



City of Auburn Veterans Updates: Summer 2015

National Center for PTSD

Following trauma, most people experience stress reactions but many do not develop Post-Traumatic Stress Disorder. Mental health experts are not sure why some people develop PTSD and others do not. However, if stress reactions do not improve over time and they disrupt everyday life, seeking help to determine if PTSD is a factor is important.

For the third consecutive year, the Senate designated the full month of June for National PTSD Awareness. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and its effective treatments. We can all help those affected by PTSD.

Learn

- Discover the facts: go to <http://www.ptsd.va.gov/> to learn about PTSD
- Explore your options: go to [About Face](#) or [PTSD Treatment](#) for more information about treatment



Professional Development Opportunities!

Are you looking for professional development opportunities and a way to give back to the community? Consider the two following positions:

The City of Auburn hosts an AmeriCorps position working as a Veterans Outreach Specialist! Visit [this website](#) for more information.

Green River College hosts a Vet Corps member (an AmeriCorps program) in its Veteran Resource Center. Visit [this link](#) for more information.

Volunteer Opportunity

Come volunteer at the Seattle Tilth Farmworks in Auburn! Meet Veterans and supportive community members. June 27th from 10am-3pm with a potluck style lunch. [Register here.](#)

Contact Erika Klyce at eklyce@auburnwa.gov for more details.

General Questions?

For more information on events for Veterans, family members and providers please visit the [Washington State Department](#)

Connect

- Help someone. Help yourself. Take action for yourself or someone you care about.
- Give support. Get support. Managing PTSD can be easier with the support of others.

Share

- Pass along what you learn.
- Work with others, civilians and veterans alike.

Information from the National Center for PTSD. Access a printable flyer [here](#).

Resources



[Coaching Into Care](#) is a telephone-based program developed by The Department of Veterans Affairs (VA) to help you talk to your Veteran about getting the treatment and support he or she needs. All in complete confidence. And all to get your family back on track. Coaching Into Care: Helping you help your Veteran
1-888-823-7458



[Valley Cities'](#) Active Military and Veterans Resources Navigators can help you connect with:

- Medical Benefits
- Financial Assistance
- Housing
- Employment
- Education
- Counseling

[of Veterans Affairs](#) website.

For more information on the various resources available for Veterans please contact any of the following:

- King County Veterans Program: 206-296-7656
- Washington Department of Veterans Affairs: 360-895-4700
- City of Auburn Veteran & Human Services: 253-876-1965



We want to hear from you!

Help us make this newsletter helpful by giving us feedback! Please take a few moments to fill out [this](#) survey.

All services are FREE to eligible Veterans, Active Duty, National Guard, Reservists, and Family Members. Call 866.326.5520.



The Veterans Administration has different programs available for those curious about PTSD/MST or looking for treatment options.

To explore the programs and locations visit this [website](#).

Auburn truly values the service of our Veterans and is committed to increasing the service to our Veterans and their families throughout the region.

For more information or suggestions please contact the Veterans/Human Services Coordinator at eazcueta@auburnwa.gov



Questions for the City?
[Contact Us](#)

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