



Department of Veterans Affairs (VA)
VA MIDWEST HEALTH CARE NETWORK
Veterans Integrated Service Network (VISN) 23
Network Update
April 2013
www.visn23.va.gov



Alcohol Awareness

Many Veterans have problems with use of alcohol, tobacco, or drugs. This can include use of street drugs as well as using prescription medications in ways they weren't prescribed. Such substance use can harm health, cause mood and behavior problems, hurt social relationships, and cause financial problems. Many people find it difficult to cut down or stop using substances on their own.

Know your risks

You may be wondering if you have symptoms of alcohol/drug abuse or dependence. One way of determining that is to log on to VA's Substance Abuse website at <http://www.mentalhealth.va.gov/substanceabuse.asp> to take a brief confidential and anonymous screen. Only you will see the results of the brief screen. None of the results are stored or sent anywhere.

The Drinker's Check-Up at www.veterandrunkerscheckup.org is another anonymous self-guided online tool that allows you to develop a better understanding of your drinking, including any risk that it might pose to your health.

Your VA health care provider has many resources to help Veterans and their loved ones answer questions, find support, get treatment, and recover. Don't hesitate, call VA today if you need help or want more information.



Moving Forward: Overcoming Life's Challenges

Are you struggling with relationships, finances, finding a job, confusion about your future, dealing with loneliness, or adjusting to the challenges of civilian life? A new web program, called [Moving Forward](#), can help you start making steps toward positive change.

[Moving Forward](#) is a free, anonymous, online educational program. It teaches problem-solving skills to help you overcome life's challenges. Its eight modules include videos, games, and exercises. It was designed for Veterans and Military Service Members, but can help anyone facing stressful problems.

We all face challenges in life. Often it is how we deal with them that determine our outcome. [Moving Forward](#) can help you understand your problem-solving strengths and weaknesses. It teaches a step-by-step approach which makes problems more manageable and less overwhelming. By clearly identifying your problems, goals, and obstacles, you can start to develop an action plan. [Moving Forward](#) can also help you reduce stress, "brain-overload", pessimism, difficulties managing your emotions, and other factors that might make it hard for you to carry out that action plan. [Moving Forward](#) provides you with a series of tools that you can choose among to best fit your situation. Rather than "give you fish," it teaches you "how to fish." A vast majority of Veterans who have participated in a Moving Forward program have said that they would "definitely recommend the program to other Veterans and friends."

We believe that it can help you, too. Why not give it a try?
www.startmovingforward.org

Acknowledgement: Moving Forward was developed by the Department of Veterans Affairs (VA) Mental Health Services in partnership with the Department of Defense National Center for Telehealth and Technology.

Minneapolis to Open Northern Minnesota VA Clinics



The Minneapolis VA Health Care System (VA HCS) announced that Sterling Medical Associates of Cincinnati, Ohio, has been awarded a five-year contract to operate a Community-Based Outpatient Clinic (CBOC) in Hibbing, Minn., and an outreach clinic in Ely, Minn. The Minneapolis VA HCS has operated a CBOC in Hibbing since 1998 and a satellite clinic in the Cook Hospital since 2009. The Cook clinic will relocate to Ely under the new contract. The Hibbing CBOC, under Sterling Medical will be located in the Iron Gate Plaza, 990 West 41st St., Suite 5. It will be open Monday-Friday. The new Ely Outreach Clinic will be located at 720 Miners Drive,

Ely, MN. It will be open 2-3 days per week. The new clinics are expected to open in summer 2013. There will be no interruption of services to Veterans during this move.

Thank You VA Volunteers – You are the BEST!

In April our nation dedicates the week of April 21-27 to celebrate Volunteers. Like so many other health care organizations, VA joins in that celebration. Across our Network, VA facilities are hosting special events to recognize and celebrate accomplishments of VA Volunteers. The VA Midwest Health Care Network congratulates all who are receiving awards this year. But, more importantly we say, “thank you,” to each and every VA Volunteer who takes the time to serve our Veterans. There are over 6800 VA Volunteers who serve in this Network. In 2012, they contributed over 700,000 hours of service and donated in excess of \$3.7M in donations. Join us in thanking our VA Volunteers. Not just today, but every day. VA Volunteers are the BEST!

Attendance at St Cloud VA Telehealth Fairs Outstanding



In March 2013, the St. Cloud VA Health Care System hosted a series of Telehealth Fairs to raise awareness of the VA’s increasing use of telehealth services. Attendance at these events was great. We thank everyone who participated. Veterans and their family members were eager to learn how VA telehealth services can improve the health and wellbeing of enrolled Veterans. If you were not able to attend one of these sessions, learn more about VA telehealth services by contacting the VA Telehealth Coordinator at your local VA medical facility.

Are You a Veteran or Concerned About One?



The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, **chat online**, or send a text message to **838255** to receive confidential support 24

hours a day, 7 days a week, and 365 days a year. Support for **deaf and hard of hearing** individuals is available.



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Calendar of Events – April 2013

- April 2 - [Law Clinic](#), 12:00 PM - 2:00 PM (CST), St. Cloud VA Medical Center, Bldg. T-100
- April 2 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- April 5 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium
- April 5 – [Veterans Benefits Fair](#), 9:00 AM – 12:00 PM (CST), Northern Great Lakes Visitors Center, Ashland, WI
- April 5, 12, 19, and 26, [Tobacco Cessation](#), 2:00 PM - 3:00 PM (CST), Sioux Falls VAMC, Room F07, Main Lobby
- April 5 – [Veterans of the Armed Forces Open House](#), 11:00 AM - 7:00 PM (CST), American Legion/VFW Post 307, 109 E. 19th St, S. Sioux City, Neb
- April 6 – [Veterans of the Armed Forces Open House](#), 9:00 AM - 1:00 PM (CST), American Legion/VFW Post 307, 109 E. 19th St, S. Sioux City, Neb
- April 8 - [Healthy Living Classes - Jamestown VA Clinic](#), 12:30 PM - 3:00 PM (CST), Jamestown, ND
- April 9 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- April 12 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium
- April 16 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- April 16 - [Women Veterans Forum](#), 5:00 PM - 7:00 PM (CST), Holdrege, NE, VA Clinic, 1118 Burlington St
- April 17 - [VA Pantry](#), 10:00 AM - 12:00 PM (CST), Omaha VAMC, Building D, 4101 Woolworth Ave
- April 17 - [Voices for Veterans radio show](#), 8:10 AM-8:30 AM, Radio WJON AM 1240 (St. Cloud listening area)
- April 17 - [Veterans Workshop on Vocational Rehabilitation and Career Planning](#), 2:00 PM - 3:00 PM (CST), Anoka-Ramsey Community College - Coon Rapids Campus
- April 18 - [2013 Hiring Our Heroes Job Fair](#), 10:00 AM - 1:00 PM (CST), Brainerd Armory, MN National Guard
- April 19 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium
- April 19 - [Southwestern Minnesota Veterans' Law Clinic](#), 12:00 PM - 2:00 PM (CST), Montevideo, MN CBOC
- April 23 - [Drop-In Legal Clinic](#), 10:00 AM - 3:00 PM (CST), St. Cloud VAMC, Building 8-Auditorium
- April 23 - [Red Cross Blood Donation](#), 11:30 AM – 5:25 PM (CST), Minneapolis VAMC, Flag Atrium
- April 26 - [Red Cross Blood Donation](#), 9:00 AM - 2:00 PM (CST), Minneapolis VAMC, Flag Atrium

For More information, call the Network Office at (651) 405-5600 or
Log on at www.visn23.va.gov or email sharyl.schaepe@va.gov