



About Lutheran Family Services of Nebraska

Lutheran Family Services of Nebraska (LFS) provides Behavioral Health Services that focus on the needs of those who have experienced trauma, including outpatient mental health treatment, substance abuse/addictions treatment, 24/7 urgent care and emergency and community support services.

LFS behavioral health services are made available through insurance payments, sliding scale fees and contributions.

Lutheran Family Services of Nebraska, Inc.

At Ease Bellevue Office

730 Fort Crook Road North
Bellevue, NE 68005
(402) 292-9105
Fax (402) 292-0342

At Ease Grand Island Office

Serving Adams, Blaine, Buffalo, Clay, Custer, Franklin, Furnas, Garfield, Greeley, Hall, Hamilton, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Valley, Sherman, Webster and Wheeler Counties
Great Western Bank Building
1811 West 2nd Street, Suite 300
Grand Island, NE 68803
(308) 382-4255
Fax (308) 382-8149

AtEase@lfsneb.org
www.LFSneb.org



Accredited by the
Council on Accreditation

We invite you to support the work of Lutheran Family Services. For more information about programs, to volunteer or to make a charitable gift, visit www.lfsneb.org call (402) 342-7038 or email info@lfsneb.org

The **At Ease** program is a collaboration between At Ease USA and Lutheran Family Services of Nebraska

At Ease

Trauma treatment
and therapeutic support
for active military,
veterans and
their loved ones



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Trauma and Post-traumatic Stress Disorder (PTSD) can happen to anyone who has been exposed to dangerous or deadly events – even those psychologically overwhelmed by the possibility of these experiences. Traumatic events change the survivor psychologically, biologically and socially. Multiple traumatic experiences complicate recovery and increase a person's reluctance to seek support. Trauma and PTSD are treatable—it is never too late to start treatment.



Signs and symptoms of trauma & PTSD

- Isolation – personality changes
- Startled reaction to noise or movement – hypervigilance to surroundings
- Unwanted reliving of traumatic memories – triggers can include: sights, sounds or smells
- Hostile or suicidal feelings and impulses – loss of meaning to life
- Lack of emotional reactivity – feeling numb
- Sleep problems, dreams or nightmares
- Excessive need to control situations
- Anxiety, guilt or depression
- Problems with authority
- Concentration and memory problems
- Thrill-seeking & risk-taking behaviors
- Sense of a foreshortened future

Effects

Untreated trauma reactions and PTSD can lead to physical illness, substance abuse, social avoidance, family life conflicts and a reduction in employment or school performance. Loved ones of war-exposed persons can experience secondary and/or transgenerational trauma reactions which can affect their ability to carry out everyday life tasks as well as influence family interactions, social behaviors and emotional development of children. In either case, the mere passage of time will not relieve trauma and PTSD.

At Ease can help!

The **At Ease** program provides confidential, individualized counseling services for active military personnel, veterans and their loved ones. All veterans and their loved ones will be accepted regardless of ability to pay.

At Ease is coordinated from the LFS Bellevue office, but veterans and their loved ones may also be served at LFS locations in Blair, Plattsmouth, Fremont, Papillion, four Omaha area locations and Grand Island (*for those residing in Adams, Blaine, Buffalo, Clay, Custer, Franklin, Furnas, Garfield, Greeley, Hall, Hamilton, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Valley, Sherman, Webster and Wheeler Counties*). Additionally, Telehealth sessions can be used to serve veterans and/or their loved ones living in greater Nebraska.

As assessments are completed, therapists will individualize treatment using a combination of individual and group treatment approaches including families/couples and peer-to-peer mutual support groups and educational opportunities for veterans and their loved ones which address PTSD, war zone stress reactions, trauma-related guilt, anger management and coping strategies for managing everyday life situations. When appropriate, **At Ease** staff will coordinate services with other community agencies and refer clients to area resources.