

**SERVICES OFFERED**  
**CONTINUED:**

**Groups & Classes offered:**

Recovery Peer Led Groups    Psycho Therapy  
Co-Occurring Disorders    PTSD Groups  
Relapse Prevention    Problem solving groups  
Early Recovery Skills    Life Skills  
Coping Skills    Co-occurring groups  
Family Education  
Spiritual Recovery  
Psychosocial Education

**THERAPY, COUNSELING AND FAMILY EDUCATION:** Therapists are available to individuals and families for assistance with substance abuse and mental health issues.

**HUD VASH and Grant Per-Diem Housing Programs:**  
The *HUD-VASH* – Permanent housing for homeless veterans and family. Case management provided.  
Grant Per-Diem is a transitional housing program for homeless veterans.

**VOCATIONAL REHAB / EMPLOYMENT:**

Vocational Rehabilitation Specialists are available to assist veterans with service-connected disabilities to prepare for, find and keep jobs.

**ADDICTION TREATMENT AND PSYCHO SOCIAL EDUCATION:** Substance Abuse treatment, relapse prevention and Psychosocial education / Skills.

**BEHAVIORAL HEALTH STAFF:**

Suicide Prevention Coordinator  
Nursing Staff  
Peer Support Specialist  
Social Workers  
Mental Health Technicians  
Psychologists  
Addiction Therapists  
Psychiatrists  
Nurse Practitioners  
Military Sexual Trauma Coordinator

**Behavioral Health Unit**

**Contact Information:**

**325 E. "H" Street**  
**Iron Mountain MI**  
**774-3300 ex. 32541**

**Local Recovery Coordinator**

Karen Krebsbach, LMSW, CAAC  
906-774-3300 ext 32777

**Suicide Prevention Coordinator**

Sharon Anastas  
906-774-3300 ex. 32541

**Health Care for Homeless Vets  
Manager:**

Nicole Foster-Holdwick, LMSW,  
906-774-3300 ext 31200

**Outpatient Mental Health & Addiction  
Services**

906-774-3300 ext 32541

**Patient Advocate:**

Sharon Lies  
906-774-3300 ext 32779

**VETERANS CRISIS LINE  
AVAILABLE 24 HOURS A DAY**

**7 DAYS A WEEK**

**1-800-273-8255**

**FOR LIFE-THREATENING**

**EMERGENCIES**

**CALL 911**

**Oscar G. Johnson**  
**VA Medical Center**  
**Iron Mountain, MI**

**RECOVERY**

“ We envision a future when everyone with a mental illness will recover, a future when mental illnesses can be prevented or cured, a future when mental illnesses are detected early, and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports— essentials for living, working, learning, and participating fully in the community.”

The President's New Freedom  
Commission on Mental Health  
(2003)

**“NOTHING**  
**ABOUT ME**  
**WITHOUT**  
**ME!”**

## Recovery and Peer Support

**Peer support is a system of giving and receiving help** founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful; it is a process dedicated to promoting empowerment and self-determination in the service of recovery.

### ***What is a Peer Support Provider in a mental health setting?***

A person with a mental health and /or co-occurring disorder, **who has been trained** to help others with these disorders identify and achieve specific life and recovery goals. A peer support provider is a person **who is actively engaged in his/her own recovery**. A peer support provider is a person **who volunteers or is hired** to provide peer support services to others engaged in mental health treatment.

### ***What is the purpose of a Peer Support Program?***

**To provide opportunities** for veterans to take control of their own recovery.

**To teach and support** the learning of skills needed to facilitate one's recovery.

**To make veterans aware** of available services and choices.

**To help veterans develop** a sense of wellness and self-worth.

**To bring a unique perspective** to the treatment teams on which they work.



## What is Recovery:

Mental Health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.

### The 10 Fundamental Components to Recovery:

1. **Self Direction**
2. **Person-Centered**
3. **Empowerment**
4. **Holistic**
5. **Non-Linear**
6. **Strengths-Based**
7. **Peer Support**
8. **Respect**
9. **Responsibility**
10. **Hope**

### Recovery Oriented VA Mental Health Services:

- Do encourage Veterans to see many possibilities.
- Do focus on real life needs and goals.
- Do help Veterans attain their goals.
- Do offer hope and support for change.

*Talking about life doesn't get you life, experiences in life gets you life.*

## 12 POINTS OF WELLNESS:

1. You live in a place you like and can call home.
2. You have something that you believe is meaningful to do during the day.
3. You have at least one someone to laugh with and pour your heart out to.
4. You like yourself (mostly).
5. You find some joy in life and have fun now and again.
6. You see that you have choices and you are able to make a decision about what you want to do.
7. You feel that you are able to do most of the things you would like to do.
8. You take a calculated risk now and then.
9. You recognize that there are some things about life and our world that cannot be changed, at least in the short term.
10. You have found a place in the world and feel reasonably good about it.
11. When you feel bad you are able to make yourself feel better and ask for help when you need it.

Oscar G. Johnson Medical Center  
Offers Veteran Centered programs and activities:

- Veterans Recovery Health Council
- Same day Crisis and Social Work Services
- Afterhours Crisis Services
- Sensitive to Gender and Cultural Issues
- Integrated Mental Health and Primary Care Treatment Services (Circle Of Care)
- Holistic Coordinated Care
- Care Close to Home
- Evidence-Based Treatments
- Family Education and Support
- Peer Led Groups and Recovery Services