

We hope to hear from  
you soon!

### REACH Project staff



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Living with emotional problems or PTSD can affect many parts of your life—your ability to hold down a job, to accomplish goals, to have fun, and to have good relationships with family members and friends. But, living with emotional problems does not have to control your life...we want YOU and your family to be "in the driver's seat." The OKC VA Hospital wants to help you feel good about yourself, have productive activities, and enjoy healthy relationships.

A very important way that we can help you meet these goals is to involve your family in your treatment. Just like your family member may learn about your diabetes, attend diabetes classes, and help you watch your diet, family members can be very helpful with your mental health.



REACH Project

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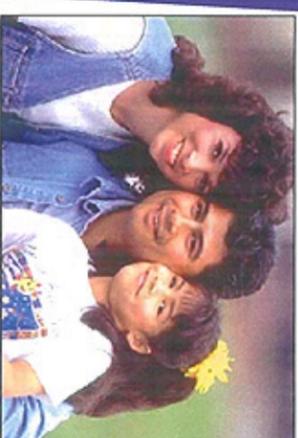
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Caring for...**AMERICA'S HEROES**

Oklahoma  
City



**Reaching out to  
Educate and  
Assist  
Caring,  
Healthy families**

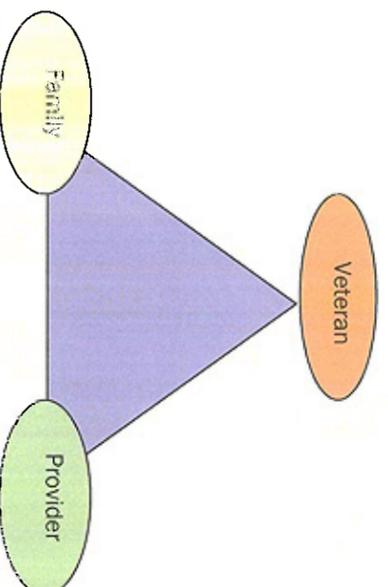
REACH Project

Family Mental Health Program  
Oklahoma City VA Medical Center

Research has found that people living with emotional problems or PTSD do better when their family members and friends are on their "team." Also, family members do better when they have help!

The REACH program fosters the building or rebuilding of BRIDGES from veteran to family members to the OKC VA treatment team.

Veterans do best when all 3 members of this team communicate regularly and work together.



In the REACH program, "family" means people who share our lives and care about us. "Family" can be relatives, friends, neighbors, ministers, etc.

## What is involved in the REACH Program?

The REACH Project is tailored to each veteran/family's needs and may involve: individual counseling with the veteran, family education, family therapy, and multiple family groups.

## How could this help our family?

Veterans and families in the REACH Program have the chance to:

- ◆ Learn about emotional problems and PTSD (including the latest research on causes, treatment options, medications, etc.)
- ◆ Ask questions of doctors in a relaxed setting and give support from other veterans and their families
- ◆ Learn how to cope with the rough times
- ◆ Figure out how to solve problems effectively as a family
- ◆ Learn and practice good communication skills
- ◆ Find good ways of managing anger