On December 15, a group of mostly women Veterans met at the Eugene Health Care Center to view the film, *Lioness*, a documentary about the first women in American history sent into direct ground combat in the Iraq war. After the film, Army Veteran, Jessica Miller, one of the original Lioness soldiers spoke to the group and answered questions.

In discussing her experiences as one of the original Lionesses, she spoke of fighting alongside Marines in combat and feeling that she needed to prove herself over and over to the men she served with. She shared stories meeting with Iraqi women to help gather intelligence and earning the trust of her male marine counterparts. Speaking of the lionesses, she said, “Our biggest triumph as a team was to get the Army to change their policies about women in combat.”

She described a difficult transition following her service in the Army and struggling with symptoms of PTSD. “I put in my claim and they laughed in my face. Women don’t see combat.” To other women Veterans experiencing PTSD she said, “Surround yourself with Vets. Talk about it a lot. Talk about it with people who believe you. Make friends with vets and share your stories.”

On December 13, 2017, approximately 50 Veterans gathered at the Elks Lodge in Downtown Roseburg. Attendees were HUD-VASH participants and their family members. Donated gifts were provided for children and family members, and socks, sweaters, and gloves were gifted to Veterans in attendance. Veterans were (cont.)
Making Effective New Years Resolutions

If you are like most Americans, you’re going to make resolutions or goals for the new year. Studies have shown, however, that just 8% of people actually achieve their new years resolutions. How can you set goals that you are more likely to achieve? Consider SMART Goals. SMART is an acronym that can guide you in actually achieving your goals.

Specific: What will the goal accomplish? How and why will it be accomplished? Do you want to lose weight? How many lbs.?

Measurable: How will you measure whether the goal has been reached?

Achievable: Is it possible? Have others done it successfully? Do you have the resources and energy to accomplish this goal?

Results-focused: What is the result of accomplishing the goal? How do you benefit from this?

Time Bound: When do you plan on achieving this goal? Can you set a date for when you would like to see the results?

Is this a big goal? Try breaking it down. If your goal is to complete a college degree, try setting a smaller goal to apply for schools or for financial aid. Don’t be afraid to dream big, even if you have failed in the past. Set a SMART goal and get to work!

Monthly Recovery Message
—by Keith Lewis, Local Recovery Coordinator

What do you want out of the year 2018? What do you want to achieve? How will you spend your time and with whom? A friend once recommended thinking of life in terms of how many months you have remaining. If you are 50 years old, you may have 25 - 35 years or so left. In 25 years, you will experience 300 months. That’s 300 full moons, and 300 billing cycles. Most people wash their car once a month. That’s 300 more car washes. Looking at life this way changed my perspective. In 2018, you will experience 12 of those months. How will you spend them? The real purpose of recovery is not just to reduce symptoms. Recovery is about living a life well-lived in the community of your choice while striving to achieve your full potential. Life is short. Don’t wait to live the life you’ve always dreamed of. Set big goals and don’t be afraid to fail. Have a wonderful recovery journey in 2018!

Have Feedback? Contact Keith Lewis at the information below.

Roseburg VAMC Local Recovery Coordinator

Keith Lewis, LCSW
(541) 440-1000
ext. 44050
Keith.Lewis2@va.gov

Holiday VASH Bash (Continued)

“Making Effective New Years Resolutions”

Specialty PTSD and Substance Abuse Open at Roseburg VAHCS

In the Fall of 2017, The Roseburg VA opened two new specialty outpatient clinics for PTSD and Substance Abuse. The Specialty Outpatient PTSD Clinic and the Specialty Outpatient Substance Abuse Clinic offer evidence-based psychotherapies previously available primarily in the Residential Rehabilitation and Recovery Program. The goal of the specialty clinics is to meet the needs of Veterans with PTSD and substance abuse issues on a continuum of care where Veterans can meet their treatment needs in the way that works best for them.

“The HUD-VASH program has helped me so much. It’s nice have a good meal with friends.”

Special thanks to our community partners for making this event happen!