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**Subject:** June 27th - PTSD Awareness Day: June PTSD Monthly Update  
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## PTSD Monthly Update



<b>In This Issue</b>	<b>Feature Topic</b> <b>June 27th is PTSD Awareness Day</b>
<a href="#">Feature Topic</a>	Read the text of <a href="#">Senate Resolution 169</a> *, which made June 2013 National Posttraumatic Stress Disorder Awareness Month.
<a href="#">For Providers</a>	<b>For PTSD Awareness Day</b>
<a href="#">For VA Providers</a>	You can help someone with PTSD. Take the step on PTSD Awareness Day. <a href="#">Reach out. Make a difference.</a>
<a href="#">Research at the Center</a>	Learn something new, find out where to get help for PTSD and call, or download the PTSD Coach mobile app. Here are <a href="#">10 steps you can take</a> .
<a href="#">PTSD in the News</a>	<b>Words from Our Experts</b>
<b>June 2013 Issue</b>	For PTSD Awareness Day we asked experts at the National Center for PTSD what they would tell someone about PTSD. Here is what they had to say:
<b>Subscribe</b>	<b>On trauma</b>
Forward this to others so they can <b>subscribe</b> to the PTSD Monthly Update or other products by the <a href="#">VA's National Center for PTSD</a> .	<ul style="list-style-type: none"><li>· Just because someone experiences a traumatic event does not mean they have PTSD.</li><li>· Emotional responses to unexpected or life threatening events are common.</li><li>· Strong social support following a traumatic event is one of the best predictors of who does well following trauma.</li></ul>
	<b>On PTSD treatment</b>
	<ul style="list-style-type: none"><li>· PTSD treatment can help. Getting help early can prevent problems from getting worse.</li><li>· Treatment is important for the person experiencing PTSD, yet it also helps the family and improves relationships.</li><li>· No matter how long it's been since your trauma, there's good reason to think that you can get better.</li></ul>
	<b><a href="#">Getting help</a> is problem solving, not a sign of weakness. Take the step.</b>
	<b>Learn from Others</b> Visit <a href="#">AboutFace</a> , an online video gallery of Veterans talking about

living with PTSD and how treatment turned their lives around.

## New Online

Are you in treatment for sleep problems or to quit smoking? Ask your provider about adding one of [two new mobile apps](#) that can help: [CBT-i Coach](#) | [Stay Quit Coach](#)

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## For Providers

### DSM-5 Criteria for PTSD

The fifth addition of the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders is now available. Learn about the new [DSM-5 Criteria for PTSD](#) and [review the changes for the PTSD diagnosis from DSM-IV to DSM-5](#). Also check out:

- [Dissociative Subtype of PTSD](#)
- [PTSD for Children 6 Years and Younger](#)

### Free Online Training - From the War Zone to the Home Front

[View archives of 23 lectures](#) on supporting the mental health of Veterans and families. **CEs are available.**

A collaborative effort with the Red Sox Foundation and Massachusetts General Hospital [Home Base Program](#).\*

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## For VA Providers and Staff

### PTSD Psychopharmacology Best Practices Lecture Series

3rd Wednesday of each month, 2 pm ET. VA staff please [email us](#) to sign up.

- **07/17** - Eleanor Schwarz on *Special Considerations in using medications to treat PTSD for Women of Child-bearing Age*.

### VA PTSD Consultation Program Lecture Series

3rd Tuesday of each month, 2 pm ET. VA staff please email [ptsdconsult@va.gov](mailto:ptsdconsult@va.gov) to sign up.

- **07/16** - Philip Gehrman on *Behavioral Interventions for Sleep and PTSD*.

Free PTSD consultation for anyone working with Veterans. Call the [VA PTSD Consultation Program](#) at 866-948-7880 or email [ptsdconsult@va.gov](mailto:ptsdconsult@va.gov).

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## Research at the Center

The Center is prioritizing research into PTSD biomarkers. Per Dr. John Krystal, Clinical Neurosciences Division Director: "*Variants of a growing number of genes have been implicated in the risk for developing PTSD after exposure to extreme stressful life events.*" Stay tuned for new studies on genetic and other types of possible PTSD biomarkers.

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## PTSD in the News

**Take the Step: Raise PTSD Awareness.** A little knowledge can be a dangerous thing. This is why it is critically important to raise awareness of what we really know about PTSD. [Read Dr. Matthew Friedman's piece in Vantage Point blog.](#)\*

**PTSD Screening Available to Everyone.** The Sacramento Bee highlights PTSD Screening Day in June. [Read more.](#)\*

**Naval Hospital Camp Lejeune holds PTSD Awareness Event.** America's Navy describes this first annual event. [Read more.](#)\*

Our thanks to Camp Lejeune, and to all of those who are [working together to raise PTSD awareness.](#)

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### June 27th is PTSD Awareness Day!

Visit our Website to find out how to *Take the Step* and [Raise PTSD Awareness.](#)

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Thank you for taking time to read this update. The National Center for PTSD will continue to advance the science and promote understanding of traumatic stress. Be sure to tell others about the resources on [www.PTSD.va.gov](http://www.PTSD.va.gov).

**Feature Topic next month:** Online Self-Help for PTSD

Thank you,

The Staff of the National Center for PTSD

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Visit our website: [www.ptsd.va.gov](http://www.ptsd.va.gov)

\*Links will take you outside of the Department of Veterans Affairs website to a non government site.  
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