

Women Veterans Program and Services

April 13, 2023





Poll

- How many women Veterans do we have in the audience?
- Or how many know a woman Veteran?

OBJECTIVES



Women Veterans Overview



Services available for women Veterans



Gaps in women getting VA care



Cultural Change



Women Veterans Program



Outreach



Women Veterans Diagnoses



Legislation/Acts



Common Experiences

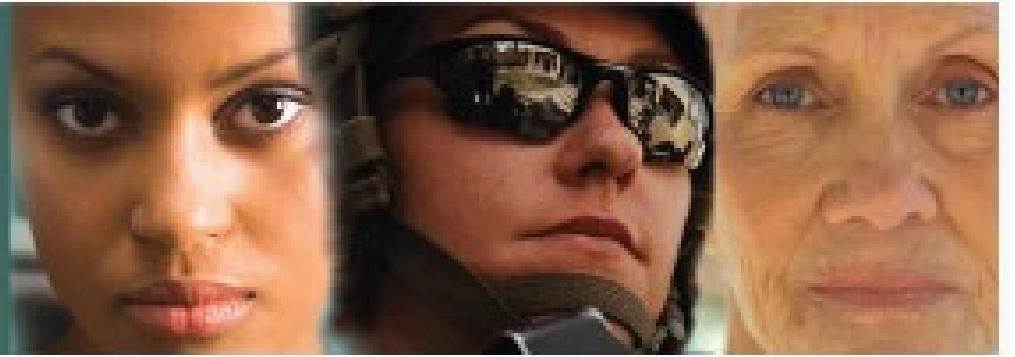


Mobile apps



WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*



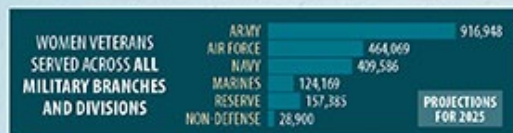
- In US history, what is the official date women first served in the military?



WOMEN VETERANS IN FOCUS



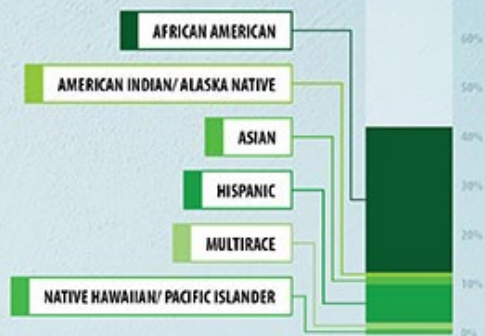
WOMEN ARE THE FASTEST GROWING GROUP IN THE VETERAN POPULATION



3 OF 4 WOMEN VETERANS WHO USED VA HEALTH SERVICES IN FY19 HAD AN URBAN RESIDENCE BUT THE NUMBER OF RURAL WOMEN IS INCREASING

WOMEN VETERANS ARE RACIALLY AND ETHNICALLY DIVERSE

43% OF THE WOMEN WHO USED VA HEALTH SERVICES IN FY20 BELONGED TO A RACIAL OR ETHNIC MINORITY GROUP.



No matter where she lives, every women Veteran has access to the VA health system which provides care at 1,255 health facilities, including 170 VA Medical Centers and 1,074 outpatient clinics.



Every VA Medical Center nationwide has a Women Veterans Program Manager to advise and advocate for women Veterans and help coordinate all the services they may need, from primary care to specialized care for chronic conditions or reproductive health.



Every VA offers maternity care coordination. VA Maternity Care Coordinators understand women Veteran's unique needs and will support them through every stage of their pregnancy.



VHA provides the highest quality, state-of-the-art systems and healthcare equipment, including on-site mammography at 69 sites across the country.



