

**VETERANS HELPING VETERANS
TO USE THEIR STRENGTHS
TO BE ALL THEY WERE MEANT
TO BE.**



VA Loma Linda Peer Support Team



**IT TAKES THE STRENGTH AND
COURAGE OF A WARRIOR TO
ASK FOR HELP.**

Peers use their lived experiences to help guide Veterans on their road to recovery. The Peer Support Team will serve Veterans consistent with the mission, vision and core values of the VA and these Medical Centers.



Integrity, Commitment, Advocacy, Respect, and Excellence (I CARE) define "who the VA is," VA's culture, and help guide the actions of staff across VA. Staff - at every level within VA - play a critical role to support VA's commitment to care and serve our Veterans, their families, and beneficiaries.



**VA Loma Linda
Healthcare System (Main)
11201 Benton Road
Loma Linda, CA 92357
(909) 825-7084**

**Ambulatory Care Center (ACC)
26001 Redlands Blvd
Redlands, CA 92373
(909) 825-7084**



VA LOMA LINDA'S PEER SUPPORT TEAM

RAYMOND ESPINOZA, EXT. 4251
DESHAUN BEDEAU, EXT. 2786
HUD/VASH (MAIN)

The HUD/VASH peer support team assists Veterans in maintaining housing and provides resources for potential employment, educational services and social integration. They collaborate with HUD/VASH case managers to ensure that recovery goals are being met.

MICHELLE MARTINEZ, 909-787-4601
TED PETERSON, 909-534-3653
CHRIS BONDS, 619-530-4322
CLAY HUNT SUICIDE PREVENTION (ACC)

The Clay Hunt Suicide Prevention peer support team reaches out to Veterans and provides information about mental health services that can be integrated between their community and Veteran Affairs. The peer support specialists are available for 1:1 mentoring to assist with recovery planning on a walk-in or appointment basis.

BEHAVIORAL HEALTH INTERDISCIPLINARY PROGRAM (BHIP) (ACC)

The BHIP peer support team provides Veterans with information about services offered within Outpatient Behavioral Health. The peer support team provides group support and is available for 1:1 mentoring meetings to assist with recovery planning on a walk-in or appointment basis.

KEN BRADEN , EXT. 4257
ACUTE PSYCHIATRIC UNIT/INPATIENT (MAIN)

The APU/INPATIENT peer support team assists Veterans by providing educational material for programs offered within the VA as well as their communities that will assist them on their road to recovery. The peer support specialist also meets with Veterans in the APU for 1:1 mentoring sessions to help them meet their goals.

TERRY KRAMER, EXT. 2273
PRRC/DUAL DIAGNOSIS (ACC)

The PRRC peer support specialist assists Veterans reclaim their lives by offering hope, recognize strengths, teach skills and encourage participation in the community. In dual diagnosis, the peer support specialist assists Veterans who are in recovery for mental health concerns and chemical addiction. They facilitate groups to teach coping and social skills.

ADONAY SILVA, EXT. 7144
TRANSITION AND CARE MANAGEMENT (ACC)

The TCM peer support specialist provides assistance to Veterans who are involved with TCM. The peer support specialist utilizes an individualized Veteran centered approach to provide information about: Post 9/11 GI Bill, Vocational Rehabilitation, CWT and VA Hospital/Community Resources.

DESHAUN BEDEAU, EXT. 2786
SUBSTANCE TREATMENT AND RECOVERY (MAIN)

The STAR peer support specialist assists Veterans in reaching their substance use recovery goals via 1:1 mentoring and group support. The peer support specialist is an integral part of the STAR team and works with psychologists, social workers and addiction therapists in order to ensure that recovery goals are being met.

BRYAN TAYLOR, EXT. 7098
MENTAL HEALTH INTENSIVE CASE MGMT. (ACC)

The MHICM peer support specialist assists Veterans in the MHICM Program to improve their community adjustment, functioning and quality of life. The peer support specialist assists these Veterans via 1:1 mentoring meetings by using their strengths in order to maximize recovery and integration within the community.

EDWARD ROBLES, EXT. 29066
PALM DESERT CBOC

The Palm Desert CBOC peer support specialist provides Veterans with information about services offered within VA and their community. The peer support specialist facilitates PTSD groups and assists Veterans in their transition from military to civilian. The support specialist is also available for 1:1 mentoring sessions to assist Veterans on their road to recovery.

If you need help now, don't wait!

Call.

