

Washington State Department of Veterans Affairs

Counseling and Wellness Programs

Our agency provides programs that promote wellness among Service Members, Veterans, and Military/Veteran families in Washington State. Veterans are legislatively defined by serving in the armed forces Some of our programs have specific status requirements for Service Members and Veterans to be eligible, such as the War Trauma Program.

Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness>

Post Traumatic Stress Disorder Program (aka – War Trauma Program)

Services: individual, couple, family, and veteran group counseling.

Eligibility:

- Veterans
 - honorably discharged
 - served in a war time era (includes peacekeeping periods)
 - post war adjustment issues to warrant outpatient care
 - does not need a PTSD diagnosis
 - does not need VA service connected disability for any condition
- National Guard or Reserve members and family members
 - Deployed in support of nation's war and peacekeeping missions
 - does not need a PTSD diagnosis
 - post war adjustment issues to warrant outpatient care

Contact:

Jeremy Grisham, LMHC, MHP, CCTP

Jeremy.grisham@dva.wa.gov

Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness/post-traumatic-stress-disorder-ptsd>

Traumatic Brain Injury (TBI) Program

Services: one-on-one support, resources, and referrals. MAX Impact App

Eligibility:

Veterans and family members with suspected or diagnosed TBI seeking support or resources

Contact:

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Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness/traumatic-brain-injury-tbi>

Vet Corps Program

Services: Vet Corps members provide training and support to faculty, staff, administration, community members to increase awareness of Veterans' needs through internships across the state. Vet Corps provides connection for Veterans in the community with their peers as well as federal, state, or local Veteran benefits.

Eligibility: Veteran or a Military/Veteran family member

Contact:

Melissa Rhault

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Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness/vet-corps>

Veterans Peer Corps Program

Services: provides workshops for local community-based peer mentorship

Eligibility: community member who cares and encounters Service Members, Veterans, and/or Military/Veteran families

Contact:

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Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness/veterans-conservation-corps-program/veterans-peer-corps>

Veterans Conservation Corps Program

Services: opportunities for Veterans to connect with nature through volunteering, internships, agriculture, and training.

Veterans Farm at Orting

Several farm plots available for Veterans transitions to explore farming as a future. Veterans pay an annual fee of only \$50 which entitles them to use the land as they see fit including irrigation, greenhouse, and cold storage. Small businesses can receive assistance with grants

Agri-preneur Business Planning Program

The program assists Veterans by teaching them how to reach their financial goals for the future by using sound business planning concepts and tools tailored specifically to small farm and food-based entrepreneurs.

Eligibility: Varies depending on activity*

Contact:

Kim Pham (VCC)

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Carrie Little (Veterans Farm at Orting)

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Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness/veterans-conservation-corps-program>

Veterans Training Support Program

Services: The Veterans Training Support Program provides training and workshops surrounding Military and Veteran issues. These trainings and workshops support providers and community members who serve and connect with Service Members, Veterans, and Military/Veteran families. Some training provides CEUs to providers.

Eligibility: No criteria

Contact:

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Paul Caseley

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Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness/veterans-training-support-center-vtsc>

Suicide Prevention Program

Services: Collaboration with other state agencies to provide holistic, well-rounded suicide prevention services that include workshops, care transitions, support, and resources. The Suicide Prevention program provides suicide prevention workshops in collaboration with UW Forefront to community members who request it and as scheduled through VTSC. The Suicide Prevention program is growing to support warm handoffs to community resources for those in need across the state in collaboration with the Veterans Peer Corps and Vet Corps programs.

Eligibility: Service Members, Veterans, and Military/Veteran families

Contact:

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Website: <https://dva.wa.gov/veterans-their-families/counseling-and-wellness/suicide-prevention-and-support>