Women Veterans Health Care

womenshealth.va.gov | #WomenVets

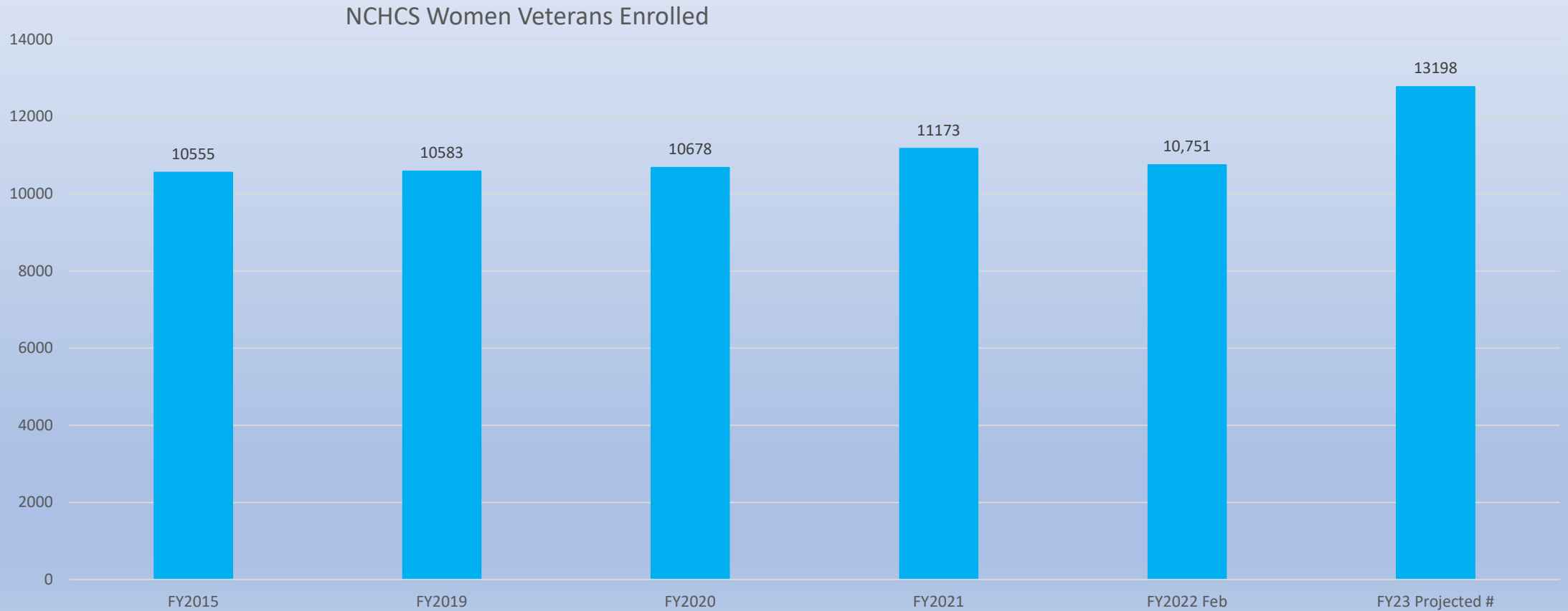
DATA AS OF 10/30/2020 | UPDATED 12/2022

VA NCHCS Sites of Care

- Sacramento VA Medical Center
- Martinez VA Medical Center
- Chico VA Clinic
- Fairfield VA Clinic
- Mare Island VA Clinic
- McClellan VA Clinic
- Modesto VA Clinic
- Redding VA Clinic
- Sierra Foothills VA Clinic (Auburn)
- Sonora VA Clinic
- Stockton VA Clinic
- Yreka VA Clinic
- Yuba City VA Clinic



NCHCS Women Veteran Enrollment



Why are there gaps in Women Veterans seeking VA Healthcare Services?

NCHCS Catchment area has <50% of women Veterans enrolled in VA healthcare

Up to 25% of women Veterans do not identify as Veterans

-Important on intake: “Have you ever served in the military?” not “Are you a Veteran?”

“It’s my father’s/grandfather’s VA” i.e., male-centric

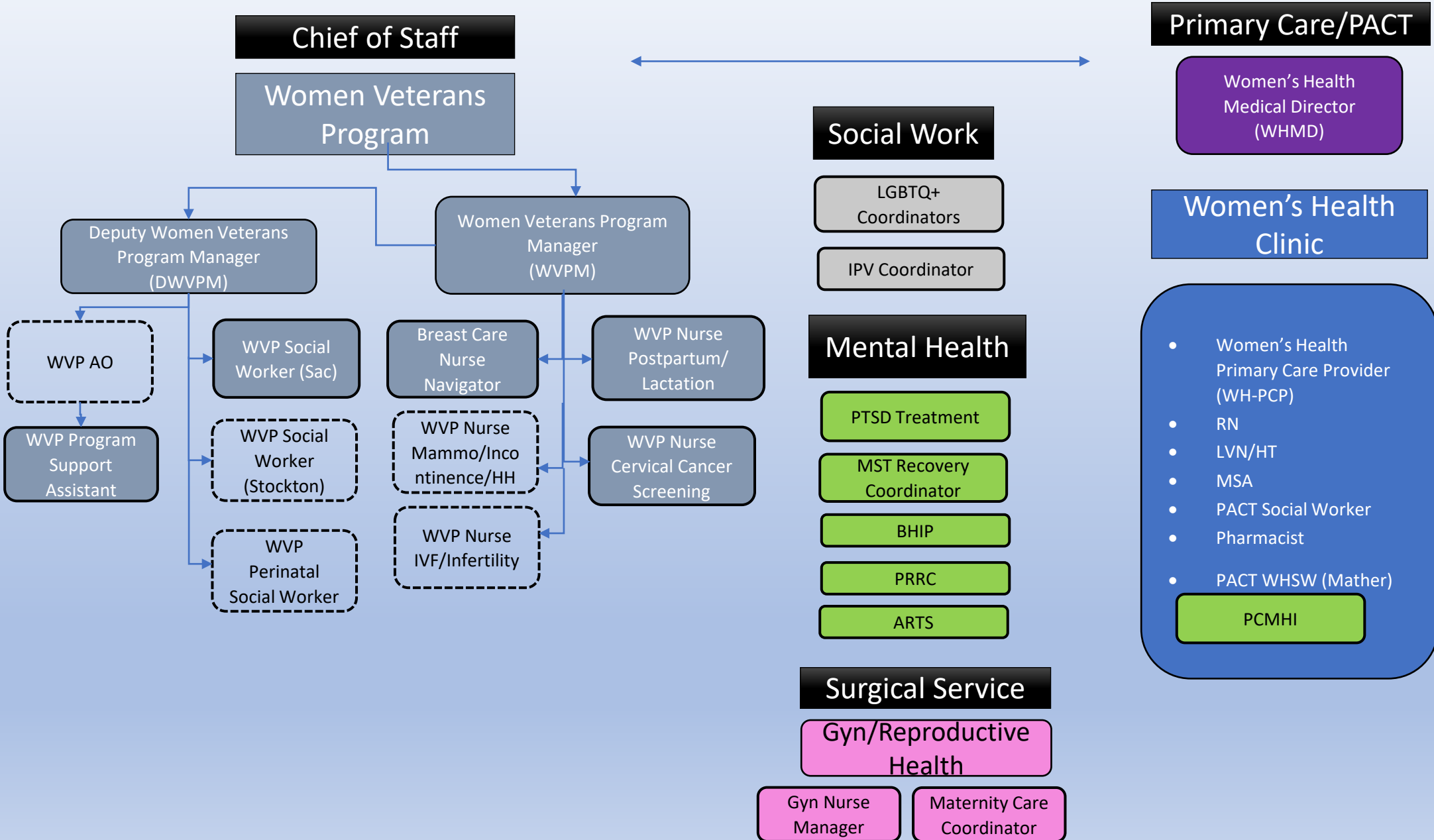
“I didn’t deploy- I am not a Veteran”

“I didn’t know that the VA provides gender-specific care”