Veterans Crisis Line

1-800-273-8255

**VA LOMA LINDA
HEALTHCARE SYSTEM**



*A Division of VA Desert Pacific
Healthcare Network*



**VA LOMA LINDA HEALTHCARE
SYSTEM**

**CO-OCCURRING RECOVERY
EMPOWERMENT PROGRAM**

C.O.R.E.

11201 BENTON ST.

26001 REDLANDS BLVD

REDLANDS, CA. 92373

1(800) 741-8387



**VA
HEALTH
CARE** | Defining
EXCELLENCE
in the 21st Century

**Co-Occurring
Recovery
Empowerment
Program
(C.O.R.E.)**



VA Loma Linda C.O.R.E.

Co- Occurring Recovery Empowerment

The C.O.R.E. Program

The C.O.R.E. Program provides veterans the opportunity to address both “ Mental Health and Substance Use problems.”

Readiness Group:

This is the first step to connecting with a Mental Health & Substance Use Disorder recovery program.

The drop in group is provided to connect Veterans to the program and educate veterans about co-occurring disorders. **(ROOM 1C118)**

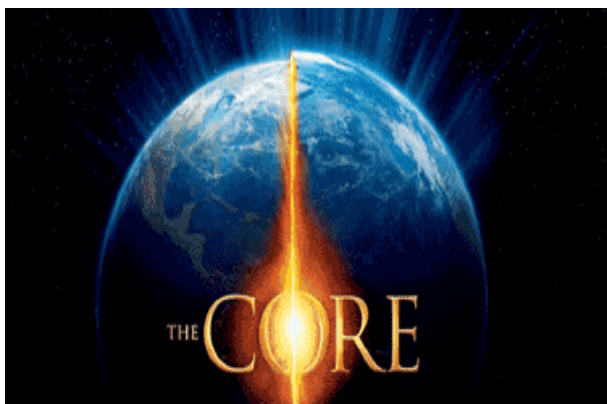
Monday (0800) ACC Building

Weds (0900) ACC Building

Friday (0800 ACC Building

Promptness is a must.

The C.O.R.E. Program is an abstinence based program.



Moderate Intensity:

C.O.R.E. Intensive Outpatient

Program :

- **Phase I– C.O.R.E.**
 - **Monday-Fridays (0900-1200).**
 - Veterans will attend, Cognitive
 - Behavioral Therapy Group.
 - Psycho-educational groups.
 - Relapse prevention skills, skill-building groups, and spirituality group.
 - Contingency Management is implemented for timeliness for daily attendance.
- **Phase II– New Directions.**
 - Three times a week.
 - **Monday ,Wednesday and Fridays (1300-1400).**
 - A continuous, supportive skill-building group within a process group setting
 - Supportive environment.
- **Phase III– Transitions**
 - **Once a Week, Thursdays (1300)**
 - Psychotherapy group
 - Group focuses on dealing with issues that played a significant role in maintaining sobriety and successful being in the maintenance stage with co-occurring disorders.



Need of a Higher Intensity ?

- VA Domiciliary West Los Angeles
 - ◊ 45 to 90-day inpatient SUD treatment program.
- VA San Diego Aspire Center (OIF/OEF/OND only)
 - ◊ 60 to 120-day intensive inpatient PTSD/ SUD treatment program.
- VA San Diego (SARRTP)
 - ◊ 60 to 120-day inpatient SUD treatment program.
- St. John of God Healthcare
 - ◊ 30 to 150-day inpatient SUD treatment program in Victorville for individuals who are homeless.

All assessments and referrals to inpatient programs will be scheduled with Willingness Group Facilitators.

C.O.R.E. Group Facilitators

Dr. Scott Wenger Psy. D (909) 825- 7401

Dr. Ross Lisman, PhD

Dr. Michaela Sandoval, PhD

Mr. Ryan Wilson, MSW

Ms. Mary Lou Young, LCSW

Mr. Terry Kramer, PSS

Ms. Shantel M Forstall, LCSW, MPH, MAC

Chaplain Richard Ross,

PRRC offers hope, validates strengths, teaches life skills, and promotes community integration through individual and group psychotherapy, recreation therapy, education, peer support, and vocational rehabilitation. PRRC offers 1:1 psychotherapy as well as group therapy and education in life skills, anger management, women's issues, coping with voices, cognitive therapy, social skills, harm reduction, recovery through service, recovery planning and goal-setting, bowling, service, surfing, and even equine therapy. We have the privilege of observing and supporting veterans as they change their lives in significant ways through their participation in our program. One of the reasons our veterans have expressed satisfaction with the program is the availability of services five days per week.

