**MERRIMACK VALLEY** 



More than 380,000 Veterans live in Massachusetts. Many of them urgently need treatment for post-traumatic stress and traumatic brain injury—the most common and challenging of the "invisible wounds" of military service.

**Project 20-0** will train more than 2,000 clinicians, first responders, and community stakeholders in Massachusetts to be better equipped to serve the Veterans and their Families in their communities.

## HOW TO ENGAGE & OFFER ASSISTANCE TO AN AT-RISK VETERAN:

1. OBSERVE Withdrawn, hopeless, reckless, agitated

**2. HEAR** "I wish I wasn't here"

**3. ASK** "Are you a Veteran or Service Member?"

**4. ASSESS** "Are you thinking of hurting or killing yourself?"

**5. CALL** Offer to call the Veteran's crisis line together.

Dial 1-800-273-8255, press #1 to talk to someone

**6. GIVE** Encouragement to seek therapy

# HOME BASE CLINICAL PROGRAMS HOSTED BY CERTIFIED, LICENSED PROVIDERS

Care, lodging, transportation, and food provided at NO COST to participants.

# **Intensive Clinical Programs**

Available to Veterans of all eras and Service Members from across the country, regardless of discharge status.



#### **Two-Week ICP for PTSD**

One years' worth of group and individualized evidence-based therapy offered over a two-week period.



# Four-Day Accelerated Clinical Treatment (ACT) Program

30 hours of individualized evidence-basedtherapy offered over a four-day period.

# **Telehealth Services**

Available to Veterans, Service Members, and Family Members across the Commonwealth.



#### **Online Mental Health Care**

Connect with mental health providers online for the following services:

- Medical Consultations
- Couples Therapy
- Family Therapy
- 1:1 Behavioral Therapy
- Substance Use Recovery Services

To arrange care, contact:

Veteran Outreach Coordinator Brendan McCaffrey

- BMCCAFFREY@partners.org
- homebase.org/connect2care

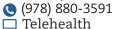
**MERRIMACK VALLEY** 

### MENTAL HEALTH PROVIDERS TRAINED IN EVIDENCE-BASED THERAPIES FOR PTSD

Home Base trained providers specializing in therapies for at-risk Veterans. To refer a Veteran, call these providers directly and mention Home Base.

#### Robert Ebersole, LMFT

Eagles Nest Family Therapy Services 14 Cedar St., Suite 203 Amesbury, MA 01913

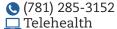


#### **Insurance Accepted:**

- Tricare
- MassHealth
- Commercial Insurance

#### Joe Russella Pollard. JD. MBA. LMHC

CogniCounseling, LLC 101 Cambridge St. Suite 390 Burlington, MA 01803



#### **Insurance Accepted:**

- Tricare
- Commercial Insurance

#### Jessica Ferreira, LICSW\*

Atrius Health 228 Billerica Rd. Chelmsford, MA 01824

**(**978) 250-6240

Teleĥealth (phone only)

#### **Insurance Accepted:**

- Tricare For Life
- Masshealth (Tufts Together With Atrius Plan)
- Commercial Insurance

#### **Andrew Stephens, LICSW**

Bridgewell Counseling Services 35 Market St., Lowell, MA 01852

**(**978) 259-1370

#### Telehealth

#### **Insurance Accepted:**

- Tricare
- MassHealth
- Commercial Insurance

#### Gloria-Lee Kazakov, PsyD\*

Atrius Health 228 Billerica Rd. Chelmsford, MA 01824

**(**978) 250-6240

#### Insurance Accepted:

- Tricare For Life
- Masshealth (Tufts Together With Atrius Plan)
- Commercial Insurance

Our most up-to-date provider list can be found at www.homebase.org/preventsuicide.

# **ADDITIONAL LOCAL VETERAN SERVICES**

# Haverhill Community Based Outpatient Clinic (CBOC)

The Haverhill CBOC provides compassionate primary care and mental health services to eligible Veterans.

108 Merrimack Street Haverhill, MA 01830

(978) 372-5207

Telehealth

# **Lowell Vet Center**

The Lowell Vet Center offers a wide range of services available free of charge for eligible Veterans and their Families.

Gateway Center, 10 George Street

Lowell, MA 01852 (978) 453-1151 Telehealth

# Bedford VA: Edith Nourse Rogers Memorial Veterans Hospital

Bedford VA offers a full continuum of mental health programming, including nationally known exemplars in Vocational Services, Peer Services, Homeless Services, and outpatient Mental Health services.

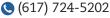
200 Springs Road Bedford, MA 01730

(781) 687-2000

Telehealth



**HOME BASE** 



# Every Day, 20 Veterans Take Their Own Lives. **Our Goal Is Zero.**