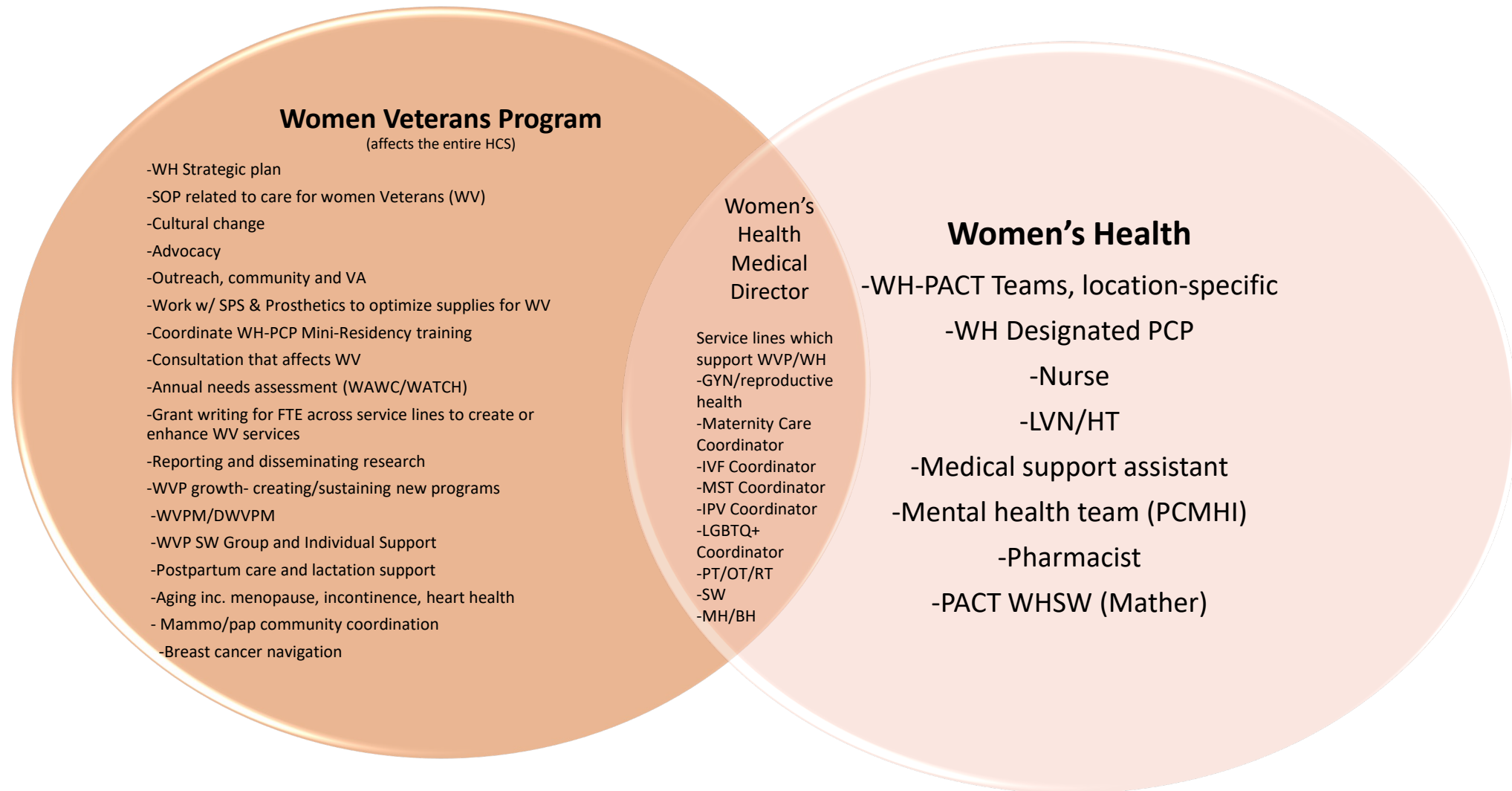
Reluctance to seek care at VA due to past negative experiences, Military Sexual Trauma (MST)



