

## READJUSTMENT ISSUES

Active duty military service in a war zone can range from a distressing hardship to an outright traumatic experience for the individual. The challenges of surviving and accomplishing the mission often require significant physiological and psychological adjustment to what may be a new life experience. Making the transition back to civilian life, or *readjusting*, may sometimes be difficult because of the physiological and psychological changes that occur in war. Learning to live a productive and meaningful life after the experience of war is what we call the *readjustment challenge*.

Deployment of National Guard and Reserve Units creates a unique set of stresses for both service members and, particularly, their families. All individuals in the family *grow and change* in sometimes unpredictable ways during a deployment. Family members must cope with the challenges of separation from each other, with changes in responsibilities and routines, and sometimes with financial and other practical hardships. *Reunion and reintegration* of family members usually present a variety of *stressful challenges* as well.

## POSTTRAUMATIC STRESS DISORDER (PTSD)

Many returning war zone Veterans will exhibit the symptoms of PTSD such as sleep disturbance, irritability, intrusive recollections of war experiences, isolation, increased aggressiveness, emotional numbing, and inability to enjoy pleasant activities. These symptoms may be acute initially after return from the war zone. They may diminish in time, or they may become long-term issues that affect functioning and quality of life. Vet Center counselors are highly trained and experienced in the assessment and treatment of PTSD.



2372 Sweet Home Road  
Buffalo, NY 14228  
(716) 862-7350

*Readjustment Counseling Services For  
War Zone Veterans  
And Their Families*

Serving the Western New York  
Counties of  
Erie  
Niagara  
Chautauqua  
Cattaraugus

### Directions

Take Exit 2 off the I-990.

Turn right (north) and go .25 miles in the left lane.

Turn left at the second left after the second traffic light.

Look for the flag poles.

## WELCOME HOME!

We are the people in the U.S. Department of Veterans Affairs who welcome home war Veterans with honor and respect for service to country. Most of us are Veterans ourselves and many of us also served in a war zone. Understanding, acceptance and respect are essential elements of the services we provide. The Vet Center is a place where war Veterans can feel comfortable among other Veterans. It is also a place where family members can talk to a counselor who understands the realities of military life for service members and their families.

## THE VET CENTER PROGRAM

Vet Centers provide non-medical counseling and assistance to war zone Veterans and their family members who are experiencing problems and issues related to active duty military service in a war zone or in the course of deployment during war. Vet Centers have been providing readjustment counseling services since 1979 when the program was established by Congress. We are part of the Veterans Health Administration, but not part of the VA Medical Center system. Rather, we are a community-based program located in major cities, with satellite sites in smaller towns.

## BUFFALO VET CENTER SITES

The Buffalo Vet Center is located at 2372 Sweet Home Road, just 10 minutes from the VA Medical Center with easy off/on access to the I-990. Additional counseling sites include Lockport, Niagara Falls and North Collins. Vet Center counselors are available at the Buffalo Veterans Court and at numerous National Guard and Reserve training and family support activities.

## VET CENTER SERVICES

- Readjustment counseling
- PTSD counseling
- Marital/family counseling
- Military sexual trauma counseling
- Substance abuse counseling
- Women partners' group
- Benefits assistance and referral
- Liaison with other VA agencies
- Referral to community agencies
- Bereavement Counseling

## SPECIALIZED COUNSELING IS ALSO AVAILABLE AT THE VET CENTER:

**Sexual Trauma/Harassment Counseling** for both sexes for sexual assault or harassment occurring any time during military service.

**Bereavement Counseling** for parents, spouses, siblings and children of Armed Forces personnel who die on active duty, including Reserve and National Guard members serving on active duty.

**Readjustment Counseling** for Vietnam Era (not in the war zone) Veterans (5 Aug. 1964 to 7 May 1975) if previously seen before 1 Jan. 2004

## PRIVACY AND CONFIDENTIALITY OF INFORMATION

The Vet Center respects the privacy of all individuals receiving services and the confidentiality of information provided. We comply with the provisions of the Privacy Act of 1975 and the Health Insurance Portability and Accountability Act of 1996. Information is released only with the written consent of the individual except in certain circumstances to avert a crisis. Vet Center records are maintained separately from other VA records.

## ELIGIBILITY FOR VET CENTER SERVICES

Vet Center services are FREE to eligible Veterans and their family members. Eligibility is verified through individual DD-214 or other military or VA record.

*Veterans who served in any of the following wars or conflicts are eligible for Vet Center services:*

### World War II

7 Dec. 1941 to 31 Dec. 1946

### American Merchant Marines

7 Dec. 1941 to 15 Aug. 1945

### Korean War

27 June 1950 to 31 Jan. 1955

### Vietnam War

28 Feb. 1961 to 7 May 1975

### Lebanon

25 Aug. 1982 to 26 Feb. 1984

### Grenada

23 Oct. 1983 to 21 Nov. 1983

### Panama

20 Dec. 1989 to 31 Jan. 1990

### Persian Gulf War

2 Aug. 1990 to –

### Somalia

17 Sept. 1992 to –

### Operations Joint Endeavor, Joint Guard and Joint Forge in the former Yugoslavia

### Global War on Terrorism

11 Sep. 2001 to –