

545 C. C.

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# PROGRAM STAFF

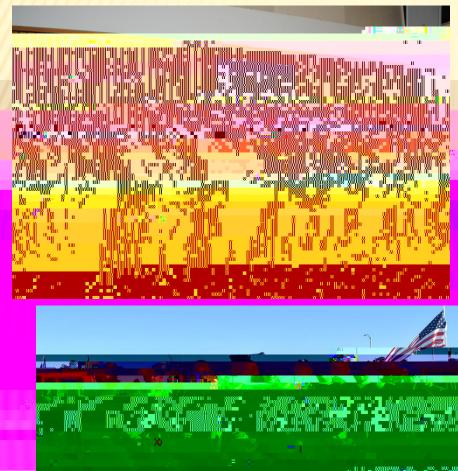
Maria Schlotthauer, Program Analyst II/Certifying Official Gemma Uribe-Cruz, Program Counselor We have 4 VA work study students

## WHAT WE OFFER

**Certification Services Educational Counseling** A place where they can gather Support groups Family support **Employment Referral Services** Help filing for VA Benefits **Coordinate Education Referral Services** Social Events

Currently have 108 certified students Serving 41 un-certified students 9 fall grads 3 of 9 will be transferring 17 spring grads 13 of 17 will be transferring

## ACTIVITIES





## POST TRAUMATIC STRESS DISORDER (PTSD)

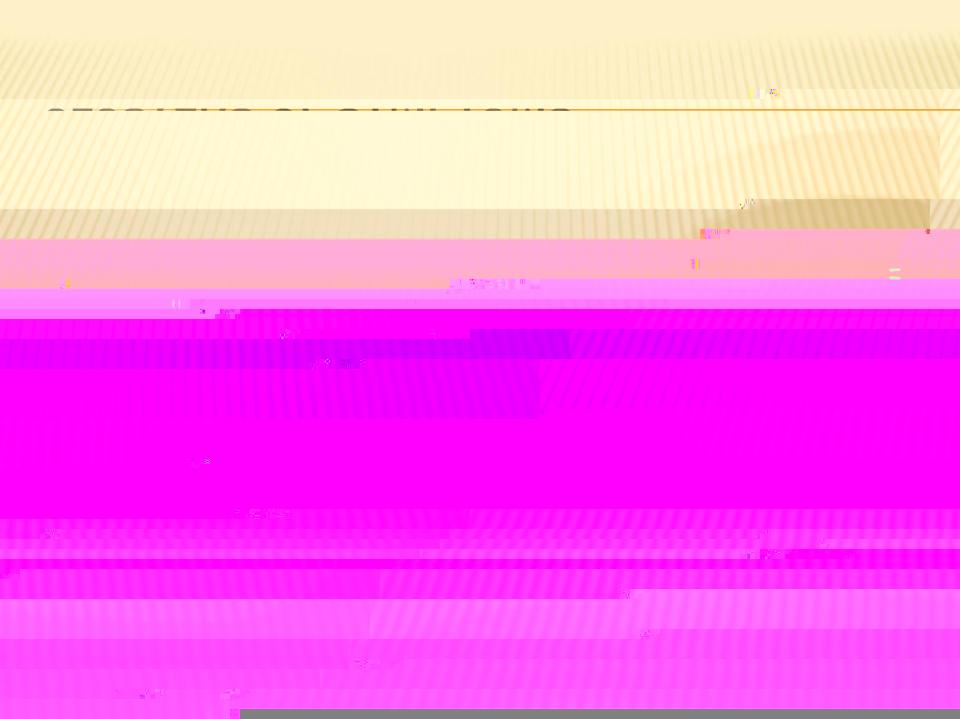


# PTSD CONTINUED

PTSD is diagnosed when symptoms last up to 4 weeks or longer Many people with PTSD naturally get better over time. But for some, PTSD is a condition and improve over time. Failure of recovery

#### POST TRAUMATIC STRESS DISORDER (PTSD)

The person experiences a traumatic event involving threat to life and a response of horror, helplessness and intense fear. Re-experiencing Symptoms Avoidance Symptoms Hyper-arousal Symptoms