Women Veterans Program vs Women's Health



Women Veterans Program vs Women's Health

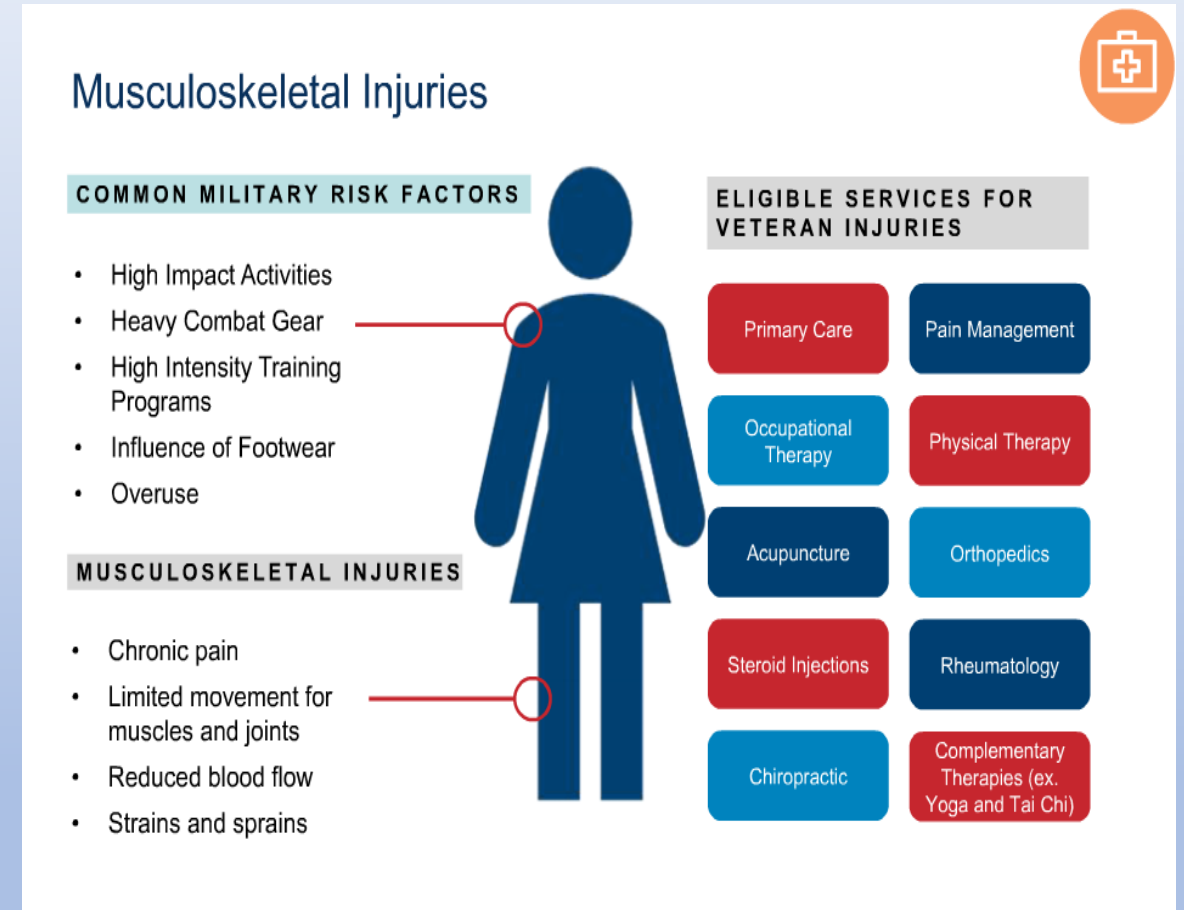


Women Veteran Top Diagnoses within VHA

- Top 5 nationwide:
 - Hypertension
 - PTSD
 - Hyperlipidemia
 - Low Back Pain
 - Anxiety Disorder
- Top 5 VA NCHCS:
 - Hypertension
 - Hyperlipidemia
 - Low back pain
 - Anxiety disorder
 - PTSD
- Age <25-44
 - PTSD, Anxiety, Depression, Low back pain
- Age 44-54
 - Low back pain is #1
- Age 65-84
 - Hypertension, hyperlipidemia, Type 2 Diabetes
- Age 85+
 - Hypertension, Hyperlipidemia, Hearing loss

Common Experiences of Women Veterans

- Military Sexual Trauma (MST)
 - Some studies have recorded MST in 41.5% of women Veterans
 - 1 in 3 women who use VHA for healthcare
- Combat and deployments
 - Gear and armor made for male bodies
- Intersectionality
- Toxic/Environmental Exposures
- Musculoskeletal injuries
- Intimate Partner Violence (IPV)
- Disordered eating/“making weight”
- Urinary Incontinence
 - Restricted toilet access
 - Impact of heavy protective gear and equipment on the pelvic floor



Women Veteran Services at VANCHCS

- **Preventive Screening and Primary Care**
 - Pap smears/cervical cancer screening and tracking
 - Mammography: Mather, McClellan, Martinez, and Redding + Community
 - Bone Density testing
 - HIV and STD screening
 - Chronic disease management
- **Maternity Care Benefits**
 - Care coordination from confirmation of pregnancy to one year postpartum
 - Newborn care for 7 days
 - Maternity belt and breast pump
 - Maternity Care Nurse Coordinator
 - Postpartum/Lactation Nurse Coordinator
 - Pre and Post Partum Lactation Support
 - Perinatal Social Worker
- **Breast Pump in Acute Care**
 - Hospital grade pump
 - Breastfeeding supplies/equipment
 - Place to safely store breast milk
- **Reproductive Healthcare**
 - Birth Control and Emergency Contraception
 - Preconception counseling
 - Infertility services
 - Abortion services (limited)
- **Gynecology Services**
 - Abnormal bleeding
 - Pelvic pain
 - Cancer care
- **Breast Care Nurse Navigation**
 - Abnormal Mammogram
 - Surveillance
 - Breast cancer
 - End-of-life care
 - 1:1 with Breast Cancer Survivor Champions
- **Menopausal Support**
 - Pre/post menopause
 - Physical Therapy
 - Weight Management
 - Medication
- **Incontinence Program**
 - WH Care Coordinator
 - Education
 - Pelvic Floor Training
- **Heart Health Program**
 - WH Care Coordinator
 - Education
 - Outreach events (February HH month)
- **Transgender Care**
 - Prosthetics
 - Gender-affirming hormone therapy
 - Medically-necessary hair removal
 - Fertility preservation (cryopreservation)
 - Voice and communication training
 - SOGI Consult
- **Recreation Therapy**
 - Individual offerings
 - Groups
 - Special events
- **Mental Health Services**
 - **MST Recovery**
 - MST Recovery Coordinator: Dr. Catherine Novotny
 - **PTSD Treatment**
 - Treatment Programs
 - EMDR
 - **WebStair Program**
 - » Self-help web-based program
 - **Counseling and Treatment**
 - PTSD
 - MST
 - SUD/ARTS
 - BHIP Teams
 - Depression
 - Anxiety
 - Suicidal Ideation
 - Mental Health Crisis
 - Acute Mental Health Unit (Mather)
- **Social Work**
 - WVP Social Worker: Rebecca Stallworth
 - Mather PACT Women's Health SW (.5)
 - Intimate Partner Violence (IPV): Vanessa Gary
 - LGBTQ+: Elizabeth Rocha and Amber Richardson
 - Homeless Program and HUD-VASH
 - M2VA/TCM/OEF/OIF
 - PACT Social Workers
 - HPBC Social Workers
 - GEC Social Workers
 - Caregiver Support Program
 - Other Social Workers

Integrative Medicine and Social Work Resources

- Gladiatrix virtual workout group
 - Collab between Rec Therapy and PT
- Healing Touch Therapy
 - Massage Therapy Reiki (Touch Therapy)
- Acupuncture (Mather/Mare Island)
- Recreation Therapy
- Stress Reduction
- Nutrition
- Mindfulness
- Creativity
- Music
- Movement



