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Study Shows Success in Integrative Treatment of PTSD and Traumatic Brain Injury

The Emory Healthcare Veterans Program team recently concluded a study showing the effectiveness in transforming the lives of post-9/11 veterans and service members affected by mild traumatic brain injury (mTBI) and posttraumatic stress disorder (PTSD).

The Emory Healthcare Veterans Program's integrative and evidence-based two-week PTSD and mTBI treatment program comprehensively treats warriors with these invisible wounds. Treatment outcome scores found that self-reported PTSD, depression, and neurobehavioral symptoms decreased significantly following treatment, and satisfaction with participation in social roles increased.

This study indicates warriors with PTSD plus mTBI history can significantly benefit from the two-week PTSD and mTBI treatment program offered through the Intensive Outpatient

Program.

Visit our website to learn more about how Emory Healthcare Veterans Program heals invisible wounds such as PTSD and mTBIs through evidence-based care.

By The Numbers



We are thrilled to announce that we served 30 Intensive Outpatient Program participants this past January. That's the most warriors treated in one month in program history!



Stories of Hope: Sergeant (ret.) Derrick Bruechert

After retiring from the military, Army veteran Derrick Bruechert had difficulty transitioning to civilian life. “Derrick didn’t come home from Afghanistan—a soldier came home

Watch Now

from Afghanistan,” said Samantha, his wife.

That’s when Derrick began the [Emory Healthcare Veterans Program's](#) Intensive Outpatient Program and learned how to process the traumatic events he experienced during his time in service. “Through the prolonged exposure therapy, I was able to get to that breakthrough. I’m not miserable and that feels awesome,” said Derrick. **“I truly believe that Emory Healthcare Veterans Program saved my life. If you’re struggling, it’s never too late to take that step and regain control of your life. It’s a great feeling.”**

The program also made an impact on Samantha: “the treatment helped Derrick in a lot of ways. It helped give him his life back, his family back, and his friends back. But it also helped me by giving me my life back, by giving me a partner.”

[Watch Derrick and Samantha](#) share how the Intensive Outpatient Program transformed their lives.



Watch Now

Partnership with South Carolina Department of Veteran Affairs

Veteran Outreach Coordinators Imarii Poindexter and James Brown recently traveled to Columbia, South Carolina to share information about our program with the military community at the Veterans of Foreign Wars (VFW) Mid-Winter Convention.

In June, 2021, we joined forces with the South Carolina Department of Veterans Affairs (SCDVA) to provide no-cost mental health treatment and services to post-9/11 veterans and service members in South Carolina. Under the agreement, SCDVA will refer eligible South Carolina veterans and service members to our program.



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Groundbreaking Discovery in PTSD Biomarker Research

A study by Deputy Director Dr. Sheila Rauch found that combat veterans with PTSD showed an increased expression of a genetic biomarker for a higher risk of premature mortality compared to trauma-exposed veterans without PTSD and non-trauma-exposed veterans.

Treatment did not appear to impact this biomarker. This information may be used to target PTSD prevention efforts by identifying individuals exposed to trauma who are more likely to develop PTSD.

Congratulations, Dr. Rauch! We are proud to advance treatment of invisible wounds through innovative research. Visit our website to learn more about our extensive research program.



[Transform Your Life](#)

Transform Your Life with Evidence-Based Care

The Emory Healthcare Veterans Program treats invisible wounds, such as post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST), anxiety, and depression with evidence-based treatment that works. **Treatment is free and confidential for eligible post-9/11 veterans and service members living anywhere in the United States, regardless of discharge status, deployment history, or length of service.** The two-week Intensive Outpatient Program is offered in-person at our clinic or via telehealth in eligible states.

When you're ready to transform your life, we're here to help. Call [888-514-5345](tel:888-514-5345) to speak with a veteran care coordinator today or fill out this private form and we will contact you.



Join Our Team

We're hiring! We're looking to add an [Assistant Professor](#), [Post Doctoral Fellow](#), and [LCSWs](#) to our team. If you have a passion for the mental health care of our nation's veterans and service members, we would love to hear from you.

[Join Our Team](#)



Help Us Heal Invisible Wounds

Thanks to our donors' generous gifts, we have made incredible progress in serving the needs of our veterans and service members. Please help us continue to provide innovative, holistic care by [donating to our program](#).

[Heal Invisible Wounds](#)

Your gift will help transform, and possibly save, the lives of our nation's heroes.



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