

QUARTERLY REPORT: PTSD '2' Program- January 2021

Activities:

- Participated in VVA PTSD/Substance Abuse Committee Meetings (Zoom)
- Represented AVVA PTSD2 Program at County Behavioral Health Coalition Meeting (Zoom)
- Participated in NAMI (National Alliance on Mental Illness) peer support groups (Zoom)
- Received NAMI Presenter Training

Goals through end of term:

- Revitalize PTSD 2 program
 - Refresher/initial training
 - Build resource library
- Develop quarterly facilitator workshop
 - Schedule initial workshop
- Compile Facilitator Handbook
 - Upgrade facilitator tools
 - Add study/discussion articles

The COVID-19 pandemic prompted cancellation of scheduled monthly and quarterly PTSD 2 support groups. Plans to establish PTSD 2 support groups in new locations have been postponed until pandemic restrictions are withdrawn.

Working on strategies to reintroduce PTSD 2 support groups post COVID-19.

Respectfully submitted,

Nina Schloffel, Chair PTSD2 Program