Women Veterans Program Social Work Services

- ❖ **Women Veterans Support and Resource Group (VVC)**
- ❖ **Dialectical Behavioral Therapy (DBT) (VVC)**
- ❖ **Holistic Care Services (VVC)**
 - ❖ Journey to Emotional & Physical Well-Being for Women Veterans Group (VVC) partnering with rotating providers to offer Tai Chi, Yoga, Whole Health education, and walking classes
- ❖ **Emotional Support Services (phone or VVC)**
 - ❖ Support for women Veterans to manage life stressors, increase coping skills, and build resiliency, including during the pandemic with women struggling with social distancing and isolation
- ❖ **Breast Cancer 1:1 Recovery Support Services (VVC)**
- ❖ **Upcoming:**
 - ❖ Expanding services and supports, hoping to offer a mindfulness meditation virtual class for women Veterans in the future and THRIVE
- ❖ **VA Disability Claim Assistance Services (phone, VVC, and in-person available)**
(specializing in MST claims and claims for LGBTQ+ Veterans)
- ❖ **Vocational Support Services (phone)**
- ❖ **Social Security Application Assistance (phone)**

Women Veterans Program Social Work Services Overview

Patient-Centered and Wellness Recovery Approach (Whole Care Program Services for Women Veterans)

For all services below please contact Women Veterans Program Social Worker Rebecca Stallworth, LCSW at 916-366-5453 or enter a WVP Social Work Consult

Women Veteran Groups:

Virtual Women Veterans Dialectical Behavior Therapy (DBT) Group

Emotional regulation, distress tolerance, interpersonal effectiveness, & mindfulness

Date and time: Every Friday 1:30pm-3:00pm

Virtual Women Veterans Support and Resource Group

An opportunity to learn and build coping skills, connect with other women Veterans, and learn about available resources.

Date and time: Every Thursday 11:00am-12:00pm

Holistic Care Services:

Empowerment Journey to Emotional & Physical Well-Being For Women Veterans:

Video Conference Call with Breathing Practice, Meditation, and Gentle Body Movements

Date and Time: Every Wednesday 11:30am-12:45pm

Pre-registration is required to attend groups: 916-366-5453 and/or provider please enter a Women Veterans Program Social Work Consult under Women's Care Menu (all sites)

Counseling to Build Resilience:

Individual Emotional Support Phone/Video Conference Call Appointment only

Purpose: Provide emotional support for women Veterans to build skills to help cope with stressful life situations, including social distancing, isolation and stress due to the pandemic

Individual Breast Cancer Support Services with Breast Cancer Survivor Champions

Purpose: Provide individualized support from breast cancer survivors starting with diagnosis through treatment phase including post-treatment follow-up (*Women Veterans w/ breast cancer diagnosis*) **Video Conference Call Appointment only**

Social Security Benefits Application Assistance Phone Services:

(For all Veterans) Phone Appointment only (Assistance to set up phone appointment directly with a claim representative at the Social Security Administration Office)

On the 3rd Tuesday of each month

Four appointment slots available: 9:00am, 10:30am, 1:30pm & 3:00pm

VA Disability Claim Assistance Services Clinic:

(For women Veterans only) Phone Appointment only (Assistance to set up phone appointment directly with VSO for VA disability claims)

Partnership: County Veteran Service Officers (VSOs), Veterans Organizations, and Veterans Benefits Administration (VBA)

Specializing in Military Sexual Trauma Claims and Claims for LGBTQ+ Veterans

VA and Community Resource Linkage:

(For women Veterans only)

Connecting women Veterans with VA and community resources, including those newly discharged from the military navigating the transition into NCAL VA healthcare system.

Resource type and availability varies based on local resources, but may include vocational/career, educational, housing, nutrition programs, and/or referral to specialized VA and community providers based on individualized assessment of needs.

To access services please call Rebecca Stallworth at 916-366-5453 and/or provider enter a Women Veterans Program Social Work Consult under Women's Care Menu (all sites)

Updated 7/22/2022

Collaborative Partnerships

- Whole Health
- Primary Care (PACT)
- Recreation Therapy
- Physical Therapy
- Clinical Resource Hub
- Mental Health
- Suicide Prevention
- Diversity, Equity, and Inclusion
- LGBTQ+ Veteran Care Coordinators
- CDCE (Voluntary Services)



Role of Breast Care/Cancer Nurse Navigator



- Tracking and follow up:
 - Abnormal Mammograms, High Risk Breast Cancer patients
- Meeting or phone call prior to Sacramento VA Breast Biopsy
- Emotional support and care coordination for newly diagnosed Breast Cancer patients
- Close communication and facilitation of timely cancer care: Surgery, chemo and radiation
- Surveillance/Survivorship care for appropriate follow up
- Educational Resource for Veterans and Providers to ensure proper care and treatment
- Collaboration with all Specialty Providers (Radiology, Surgery, Oncology)

Urinary Incontinence

What is it?

- It is the accidental loss of urine
- It can be a strong, sudden urge to void that causes leaking if you don't make it
- It can also be the leakage of urine during exercise, coughing, sneezing or laughing
- Some people can leak urine both with physical activity and have a strong uncontrollable sense of urgency.

Lifestyle changes that can help:

- Weight loss
- Fluid management
- Avoid constipation
- Avoid foods/drinks that can irritate your bladder like spicy foods, coffee, alcohol or soda
- Quit smoking
- Daily Kegel exercises

Incontinence Program

- Established interdisciplinary team
- Completion of Quick Order Set in CPRS for Incontinence
- Creation of Urinary Incontinence Patient Education Brochure
 - Approved by VHEIC in August 2022

WHAT IS (UI)?

Urinary incontinence (UI) is the accidental loss of urine. According to the National Association for Continence, over 25 million adult Americans experience temporary or chronic urinary incontinence. UI can occur at any age, but is more common in women over 50. Urinary incontinence may be a temporary condition that results from an underlying medical condition. It can range from the discomfort of slight losses of urine to severe, frequent wetting.

WHAT CAUSES (UI)?

