

# *Support Services for MST Survivors*

## **Veteran's Administration (VA) Military Sexual Trauma Counseling Program**

A service member who was sexually assaulted may be eligible for MST counseling services at a VA Medical Center under the VA Military Sexual Trauma Counseling Program. The VA Medical Center provides free, confidential treatment to male and female Veterans for mental and physical health conditions related to experiences of Military Sexual Trauma. For more information on the Saint Cloud VA's MST services and eligibility, please call:

**Joy Finkelson, MSW, LICSW**

**MST Coordinator at The St. Cloud VA Healthcare System**

**(320) 252-1670 ext. 6398**

For eligibility concerns and/or questions, you may view the VA Medical Center's Health Care Benefits Overview Book:

<https://www.va.gov/healthbenefits/resources/epublications.asp>

# **Lutheran Social Services' C.O.R.E Program**

Lutheran Social Services (LSS) provides free and confidential services to veterans, their family members and allies. Among its many support group options, LSS holds a Military Sexual Trauma (MST) support group every Wednesday evening from 5:00 pm to 6:30 pm.

**For more information, please contact**

**C.O.R.E. at 1-844-LSS-CORE or visit their website at**

**<https://www.lssmn.org/services/military-and-veterans/core>**

## **Chaplain Services**

Any service member has the option to speak with a Chaplain after experiencing a sexual assault or MST. Any communication with a Chaplain is considered privileged, and there are limits regarding what the Chaplain can disclose to other individuals under Military Rules of Evidence (J. Diaz, personal communication, June 14, 2016).

## **MN Military Family Assistance Center**

The MN Military Family Assistance Center is available to ALL branches of the military and their family members, regardless of status. All services are confidential and include information and referrals on crisis intervention, financial counseling, community resources & support, DEERS/ID card locations, TriCare, legal information and more. The MN Military Family Assistance Center is

open 8:00am to 4:30 pm with after hour support available. For more information, please call:

**Savannah Polzin**  
**FAC Specialist at Camp Ripley Training Center**  
**15000 Hwy 115**  
**Little Falls, MN 56345**  
**(320) 616-3119**

## **DOD Safe Helpline**

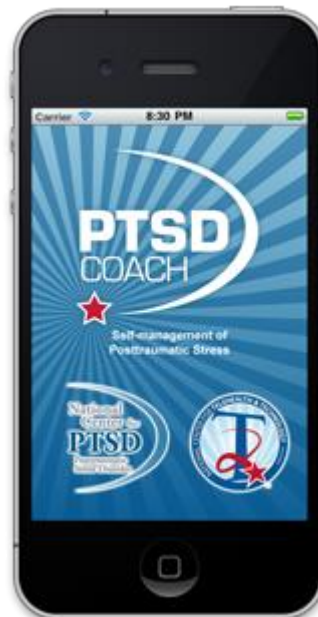
In addition to discussing your reporting options, the DOD Safe Helpline also provides sexual assault support for service members (J. Diaz, personal communication, June 14, 2016).

**DOD Safe Helpline 1-877-995-5247 or text 55-247**

## **DOD Safe Helpline App**

The Safe Helpline app is a mobile application that allows you to easily create a customized self-care plan and to utilize specially designed self-care exercises directly from a smartphone. You can also connect to all of the other Safe Helpline resources, (e.g., telephone helpline, online helpline, responder database, and Safe HelpRoom) directly from the app.

The Safe Helpline app is free and can be found in the Apple and Android App stores (search: DOD Safe Helpline). For more information on the DOD Safe Helpline app, please click here: <https://www.safehelpline.org/about-mobile>



### **“PTSD Coach” Phone App**

For those service members experiencing PTSD, there is a phone application you can download to help. “PTSD Coach” helps you learn more about how to manage and track symptoms of PTSD. In addition, PTSD Coach will walk you through various exercises designed to help you cope through the different symptoms associated with PTSD. For more information and to download the app, click here:

<https://www.ptsd.va.gov/public/materials/apps/ptsdcoach.asp>

# Online Resources

<http://www.malesurvivor.org/>

MaleSurvivor recognizes and respects the diversity of sexual abuse survivors and their supporters. The harm of sexual abuse crosses all lines including those of gender, race, religion, age, nationality, socioeconomic class, and sexual orientation. Through informational programs and services, MaleSurvivor helps the public and the media to recognize and understand males who have been sexually abused and promotes actions we all can take to confront and fight the realities, and destroy the myths, of male sexual abuse.

<http://arsbellumfoundation.org/>:

This foundation provides art therapy services to service members experiencing Post Traumatic Stress Disorder (PTSD), anxiety, depression, and isolation.

<http://acresforlife.com/>:

Acres for Life is a therapy and wellness center that focuses on Equine Assisted Psychotherapy and Equine Assisted Learning services, traditional therapy services, and experiential therapy services. Acres for Life lists military service members as a population they serve.