

At Ease

“The injuries to a war veteran that you cannot see are worse than the ones you can.”

—Sen. Bob Kerrey



Trauma treatment and therapeutic support for active military, veterans and their loved ones, provided by Lutheran Family Services of Nebraska.

Media Release

November 7, 2011 (Grand Island, Nebraska) – Active military and reservists returning home to Central Nebraska now have local access to mental health and peer support that was unavailable before now.

Lutheran Family Services of Nebraska (LFS) is now offering a new program in its Grand Island office. **At Ease** is trauma treatment and therapeutic support for active military, veterans and their loved ones. An important part of the program is peer-to-peer support through *Vets 4 Vets* groups being held in surrounding counties.

“We know that these support groups are crucial to a successful recovery for so many of these heroes,” says Paul Greenwell, statewide supervisor of the At Ease program. “Their shared experiences can significantly reduce the sense of isolation they feel when they come home.”

At Ease first opened in LFS’ Bellevue office near Offutt Air Force Base in 2009. It serves active military, veterans and their loved ones affected by untreated trauma reactions and post-traumatic stress disorder (PTSD). The program complements existing services offered by military and veterans’ organizations, with a focus on eliminating barriers to treatment for those suffering from the effects of deployment and the uncertainty of war.

The At Ease program provides **confidential**, individualized counseling and treatment using a combination of individual and group approaches, including specialized therapies, families/couples and peer-to-peer mutual support groups.

All active military, veterans and their loved ones are accepted into the At Ease program **regardless of ability to pay**. In the Grand Island area, At Ease services are funded by Region 3 Behavioral Health Services, the Kiewit Foundation and At Ease USA.

PTSD has been linked to domestic violence, substance abuse, homicide, suicide and homelessness. Almost 40 percent of the veterans of the Iraq War have been diagnosed with a mental health issue. The suicide rate among veterans has been rising since the beginning of the Iraq War – **an average of 18 veterans take their lives daily**.

Contact: Bev Carlson, Director of Public Relations, Lutheran Family Services of Nebraska
bcarlson@LFSneb.org or (402) 978.5646, cell (402) 639.0957.

LFS’ Grand Island office is located in the Great Western Bank Building at 1811 West 2nd Street. At Ease Contacts in Grand Island: Terry Eyler and April Follmer.

11-11-11 Veterans Day – Terry and April will have an exhibit booth at the Veterans Expo at Central Community College in Grand Island