

## Background of Readjustment Counseling Services

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. In April 1991, in response to the Persian Gulf War, Congress extended the eligibility to veterans who served during other periods of armed hostilities after the Vietnam era. Those other periods are identified as Lebanon, Grenada, Panama, the Persian Gulf, Somalia, and Kosovo/Bosnia. In October 1996, Congress extended the eligibility to include WWII and Korean Combat Veterans. The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services to eligible veterans in order to help them make a satisfying post-war readjustment to civilian life. On April 1, 2003 the Secretary of Veterans Affairs extended eligibility for Vet Center services to veterans of Operation Enduring Freedom (OEF) and on June 25, 2003 Vet Center eligibility was extended to veterans of Operation Iraqi Freedom (OIF) and subsequent operations within the Global War on Terrorism (GWOT). **The family members of all veterans listed above are eligible for Vet Center services as well.** On August 5, 2003 VA Secretary Anthony J. Principi authorized Vet Centers to furnish bereavement counseling services to surviving parents, spouses, children and siblings of service members who die of any cause while on active duty, to include federally activated Reserve and National Guard personnel. **We understand, and most of all, we care.**



**Please find one of the 300  
Vet Centers in the Blue Pages  
(federal government) under  
Veterans Affairs,  
White Pages  
under "Vet Center"  
or on the web at**

**[www.va.gov/rcs](http://www.va.gov/rcs)**

*Global War on Terrorism Expeditionary Medal*



## PTSD

Post Traumatic Stress is a normal set of reactions to a trauma such as war, which could be experienced by almost anyone. Sometimes, it becomes a Disorder (PTSD) with the passage of time when feelings or issues related to the trauma are not dealt with, but are suppressed by the individual. This can result in problems readjusting to community life following the trauma. A delayed stress reaction may surface after many years and include some or all of the following problems:

- anger, irritability, and rage
- feeling nervous
- depression
- difficulty trusting others
- feeling guilt over acts committed or witnessed, the failure to prevent certain events, or merely having survived while others did not
- hyperalertness and startle reactions
- feeling grief or sadness
- having thoughts and memories that will not go away
- isolation and alienation from others
- loss of interest in pleasurable activities
- low tolerance to stress
- problems with authority
- problems feeling good about one self
- nightmares
- substance abuse
- trouble sleeping
- anxiety
- paranoia

**WE CAN HELP!**

**READJUSTMENT COUNSELING SERVICES**

**Individual counseling**

**Group counseling**

**Marital and family counseling**

**Medical referrals**

**Assistance in applying for VA Benefits**

**Employment counseling, guidance and referral**

**Alcohol/Drug assessments**

**Information and referral to community resources**

**Sexual trauma counseling & referral**

**Community education**

# Mission of READJUSTMENT COUNSELING SERVICE

Vet Centers serve veterans and their families by providing a continuum of quality care that adds value for veterans, families, and communities. Care includes professional readjustment counseling, community education, outreach to special populations, the brokering of services with community agencies, and provides a key access link between the veteran and other services in the U.S. Department of Veterans Affairs

## ELIGIBILITY FOR SERVICES

**War Zone Veterans** - all eras, including:  
**World War II** - 7 Dec 1941 to 31 Dec 1946

**American Merchant Marines** - In ocean-going service during the period of armed conflict - 7 Dec 1941 to 15 Aug 1945

**Korean War** - 27 Jun 1950 - 27 Jul 1954

**Vietnam War** - 28 Feb 1961 - 7 May 1975

**Vietnam Era Non Theater** - 5 Aug 1964 - 7 May 1975 (eligible if seen prior to 1 Jan 2004)

**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** - 2 Aug 1990 to present

**Somalia** - 17 Sep 1992 to present

**Operations Joint Endeavor, Joint Guard, Joint Forge** - Veterans who participated in one or more of these three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia aboard U.S. Naval vessels operating in the Adriatic Sea, or air spaces above those areas)

**Sexual Trauma/Harassment Counseling** - veterans of both sexes, all eras

**Global War on Terrorism** - Veterans who serve or have served in military expeditions to combat terrorism on or after September 11, 2001 and before a terminal date yet to be established

**Bereavement** - Parents, spouses and children of Armed Forces personnel who died in the service of their country. Family members of Reservists and National Guardsmen who die while on duty are eligible.

# Vet Center



*"Keeping  
the  
Promise"*

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