### CLUSTERS OF SYMPTOMS

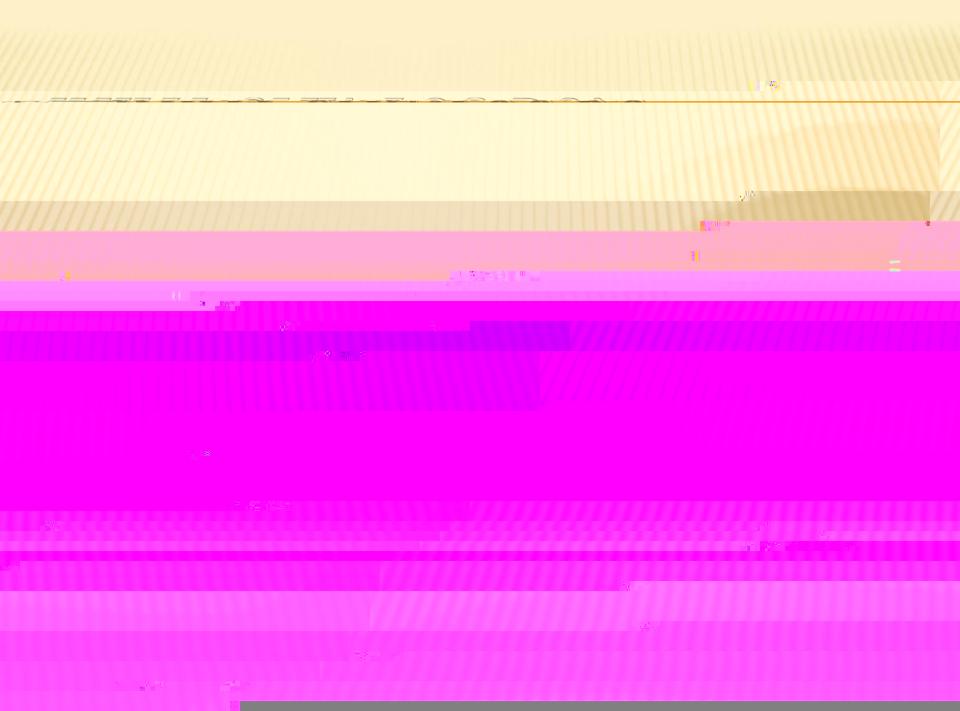
Hyperarousal – feel jittery or stressed, contantly on alert, uncomfortable with strangers, angry or irritable, trouble sleeping, difficulty concentrating, easily startled by unexpected noises.

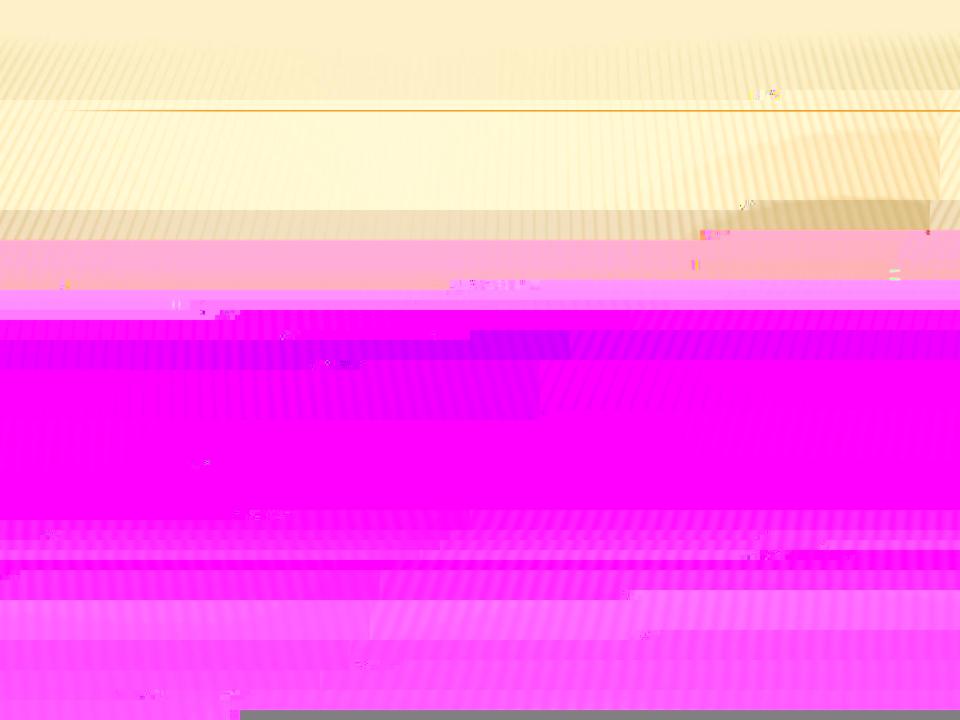
### WHAT PTSD MAY LOOK LIKE IN EVERYDAY LIFE:

Social Anxiety **Difficulty in relationships** Needing to sit in the back, corner Difficulty with others crowding or being behind them May feel out of place or alienated Tendency to isolate Difficulty regulating emotions - topics that trigger (Lack of affect or extreme emotions) Altered Views about the world, self, and people

### WHAT PTSD MAY LOOK LIKE EVERYDAY LIFE:

#### Low Tolerance for: Others not following directions 8on71ect/F471okk)





## REFERENCES

#### . (n.d.). [Pamphlet

- "Presentations help staff gain access" Houston Crum, A.C.S.W., Vet Center Voice
- "Planning session defines agency roles" David Collier, Psy.D., Vet Center Voice
- "Iraq War Clinicians Guide, 2<sup>nd</sup>" National Center for PTSD, DVA
- DSM IV TR (Diagnostic and Statistical Manual)