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*Mixed gender groups are also available, please see your psychiatry services provider for details.*

*Open groups*: participants may join at any time

*Closed groups*: participants may only join at the start of the group series
Groups open to women Veterans eligible for VA care

**Women Veterans Finding Meaning Support**

**Group leader/contact number:**
Chaplain Sherri Headen 317-988-9531

**When:** Ongoing, every Thursday, 1430-1530

**Where:** Indy VA, C-2090

**Length:** Ongoing

**Open/closed:** Open

**Contact the leader before attending?:** Yes

**Other requirements:** No

**Brief description:**
This group helps you begin to heal from trauma and challenges in your life. This approach will use your own understanding of religion and/or spirituality.
Groups open to women Veterans eligible for VA care

**Women’s Chronic Pain**

**Group leader/contact number:**
Beth Holder, CTRS Recreation Therapist 317-988-3148

**When:** 2nd Friday of each month, 1400-1530

**Where:** OrthoIndy Foundation YMCA-Pike

**Open/closed:** Closed

**Contact the leader before attending?:** Yes

**Other requirements:** Enrolled in/graduated from chronic pain clinic

**Brief description:**
This group offers a safe and supportive place for Women Veteran's with chronic pain. Group members will learn strategies to build and keep a healthy support system. Group members will also have hands-on practice of relaxing and fun activities.
Groups open to women Veterans eligible for VA care

**Women’s iREST**

**Group leader/contact number:**
Jayme Brosmer, DPT 317-974-4006

**When:** TBD

**Where:** OrthoIndy Foundation YMCA-Pike

**Length:** 8 weeks

**Open/closed:** Open

**Contact the leader before attending?:** No

**Other requirements:** Veteran must call to schedule (317-974-4000)

**Brief description:**
iREST provides you with tools to help you relax deeply and release stress. The group leadered will guide members with meditation. This will help group members restore the mind and body to natural functioning.
Groups open to women Veterans eligible for Vet Center care

**Vet Center Warrior Renew**

**Group leader/contact number:** Lisa Hunt, LCSW 317-988-1607

**When:** Mondays 0900-1100

**Where:** Indianapolis Vet Center

**Length:** 15 wks., with option to continue another 15wks

**Open/closed:** Closed

**Contact the leader before attending?** Yes

**Other requirements:**
Must 1st complete an intake assessment. The Veteran must be engaged in individual therapy while participating in the group with a release of information (ROI) signed for coordination of care, if necessary.

**Brief description:**
This group uses a workbook written for survivors of MST. Details of trauma will not be shared during this group. Group members will learn about relationship patterns and the definition of military sexual trauma. Group members will also talk about how to cope with feelings, nightmares and triggers. Group members will discuss how to let go of guilt, self-blame and shame. Finally, the group will focus on finding meaning, purpose, and joy after MST.
Groups open to women Veterans eligible for VA care

**MindBody Group**
(some men may be present)

**Group leader/contact number:**
Shannon Woller, Psy.D., ABPP, HSPP  317-988-4391

**When:** Fridays, 10:00-11:15

**Where:** Indy VA, Veterans Integrated Pain Clinic, A-1454

**Length:** 8 weeks

**Open/closed:** Closed

**Contact with leader before attending?:** Yes

**Other requirements:** Ask healthcare provider for referral

**Brief description:**
The MindBody group explores the relationship between physical symptoms such as fibromyalgia, IBS, chronic muscle pain, chronic fatigue, irritable bladder, and tension & migraine headaches, emotions, and past & present stressors. The goal of the group is to learn new ways to deal with present & past stressors so that physical symptoms do not occur or are less intense. The group is based on Emotional Exposure Therapy.
Groups open to women Veterans enrolled in Psychiatry Services**

**Warrior Renew**

**Group leader/contact number:**
Jennifer Fox, LCSW 317-988-2567

**When:** Tuesdays 0900-1100

**Where:** Indy VA, STICC Clinic (4th floor, E wing)

**Length:** 15 wks., with option to continue another 15wks

**Open/closed:** Closed

**Contact the leader before attending?:** Yes

**Other requirements:**
Enrolled in psychiatry services, must attend individual therapy appointments with their MHTC while participating in the group.