Urinary incontinence is not an inevitable result of aging, but it is particularly common in older people. It is often caused by specific changes in bodily functions that may result from diseases like diabetes or multiple sclerosis, the use of medications like diuretics or antidepressants, or from constipation. Sometimes it is the first and only symptom of a urinary tract infection. Women are most likely to develop urinary incontinence during pregnancy and after childbirth, or after the hormonal changes of menopause.

CONTACT INFORMATION

- 10535 Hospital Way Mather, CA 95655
916-843-7000
- Women Veterans Program
916-843-2919
- National Women Veterans Call Center
855-829-6636

APP: VHEIC 8/2022

VA Northern California Healthcare System
Urinary Incontinence (UI)
VA NorCal Women Veterans Program

U.S. Department of Veterans Affairs
Veterans Health Administration
Northern California Health Care System

VA Northern California HEALTH CARE SYSTEM
OurHealthyHome

Heart Disease in Women

- Heart disease is the number 1 killer in women.
 - Yet only 1 in 5 American women believes that heart disease is her greatest health threat
- 90% of women have one or more risk factors for developing heart disease
- Studies show that healthy choices have resulted in **330** fewer women dying from heart disease per day

The VA offers:

- Resources and medication to help quit smoking
- MOVE program to help with weight management and increase physical activity
- Healthy Teaching Kitchen that offers cooking and nutrition education classes
- Meditation, breathing practices and mindfulness groups to help with stress management
- Assistance from Registered Dietitians
- If needed, medications to help lower blood pressure and cholesterol



Maternity Benefits: WHAT DOES VA COVER?

- VA provides maternity care coordination from the time of the first positive pregnancy test through one year postpartum.
- Benefits include, but are not limited to:
- Physical exams and lab tests
- Prenatal education and screenings
- Obstetrical ultrasounds
- Genetic tests and specialty consultations
- Prescription drugs through VA pharmacy
- Labor and delivery
- Support for breast/chest-feeding (including adoptive parents and transgender Veterans)
- Support and services in case of miscarriage or stillbirth
- Social work and mental health services



Lactation Services

- Support through:
 - Phone, Video, and In-person visits with Certified Lactation Consultant
 - Video Visits with Certified Lactation Consultant

VA also provides nursing bras, lactation pads, breast/chest pumps, and supplies as well as maternity support belts.

Can obtain other supplies, such as human milk storage bags, and nipple cream, through the VA Pharmacy.

Newborn Coverage

- Newborn care on the date of birth plus 7 days immediately after birth

Includes: (if within the first 8 days after birth)

- Includes delivery costs and hospital stay for newborn
- Circumcision
- First pediatrician visit





VA Maternity Benefits do not cover

- Home deliveries
- Services by doulas
- Deliveries by a lay midwife (a midwife who is not trained as a registered nurse)
- Experimental procedures and procedures outside the standard of care

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Northern California Health Care System



DISCOVER WHAT MATTERS TO YOU

www.va.gov/wholehealth



WHOLE HEALTH

Whole Health Offerings

- ✓ Introduction to Whole Health Groups
- ✓ Taking Charge of My Life & Health Groups
- ✓ Individual Whole Health Coaching
- ✓ Meditation & Tai Chi



wholehealth.vetsreturnhome.com
Resource Directory



www.va.gov/wholehealth/
Whole Health

WHAT IS WHOLE HEALTH?

Whole Health recognizes you as a whole person. Whole Health goes beyond your illnesses, injuries, or disabilities. It focuses on health and well-being and includes self-care and complementary therapies (such as acupuncture, meditation, and yoga), along with your medical care. In Whole Health care, you are a more active partner with your health care team.

Visit our Whole Health page to learn more about whole health or call our team. We are happy to discuss whole health and can't wait to have you join us on this journey.

508

CALL TO SCHEDULE AN APPOINTMENT TODAY (916) 843-9131

APP: VHEIC 3/2022

Don't Call Me MISTER

CULTURAL TRANSFORMATION

- Women Veterans have served along their brethren, however, when they enter the VA doors they are not addressed as Ms., or Mrs., but often as Mr.
- Many women Veterans choose to wear t-shirts and hats so that they get the same treatment as the male Veterans
- Cultural change- to address every Veteran as “Veteran” followed by their last name.
 - “Veteran Smith, welcome to...”
 - “Veteran Jones, how may I assist you today?”
- The Women Veterans Program presents at New Employee Orientation and any other opportunities to educate all employees on how they can be a part of cultural change



I AM NOT
INVISIBLE

NASSTASSIA HIBBARD - SITZE
UNITED STATES ARMY VETERAN 2003 - 2011
MOTOR TRANSPORTATION SPECIALIST - GUNNER

I AM NOT

By two million women Veterans, making up ten percent of the Veteran population and growing. Yet they continue to face significant barriers and challenges with care and other services, while experiencing a lack of recognition. The I Am Not Invisible (IANI) project, developed in Oregon, aims to increase dialogue about women Veterans, and open viewers' eyes to the myriad contributions, needs, and experiences of women who have served in the military. In observance of Women's History Month 2021, this virtual IANI exhibit celebrates and honors women Veterans who continue to serve their communities. Sacramento, Calif.

Best Practice-Women Veterans Program Culture Change

VA Northern California Health Care System/VISN 21 | Yolanda Hagen, RN MSN, Women Veterans Program Manager

BACKGROUND & SPECIFIC AIMS

- VA NCHCS has over 30K women Veterans in the catchment area, however only 34% are enrolled
- Women Veterans in the community may not know that the VA offers gender-specific care
- Many women Veterans in the community believe the VA is still male-centric
- Our aim is to conduct local outreach to increase awareness of the services the VA offers women Veterans



RESOURCES

- VISN 21 Public Affairs Guidance
- Clear Channel

KEY ELEMENTS

- Work with the VISN Public Affairs and VISN Women Health Lead
- Utilized excess Women's Health Innovation and Staffing Enhancement (WHISE) grant funds
- Reached out to VISN WVPM in Palo Alto and San Francisco
- Utilized the "I Am Not Invisible" campaign female portraits to develop the She Served Media Campaign

