



Veteran's Outpatient Counseling Program

Month Reporting: August 2022

Number of Veteran's Served: 39 Veterans received attempted contacts during the month of August with 33 clients engaging in services this month.

Number of Assessments: 3 new clients were assessed for program services in August and have actively engaged in services.

Referral Sources:

- Primary Care Physician at GVSU has made referrals to the program
- Other sources for prior referrals include client recommendation/word of mouth, 63rd District Court, VA, VA in Wyoming, sobriety court, veteran's court, and MDOC.

Number of Individual Sessions: 59 individual sessions were held in August.

Number of Group Sessions: 7 groups were held with 7 clients attending at least one group during August. Group size ranged from 2-7.

Number of Family Sessions: 8 family sessions were held. 2 clients engaged in the family counseling.

Outcome Data: 30 BAMs (Brief Addiction Monitors) were completed this month with clients.

Four clients discharged from treatment this month. However, none of the clients fully engaged in treatment, with all having 4 or fewer sessions. 3 clients completed one BAM tool. Two clients had scores in the normal range for use and risk factors but both had lower scores for protective scores. The other individual had concerning scores in all categories. Due to the limited sessions these individuals engaged in, BAM data was unable to be collected a second time and therefore progress could not be demonstrated.

Other Activities: Acu-detox continues to be provided. 2 veterans have received acu-detox despite more limited sessions. Clients continue to engage in groups with participation holding fairly steady.

Client Success Stories: A new referral was given for services. The client was experiencing co-occurring conditions with both PTSD with substance use concerns. At the first session, the client was reporting a traumatic event with a distress level of 10/10; sweating profusely, shallow breathing, and crying throughout the session. At the next session, he reported a distress level of 7/10. His sleep had improved from the first session with the ability to sleep 5 hours straight rather than his regular broken up sleep over 4 hour time spans. He reports a decreased need to drink himself to sleep to try to get rest. He also stated that the negative cognition has remitted and has been replaced with a more positive belief about himself regarding the training he received in the military and his ability for that training to kick in at the times needed in order to save his life.