

## **QUARTERLY REPORT: PTSD '2' Program - April 2021**

### Activities:

- Participated in VVA PTSD/Substance Abuse Committee Meetings (Zoom)
- Represented AVVA PTSD2 Program at County Behavioral Health Coalition Meeting (Zoom)
- Participated in NAMI (National Alliance on Mental Illness) peer support groups (Zoom)

### Goals through end of term:

- Revitalize PTSD 2 program
  - Refresher/initial training
  - Build resource library
  - Create post COVID strategy for reintroducing support groups
- Develop quarterly facilitator workshop
  - Schedule initial workshop
- Compile Facilitator Handbook
  - Upgrade facilitator tools
  - Add study/discussion articles

Respectfully submitted,

Nina Schloffel, Chair PTSD2 Program