OUTCOMES

- Developed a VISN-unified She Served Campaign
- Deployed campaign at the San Francisco Airport terminal and Sacramento Airport
- Message has reached 2,868,143 passengers from San Francisco and Sacramento Airports
- V21 OIG honorable mention of best practice

NEXT STEPS

- Create an "I Served" Campaign for billboard education and outreach
- "I Served" campaign to deploy across VISN 21 for a unified message to increase awareness

Outreach

- **Events throughout the year (many virtual offerings, too!)**
 - Workshops and classes
 - Resource Fairs
 - Appreciation Events
- **Focus Groups (quarterly)**
 - Dates/times posted in Facebook and VA Northern California website
 - <https://www.facebook.com/VANorthernCA/>
 - [Women Veteran Care | VA Northern California Health Care | Veterans Affairs](#)
 - Usually outreach to a specified group of women Veterans for feedback and opinions
- **Townhalls (bi-annually)**
 - December & June
 - Dates/times posted in Facebook and VA Northern California website
 - <https://www.facebook.com/VANorthernCA/>
- **Newsletter (bi-annually)**
 - Hard copies located at most CBOCs (clinics)
 - Emailed to women Veterans who have signed up to receive
 - To sign up- [U.S. Department of Veterans Affairs \(govdelivery.com\)](https://www.govdelivery.com)
- **Community Campaigns**
 - Sacramento Airport Digital Media
 - Working on a billboard campaign “I am a Veteran. I served.”
- **Presentations and Education**
 - VA and Community Outreach



WVP RN Care Coordinator Danielle at our March 2022 Drive and Thrive Resource Fair and Baby Shower

Recent Outreach Events

Connected Connectivity

- 14 women Veterans participated in an in-person art workshop at Mather on Friday 10/28/22; watercolor painting with mindfulness and facilitated discussion
- Plan to hold future workshops in Martinez, Stockton, and Chico
- Partnership between Women Veterans Program and Recreation Therapy



The Women Veterans Program has also been staffing informational booths at multiple Stand Downs across the region, Welcome Home events, and giving presentations to internal and external stakeholders to help spread awareness of program services

CREC Outreach

- In November 2022, the two women Veterans living at the CREC were provided flowers and a coin and thanked for their service



Virtual Women Veterans Appreciation

- In November 2022, we held a virtual Women Veterans Appreciation event

Women Veterans Health & Wellness Retreat and Town Hall

Women Veterans Health and Wellness Retreat

In celebration of **Women's History Month**, please join us for a day of connection, relaxation, and education with many opportunities to participate.

ART
Creative Arts

Body Movement

Stress Management

Mommy and Me

SATURDAY, MARCH 4, 2023
0900-1500
SACRAMENTO MEDICAL CENTER
10535 HOSPITAL WAY
MATHER, CA 95655

Come learn about VA and Community Resources!
Schedule a mammogram or cervical cancer screening the day of the event!
Lunch will be available.

Shuttle transportation available from Modesto/Stockton, Martinez/Fairfield, and Redding/Chico to Mather.

Pre-registration required.
BPT.LY/3W0402R

Questions or assistance with registering?
916-843-2919

VA U.S. Department of Veterans Affairs
Northern California Health Care System

- In March 2023, we held a very successful event with 76 women Veteran attendees at Mather coming from all over our catchment area

Holiday Cards for Women Veterans Age 80+



- The Women Veterans Program sent out **270** holiday cards over the December holidays that were handmade by volunteers from the Sacramento Chapter of the National Charity League to every enrolled woman Veteran over the age of 80
- This was a heartwarming and beautiful project made possible only by the support of volunteers with the NCL and VA volunteer Mary, a woman Veteran who helped us in sealing and addressing the cards

Women Veterans Retreat and Town Hall



Healthy Cooking Demonstration



Plant Terrariums hosted by Wounded Warrior
(Creativity Workshop)



PACT Act Presentation by VBA



Lunch



Women Veterans Town Hall



Painting hosted by Women Veterans Program
(Creativity Workshop)

TIME	Information Desk	PACT ACT Toxic Exposure Screening (TES) (Walk-in) WH Clinic	WH CLINIC (scheduled cervical cancer screening (pap) TES &	Section E	Pharmacy	Canteen Dining Large Area	Canteen Dining Employee Area	Auditorium	Eligibility & Enrollment area	Coffee Shop Area	Vaccine Clinic: Flu and Bivale
9:00-9:30	Arrival, Registration Check in	TES by Elizabeth Green	Sign up for Massage- Limited Availability							Resource Fair	Vaccine clinic
9:30-10:00	Arrival, Registration Check in	TES by Elizabeth Green	Sign up for Massage- Limited Availability	Yoga with Meditation by Andrew Cleaver	Health Promotion & Disease Prevention by Dr. Cass	Painting 1 by: Rachel Chung	Plant Terrarium Building 1 by Collette Cleveland	Mommy & Me group by Caren Cline		Resource Fair	Vaccine clinic
10:00-10:30	Arrival, Registration Check in	TES by Elizabeth Green	Sign up for Massage- Limited Availability	QiGong by Heather Christman	Menopause by Dr. Farmer	Painting 1 (continued) by: Rachel Chung	Plant Terrarium Building 1 (continued) by Collette Cleveland	Mommy & Me group (continued) by Caren Cline		Resource Fair	Vaccine clinic
10:30-11:00	Arrival, Registration	TES by Elizabeth Green	Sign up for Massage- Limited Availability	Yoga with Meditation by Andrew Cleaver	PACT Act (VBA) by Sergio Chao & Jaime Alicea	Painting 2 by: Rachel Chung	Plant Terrarium Building 2 by Collette Cleveland		Budget Healthy Cooking by Matthew Lee	Resource Fair	Vaccine clinic
11:00-11:30	Arrival, Registration Check in	TES by Elizabeth Green	Sign up for Massage- Limited Availability	QiGong by Heather Christman	Intro to Whole Health by Esperanza Lugo	Painting 2 (continued) by: Rachel Chung	Plant Terrarium Building 2 (continued) by Collette Cleveland		Continued-Budget Healthy Cooking by Matthew Lee	Resource Fair	Vaccine clinic
11:30-12:00	<i>Lunch in Canteen Dining</i>	TES by Elizabeth Green	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	Resource Fair	Vaccine clinic
12:00-12:30	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	<i>Lunch in Canteen Dining</i>	Resource Fair	Resource Fair
12:30-1:00	Arrival, Registration Check in		Sign up for Massage- Limited Availability							WOMEN VETERANS TOWN HALL	
1:00-1:30	Arrival, Registration Check in		Sign up for Massage- Limited Availability							WOMEN VETERANS TOWN HALL	
1:30-2:00	Arrival, Registration Check in	TES by Stephanie Schneider	Sign up for Massage- Limited Availability		EFT/Tapping by Rebecca Stallworth	PACT Act (VBA) by Sergio Chao & Jaime Alicea	Mindfulness Meditation 1 by Dr. Jeff Cass	Pelvic Floor Physical Therapy by Dr. Karina Ortiz		Resource Fair	Vaccine clinic
2:00-2:30	All Shuttles Depart front of bldg 650	TES by Stephanie Schneider	Sign up for Massage- Limited Availability		Interpersonal Effectiveness by Rebecca Stallworth	Painting 3 by: Rachel Chung	Mindfulness Meditation 2 by Dr. Jeff Cass	Menopause by Dr. Leslie Farmer		Resource Fair	
2:30-3:00		TES by Stephanie Schneider	Sign up for Massage- Limited Availability			Painting 3 (continued) by: Rachel Chung		Reproductive Health By Dr. Leslie Farmer		Resource Fair	

