

Tomah VA Residential Combat PTSD Program



Are you a former Combat Veteran diagnosed with PTSD? We may be able to help. Do you struggle with:

- PTSD symptoms, guilt, shame, anger, relationship or sleep problems
- Feeling like you are alone and that no one can understand
- Struggling to find your place in civilian life, maybe missing deployment, feeling on guard
- Find yourself being constantly bothered by war-time or deployment experiences while trying to sleep or function in your daily life



- Feel your world or your life is getting smaller and more difficult to manage
- Have you tried PTSD treatment before but life has gotten in the way

Would you like to get through this thing they call “treatment” and come out the other side feeling like you are moving in the right direction? Getting your life back on track? We may be able to help.

Treatment Involves:

- Small Residential setting in Rural Tomah -On site at the Tomah VA with a fenced perimeter
- Doing the “treatment” with others who have had similar combat experiences from different branches of the service, different MOS, who understand and let you know you’re not alone
- Supportive veterans in your group that may give you the feeling like your “back in your unit” or “squad”. A bond with a brotherhood. Bonds that can last beyond “treatment”
- Supportive Staff: Therapists, Nurses, Peer Support, Recreation, Occupational Therapy, Nutrition
- Facing threats or your fears in an intense but safe way to help you work through your triggers successfully
- Hearing from other veterans whom went through the program successfully & what helps
- One day of programming each month for your family &/or support persons to learn about PTSD, other struggles, education, & support
- Community outings and passes to go home or places in the community to practice skills learned in treatment

Are you interested in learning more or applying to the program? Here are your next steps:

- Ask the person who gave you this piece of paper to refer you to the program or
- Call the program and ask some questions if you have them or
- Call the program and ask how to apply for the Combat PTSD Program 608-372-1758