**Brief description:**
This group uses a workbook written for survivors of MST. Details of trauma will not be shared during this group. Group members will learn about relationship patterns and the definition of military sexual trauma. Group members will also talk about how to cope with feelings, nightmares and triggers. Group members will discuss how to let go of guilt, self-blame and shame. Finally, the group will focus on finding meaning, purpose, and joy after MST.
Women’s Process Group

Group leader/contact number:
Ashley Maynard, LCSW 317-988-4327

When: 1st and 3rd Thursdays of each month, 1300-1400

Where: Indy VA, C-5094

Length: Ongoing

Open/closed: Open

Contact the leader before attending?: No

Other requirements:
Enrolled in psychiatry services, referral from mental health provider

Brief description:
This process group is CBT informed. This group is for women only. Group topics are generated by group members. This allows member to identify and work on the treatment needs they see as relevant.
Groups open to women Veterans enrolled in Psychiatry Services**

**Women’s Seeking Safety**

**Group leader/contact number:**
Donna Finch, LCSW  317-988-2738

**When:** Fridays 1100-1200

**Where:**
Indy VA, Substance Use Disorder Recovery Program (SUDRP)

**Length:** Ongoing

**Open/closed:** Open

**Contact the leader before attending?:** Yes

**Other requirements:** Enroll in SUDRP via orientation which is every day at 1:00 or schedule intake with group leader.

**Brief description:**
This group is for women veterans with PTSD who have (or are) using substances to cope with stress. Group members will learn and practice more effective ways to cope with emotions. Group members will also learn about the connection of thoughts, feelings and behaviors.
Bloomington Women’s Group

Group leader/contact number:
Linda Kranitz, Ph.D. 812-349-4406

When: Every Monday, 1400-1530

Where: Bloomington CBOC

Length: 16 weeks

Open/closed: Open

Contact the leader before attending?: Yes

Other requirements: Enrolled in psychiatry services, referral from your mental health provider.

Brief description:
In this group, you will learn about coping styles that may lead to emotional pain or physical health problems. Group members will also learn how to cope with difficult feelings and improve their quality of life.
Must be enrolled in Psychiatry Services to attend this group. Also, must keep appointments for therapy and/or medications.

Options to enroll in Psychiatry Services:

✓ Ask for a referral from your Primary Care Provider or team psychologist

-OR-

✓ Call 317-988-2770 to schedule an intake appointment
Online treatment program for new moms

**MomMoodBooster**

**Program contact number:**
1-866-849-6636 (toll free)

Have you been feeling down or depressed since giving birth?
**YOU ARE NOT ALONE!**
- Postpartum Depression is real; 1 in 8 new mothers may suffer from Postpartum Depression (PPD).
- Untreated PPD affects the lives of mothers, their babies, and the whole family.
- PPD is a treatable condition and we are here to help!

The VA Office of Rural Health has a free online treatment program that can help YOU and YOUR BABY!

**You are eligible if:**
- You have had a baby in the past year;
- Feeling down or depressed;
- Have access to a high-speed internet connection;
- Willing to participate in 6 sessions over a 6-week period
Locations:

Richard L. Roudebush VA Medical Center
1481 West 10th Street
Indianapolis, IN 46202
Main number: 317-554-0000

Bloomington Community Based Outpatient Mental Health Clinic (CBOC)
1332 W. Arch Haven Ave, Suite A
Bloomington, IN 47403
812-336-5723

OrthoIndy Foundation YMCA-Pike
5315 Lafayette Rd.
Indianapolis, IN 46254
317-974-4000

Indianapolis Vet Center
8330 Naab Road, Suite 103
Indianapolis, IN 46260
317-988-1600
Free VA/DoD mobile apps

Mindfulness Coach
Moving Forward
PTSD Coach
VetChange
Anger and Irritability Management Skills (AIMS)

Mood Coach
Parenting Coach
PTSD Family Coach
Stay Quit Coach
VA launchpad

Please visit www.mobile.va.gov/ to learn more about these and other free VA/DoD mobile apps.
Contacts:

Local Women Veterans Mental Health Champion:
Jennifer Fox, LCSW            317-988-2567

Local Women Veteran website:
https://www.indianapolis.va.gov/services/women/index.asp

Local Women Veterans Program Manager:
Judith Kelly, MSN, RN          317-988-4642

Local Acting Military Sexual Trauma Coordinator:
Ashley Maynard, LCSW          317-988-4327

Local Interpersonal Violence Coordinator:
Matt Frymire, LCSW            317-988-9288

Local LGBT Veteran Coordinator:
Heather Sperry, Ph.D.         317-988-2152

Center for Women Veterans: www.va.gov/womenvet

Women’s Health Services: www.womenshealth.va.gov
1-855-VA-WOMEN (1-855-829-6636)

Maternal Mental Health: www.postpartum.net/
call: 1-800-944-4773          text: 503-894-9453

VA Staff: Please contact Jennifer Fox for group updates or additional copies of this brochure (317-988-2567).

Updated 2/2019