

Veterans Pilot Programs

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Altapointe – Veteran Crisis Care and Treatment Linkage

Operation Resilience consists of three components: 1) education/prevention/screening, 2) outreach and engagement, and 3) crisis services tailored to veterans with follow up and linkage to outpatient treatment. This program is led by a veteran peer and reservist therapist, and it is composed of two teams staffed by veterans that are housed in Altapointe's Crisis Center.

Centerstone – 3,000 Free Therapy Sessions for Veterans (In Person or Telehealth)

The Centerstone Military and Veteran Support Network will connect veterans to the organization's contracted network of 37 service providers/licensed behavioral health clinicians in Alabama. Clinicians will offer a wide variety of Evidence-Based Practices, and 3,000 free sessions will be provided to veterans. Each provider is independently licensed and has completed trainings specific to working with veterans. Further, each provider is supported by Centerstone's extensive knowledge and nationally recognized expertise in behavioral health care.

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Sojourn Counseling – Free EMDR, CBT, & Microcurrent Neurofeedback (MCN) Services

Sojourn will provide veterans access to trauma-informed mental health care by offering evidence-based therapies and Microcurrent Neurofeedback (MCN) services at no cost to veterans, both in office as well as a mobile service unit. All therapists are trained in Eye Movement Desensitization and Reprocessing (EMDR) to treat PTSD, Brainspotting, and Cognitive Behavioral Therapy (CBT). MCN is a secondary therapy that utilizes a microcurrent electrical stimulation of the nervous system, which restores balance to brain waves and allows the client's brain to perform more optimally.

The Shoulder – Residential Substance Use Treatment and Recovery Services to Veterans

The Shoulder will provide preventative outreach and residential substance use treatment services to veterans, as well as other evidence-based treatments common behavioral health needs. Services will focus on veterans with SUD, including women (especially women who are pregnant or parenting), rural residents, and individuals involved with the criminal justice system. The Shoulder will offer scholarships for substance use treatment, removing financial barriers for veterans in their care.

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UWill – Free Telehealth Therapy and Crisis Calls for Veterans Ages 18–34

UWill will offer up to six telehealth therapy sessions to every Alabama veteran ages 18–34, as well as immediate, 24/7 telehealth crisis care with follow ups and check ins. While this program is targeted to veterans ages 18–34, no Alabama veteran will be turned away. This program is free of cost to veterans in Alabama.

The ADMH, with ADVA, providers and stakeholders are working on a communication plan.

Thank you