PACT ACT

- The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. The PACT Act adds to the list of health conditions that we assume (or “presume”) are caused by exposure to these substances. This law helps us provide generations of Veterans—and their [survivors](#)—with the care and benefits they’ve earned and deserve. Veterans can also call us at [800-698-2411](tel:800-698-2411)
- Burn pit registry- We encourage women Veterans to register. The more women who register will provide information that may link disabilities and disease to include reproductive issues due to exposures to burn pits, agent orange, and other toxic substances
- Toxic Exposure Screenings for ALL Veterans being performed by all trained VA employees
- **The PACT Act will bring these changes:**
 - Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
 - Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures
 - Adds more presumptive-exposure locations for Agent Orange and radiation
 - Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care
 - Helps us improve research, staff education, and treatment related to toxic exposures



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www.va.gov/PACT
For more info

PACT ACT: What **burn pit** and other toxic exposure conditions are now presumptive?

These cancers are now presumptive:

- Brain cancer
- Gastrointestinal cancer of any type
- Glioblastoma
- Head cancer of any type
- Kidney cancer
- Lymphatic cancer of any type
- Lymphoma of any type
- Melanoma
- Neck cancer of any type
- Pancreatic cancer
- Reproductive cancer of any type
- Respiratory cancer of any type

Includes addition of new presumptive locations (if you served in X area, you are presumed to have a toxic exposure)

Also note 2 new presumptive conditions for AO Exposure:

- High blood pressure (also called hypertension)
- Monoclonal gammopathy of undetermined significance (MGUS)

These illnesses are now presumptive:

- Asthma that was diagnosed after service
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic rhinitis
- Chronic sinusitis
- Constrictive bronchiolitis or obliterative bronchiolitis
- Emphysema
- Granulomatous disease
- Interstitial lung disease (ILD)
- Pleuritis
- Pulmonary fibrosis
- Sarcoidosis

Service Act

- The Service Act was signed into law in FY 22. The VA must implement breast cancer risk assessment for Veterans that were deployed in certain locations during certain periods of time. The successful implementation of the program is mission-critical.
- The SERVICE Act requires that the Department of Veterans Affairs ensure that any Veteran who was deployed during active military, naval, or air service, to an identified area where they may have had a toxic exposure such as burn pits is eligible for clinically appropriate mammography screening by a VA interprofessional health care team.
- VA will implement this by providing breast cancer risk assessment to eligible Veterans to determine those who may benefit from screening mammography.



- Currently, PCP can refer to the Breast Cancer Nurse navigator to perform the breast cancer risk assessment
- The Office of Women's Health is developing a breast cancer risk assessment reminder
- We are hiring an NP for the purpose of performing breast cancer risk assessments

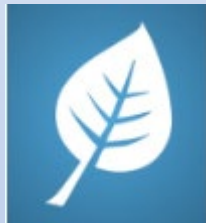
Application/Telephone Services at VANCHCS



PTSD Coach:
Learn about and manage symptoms that often occur after trauma.



VetChange: Build skills to reduce problem drinking, a common negative coping mechanism used to deal with stress, trouble sleeping, PTSD, and other challenges



Mindfulness Coach:
Practice mindfulness, a form of meditation that reduces stress and helps you cope with unpleasant thoughts and emotions by grounding you in the present



Beyond MST: Connect with information and resources for survivors of military sexual trauma—a challenge that can impact service members of any gender or background.



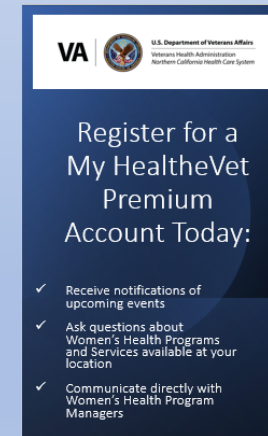
VA Health Chat | VA Mobile: Speak with an urgent care provider, make an appt or speak with a pharmacist



AIMS for Anger Management: Get help managing anger and irritability with a personalized anger control plan, tools for tracking symptoms, and more.



MOVE! Coach - MOVE! Weight Management Program (va.gov) : weight loss app for Veterans, service members, their families, and others who want to lose weight. This 16-week program guides users to successful weight loss or weight management through education, and use of tools, in an easy and convenient way.



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NCHCS_WVP

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Any Questions?

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