Referrals:

If you are a Veteran and are interested in participating in the PRRC please speak with your Mental Health provider about a referral.

Information for clinical providers:

Appropriateness for PRRC services:

Diagnosis of Severe Mental Illness: (SMI) includes: Major Depression, Schizophrenia, Bipolar D/O, Severe and or Chronic PTSD, Schizoaffective D/O, Schizophrenia, and a GAF of 50 or lower. Has the Vet been unsuccessful in tolerating/benefitting from treatment in BHOST/EBP/PCMHI?

Please feel free to complete a consult for PRRC. Our staff are always available to answer questions or come to your clinic and complete an in-service.

Contact: Program Coordinator

Shantel Forstall, LCSW, MPH, MAC

Phone: 909-478-7089

LOMA LINDA VA HEALTHCARE

PSYCHOSOCIAL REHAB AND RECOVERY CENTER

PRRC



2600I Redlands Blvd, Loma Linda, CA. 92357

Phone: 909-825-7084 Ext: 7093

Psychosocial Rehabilitation and Recovery Center

PRRC is a recovery oriented program that uses the SAMHSA working definition of Recovery: “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potentials”.

Recovery principles of hope, responsibility, person-centered, non linear, strength based and peer support are central in services offered.

Designed to provide veterans with a transitional education center that will help inspire and assist them to reclaim their lives by:

- 1) Instilling Hope
- 2) Validating Strengths
- 3) Teaching Skills
- 4) Encourage Community Participation

Requirements for participation:

Willingness to participate in the following activities:

Participation in individual therapy with an assigned provider

Attendance and participation in group

Therapy/psychoeducational groups.

Veterans are also encouraged to participate in Recreational and Spiritual

Activities.

Supported Employment /Voc Rehab groups may be part of the Veterans treatment plan.

PRRC groups can improve Veteran’s ability to:

Work or Volunteer

Communicate and advocate for themselves

Enhance Relationships

Perform Daily tasks

Actively participate in recreational activities

Re engage in their community

We have a strong cadre of experienced providers, including three psychologists, three social workers, an addiction therapist, a recreation therapist, an employment specialist, peer support, and a chaplain. We work closely with the Dual Diagnosis treatment team when veterans need a more structured, daily treatment plan than what PRRC ordinarily provides to address substance-related problems.

Staff:

PRRC Coordinator

Shantel Forstall, LCSW,MAC x7089

PRRC Clinical Staff:

Mary Lou Young, LCSW x7096

Ryan Wilson, MSW

Scott Wenger, PsyD x7041

Michaela Sandoval, PhD

Ross Lisman, PhD

Peer Support Specialist

Terry Kramer

Recreation Therapist

Bruce Miller, RT x7091

Vocational Rehabilitation Specialist

Jeannette “JJ” Allen, SE/CWT x7092

Mental Health Supervisor

William “Billy” Sackett, LCSW x7430

Chaplain:

Richard Ross,

Overview of Services

- ♦ Weekly visits in your home or place of residence (limitations apply due to COVID-19 safety precautions)
- ♦ Coordination of Medical and Mental Health Care
- ♦ Assistance with medication concerns
- ♦ Crisis Intervention/management
- ♦ Information, referral and assistance in applying for needed benefits
- ♦ Assistance with housing problems, transportation, finances and legal problems
- ♦ Education, support and skill building to effectively navigate life challenges
- ♦ Access to Job Assessment and counseling



VA Loma Linda Healthcare System
Ambulatory Care Center
26001 Redlands Blvd
Redlands, CA 92373

Phone: (909) 810-7069

Email: LeaAnnette.Harris@va.gov

MHICM

Mental Health
Intensive Case
Management
of

VA Loma Linda
Healthcare System



*"To care for him who shall have borne
the battle and for his widow, and his
orphan."* —Abraham Lincoln



Our Mission

MHICM has the overall mission to assist Veterans with serious mental illness reach their personal recovery goals and optimize their health, quality of life and community functioning. We help veterans improve their lives as they move toward greater independence.

Who We Are

We are a team of Social Workers, Registered Nurses, Occupational Therapists, a Psychiatrist, a Pharmacist and a Peer Support Specialist who provide weekly visits and work with your entire VA team to coordinate your care.

MHICM can arrange for access to various services available in and outside the Loma Linda Healthcare System.



Why Was I Referred to MHICM?

You have been referred to the MHICM program because a VA healthcare professional has recognized that you may need extra support to reach your goals and believed that our staff might be able to help you. It is our hope and goal that we can help you have a more satisfying and fulfilling life.

