSW, HUD/VASH program ext. 7842</p>   |
| <p>HIV &amp; Counseling Testing</p>   | <p>Monday, Thursday &amp; Friday 9am-12pm 12N</p>  | <p>Walk-in</p>   | <p>Noreen Haren ext. 3457, ID Clinic, individual counseling &amp; testing</p>  |

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| LGBTQ Support Group                                      | Fridays 1-2pm  | Contact Dr. Ingenito ext.3179                                 | Support group for lesbian, gay, bisexual, transgender, queer, or questioning under age 45 |
| Life Stages Group  | Tuesdays 1-2:30pm  | Referral is required. Contact Dr. Spivack, ext. 4079          | Helping men age 60 and older with life stage transitions                                  |
| Meet with a Librarian for Patient Health Information     | Learning Resources Center<br>2225N   | Walk-ins and appointments. Ask for Julia or Peter (ext. 7682) | Help locating health information about a diagnosed health condition                       |
| <b><i>Service Provided</i></b>                           | <b>When &amp; Where</b>  | <b>Drop-in or Referral Required</b>                           | <b>Additional Comments</b>  |
| Men's Support Group<br>(for gay identified Veterans 50+) | Wednesdays, 12pm - 1pm,<br>OPMHC, Rm 2691  | Referral required. Contact John Tatarakis ext. 4001 or 3440   | Group focusing on interpersonal communication and life skills                             |
| Military Sexual Trauma Counseling                        | By Appointment Only  | Contact Marion Creasap, NP<br>ext. 7704                       | Individual consult  |
| MOVE! (Weight loss) Classes                              | Mondays 11am, or Wednesdays<br>11am (Diabetic Move), or<br>Thursdays at 1pm Location:<br>9034 West | Drop-in groups  | Questions? Call the MOVE!<br>hotline at 844-718-3708                                      |

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| MOVE! (Weight loss) Classes   | Tuesdays 1pm (Diabetes Prevention Program) | Referral is required.   | Please contact Sammi Haber x 3489.  |
| Navigating USAJobs  | 2nd Friday of every month                  | Drop-in group   | Contact Deahna Penn 347-881-6416  |
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| Psychotherapy Gains Group   | Starts December 11th, Fridays at 10:30am   | Referral required. Contact Scott Graybow ext. 7437. Clients must be connected to the Outpatient Mental Health Clinic. | Helps patients expand on the psychological and psychosocial gains made during individual psychotherapy. |
| PTSD - OIF/OEF Group  | Mondays 1-2:15pm                           | Referral required.  | Contact Michael Kramer ext. 3180  |
| PTSD - Skills Training in Affect and Interpersonal Regulation (STAIR) Group | Thursdays 1:00pm-2:30pm                    | Referral by a Mental Health provider or Social Worker required. Contact Sulani Perera ext. 4379                       | Skills for dealing with emotional and relationship difficulties for veterans with PTSD.                 |

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| PTSD - Sleep Skills     | Mondays 10-11:30am       | Referral required. | Contact Sulani Perera ext. 4379     |
| PTSD - Medic Group      | Tuesdays 1:00pm - 2:30pm | Referral required. | Contact Wendy Katz ext. 7462        |
| PTSD Korean War Group   | Tuesdays 1:00pm - 2:00pm | Referral required. | Contact Steve Grossman ext.<br>3152 |
| PTSD World War II Group | Mondays 1:00pm-2:30pm    | Referral required. | Contact Jeff Fine ext. 3154         |

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| PTSD Women Veterans Group | Thursdays 1:00 - 2:30pm Room 2541 | Must be eligible for VA health care. Must be enrolled in or willing to enroll in mental health care.   | Support group for female Veterans, PTSD patients, and MST patients. Contact Sharon Morrison, LCSW, ext. 7589  |
| PTSD Yoga                 | Wednesdays 9-10:30am              | Referral required. Inquire at Mental Health ext. 6325  |   |
| Social Skills Training    | Wednesdays 2:00pm to 3:00pm       | Referral required. Contact Vanessa Janes BSN ext 3171 or Sheila Keezer MSN CNS ext. 3114. Clients must be connected to the Outpatient Mental Health Clinic with SMI. | To acquire ways to improve interpersonal skills and make it easier to get along and interact with others (I.E. Basic conversation skills, anger management skills, vocational skills) |

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| <p>Tobacco Cessation</p>                                    | <p>Wednesdays 1:00pm to 2:00pm,<br/>Learning Resources Center,<br/>2227N</p>  | <p>Drop-in group</p>  | <p>Joanna Dognin, Psy.D., at 212-686-7500 x3170 for more information</p>     |
| <p>Women's Preventative Health Sessions at Manhattan VA</p> | <p>Women &amp; Diabetes 9/16 1-2pm;<br/>Being Safe in Relationships 10/24 11:30-12:30; Relaxation for Mind Body Wellness 11/28 1-2pm;<br/>Coping with Holiday Stress 12/5 11-12pm 2<br/>North Conference Room</p> | <p>For more information please contact Sara Gillooly, Project Coordinator 212-686-7500 x 5094</p> |  |
| <p>Yoga - Connected Warriors (Men's Class)</p>              | <p>Wednesdays 11-12pm, Learning Resources Center, 2227N</p>   | <p>Drop-in group</p>  | <p>Lillian Sultan, Ph.D., RYT at 212-686-7500 x3632 for more information</p> |
| <p>Yoga - Connected Warriors (Women's Class)</p>            | <p>Wednesdays 12-1pm, Learning Resources Center, 2227N</p>  | <p>Drop-in group</p>  | <p>Lillian Sultan, Ph.D., RYT at 212-686-7500 x3632 for more information</p> |