



## Army Veteran Found Healing From Invisible Wounds Through PTSD Treatment



I was in the Army Infantry for two combat tours and medically retired after 16 years of service. After coming home from combat, I had a short fuse and struggled with nightmares and hyper-vigilance. I resorted to humor to cover the pain that I was carrying. After finalizing a divorce and entering a new marriage, I realized I wanted to do everything I could to be the best father and husband possible. That's when I filled out the online form for the Emory Healthcare Veterans Program's two-week Intensive Outpatient Program for PTSD treatment.

I completed the program over three years ago, and now my life looks very different. Before treatment, I was isolated, depressed, and always anxious. Since treatment, I have found so much joy and purpose in life.

I encourage any post-9/11 veteran struggling with his or her mental health to [contact Emory Healthcare Veterans Program \(EHVP\)](#). It will be a lot of work to face the stressors and triggers of daily life, but the program's faculty and staff will equip you with the tools necessary to fight this battle head-on.

Dr. Barbara Rothbaum, Emory University

### Understanding Post Traumatic Stress Disorder

"Fear and anxiety is a normal response to trauma. For most people, that fear will extinguish over time. For a significant minority, that fear won't go away, and it becomes PTSD."

Executive Director, Dr. Barbara Rothbaum, joined the National Institute of Mental Health's livestream event to share how EHVP heals invisible wounds.

[Watch Now](#)

### By the Numbers:

#### Intensive Outpatient Program as of November 2021

**29** cohorts completed the IOP via telemedicine

**59** cohorts completed the hybrid in-person IOP

**256** Intensive Outpatient Program participants



## Transforming Lives Through Innovative Treatment

Deputy Director, Dr. Sheila Rauch, and Executive Advisor, LT. Gen. (ret.) Burke Garrett, joined Bruce Feinberg in a conversation about using technology to heal invisible wounds in the latest edition of Cardinal Health's FOCUS magazine:

"The National Council for Behavioral Health reports that 30% of service members deployed to Iraq and Afghanistan have a mental health condition requiring treatment. It's estimated that as many as 400,000 service members live with invisible wounds of war, including PTSD and traumatic brain injury.

However, PTSD doesn't have to be a life sentence with no hope of treatment. With proper treatment, veterans can overcome PTSD and go on to live full and meaningful lives. That's where innovative programs, like the one we offer at Emory Healthcare, can make such an extraordinary impact," said Garrett.

[Read the Article](#)



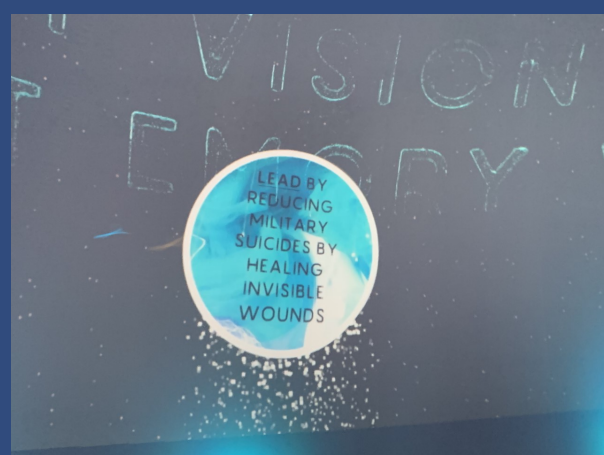
## Wounded Warrior Project® Expands Mental Health Treatment to Include Substance Use Disorder

"Many veterans face different obstacles to treatment," said Lt. Gen. (ret.) Mike Linnington, WWP® CEO. "We are investing in breaking down these barriers and ensuring today's generation of wounded warriors gets the care they earned."

[Read the Announcement](#)

## EHVP at AUSA 2021

Our Veteran Outreach Coordinators represented EHVP at the Association of the United States Army's Annual Meeting and Exposition this past October.



## Casting a Vision for Emory 2036

With an eye on Emory's bicentennial, the 2036 fundraising campaign aims to spearhead a movement to radically rethink and reshape the future.

EHVP's vision for the future was represented at the launch of 2036. We are dedicated to continuing our efforts to reduce military suicides by healing invisible wounds through innovative treatment.

[See the Vision](#)



### Transform Your Life with Free, Confidential Care

We provide free and confidential care for post-9/11 veterans and service members struggling with invisible wounds such as PTSD, traumatic brain injury, military sexual trauma, anxiety, or depression.

When you're ready to transform your life, we're ready to help. Call [888-514-5345](tel:888-514-5345) to speak with a veteran care coordinator today or fill out this [private form](#) and we will contact you.

[View Form](#)



### Helping Us Heal Invisible Wounds

Because of our donors' generous gifts, we have made incredible progress in serving veterans and service members over the past six years.

Help us continue to provide innovative care by donating to the program. Your gift will help transform and possibly save the lives of our nation's heroes.

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