



Volume 11

Summer 2013

SERV Study Newsletter

Survey of Experiences of Returning Veterans



Department of Veterans Affairs



SERV Study progress

Thanks to all Veterans who have participated in the study so far— your input is extremely helpful to us. We have spoken to male and female Veterans of all ages and from all branches of military service. We now have 292 male and 101 female Veterans enrolled from 47 states. **We still need Veterans from Alaska, Vermont, and Delaware— please tell your Veteran friends!** 18month follow up surveys have begun and are going very well.

We are at 33% of our goal of 1200 Veterans.

We have a raffle winner!

Congratulations to Meredith from Florida! Her name was chosen from a random drawing on June 5th. She won a \$100 Visa gift card to spend as she chooses. Our next drawing will take place on Tuesday, September 3rd. Good luck to all our Veteran participants! The winner will be notified by email and phone.



Inside this issue:

SERV Study progress	1	Dr. Hoff and the other study investigators have begun looking at the data, and they have found some interesting results.
Raffle results	1	
Preliminary results	1	SERV Study respondents are reporting struggles in a large array of areas. Only 22% of women and 36% of men who want to work are working full time, although many people are also attending school full or part time. Many respondents are also indicating a substantial amount of mental and emotional distress; 32% of men and 26% of women are depressed, 39% of both men and women have significant anxiety symptoms, and 87% of men and 76% of women have PTSD.
Preliminary results (cont'd)	2	
Social media	2	
Miscellaneous	2	
Useful links	2	On the other hand, relatively few respondents are receiving any health care for these problems, either in VA or elsewhere. We all want you to be as >>>>

Preliminary results, continued:

healthy and happy as possible—there are treatments that work for depression, anxiety and PTSD, and there will be one that works for you. Some people prefer to take medications, others prefer not to take meds and would be comfortable talking to somebody, and still others do well with a combination of both. Whatever your preference or schedule, there will be available options. While the SERV staff cannot make mental health appointments for you, we may be able to assist you in finding a VA treatment program near you. Please feel free to contact us if you would like more information, and if you have questions about what treatment might entail, email us — we can include answers to common questions in this newsletter.

Our mailing address:

VA Connecticut Healthcare System
950 Campbell Avenue– Bldg. 8
NEPEC/ 182
West Haven, CT 06516

Phone: 203-932-5711 ext. 3730

Fax: 203-937-3433

Email: SERVStudy1@gmail.com

**Survey of
Experiences of
Returning Veterans**

Social media presence!

Please visit our Facebook page Gender in the Military. Our Twitter account is /GenderMilitary. Both of these are managed by Reelgood Productions due to privacy/confidentiality concerns. SERV Study can also be found on Linked In — See *miscellaneous section below*.

Miscellaneous

Linked In– Please don't feel pressured to "connect to" or "endorse" the SERV Study if you feel uncomfortable. Linked In is similar to Facebook, but more geared toward working professionals looking to make connections. Our only reason for joining Linked In is just to get our name out there in cyberspace.

Response booklets– please have your booklet handy at the time of the interview. We know that our survey is a long one, and the booklet allows you to finish your telephone call more quickly and get on with your day.

BLUE Booklets: Baseline (first) interview only

YELLOW Booklets: 3-, 6-, 9-, and 12-month follow ups only

PINK Booklets: 18-, 24-, 30-, 36-month follow ups only

Announcing SERV documentary! Please see attached flyer for more information. Reelgood Productions is looking for a few good Vets who might be willing to appear on film– this is totally optional!

Useful links:

National PTSD website:

<http://www.ptsd.va.gov/>

PTSD Program Locator:

http://vaww1.va.gov/directory/guide/PTSD_flash.asp?isFlash=1

Ptdshelp.net

IAVA (Iraq and Afghanistan Veterans of America)

<http://iava.org>

For a VA facility near you:

<http://vaww1.va.gov/directory/guide/home.asp?isFlash=1>

We're on the web!

<http://www.mirecc.va.gov/visn1/serv/>