

VETERANS WHO HAVE EXPERIENCED TRAUMA MAY ENTER INTO SURVIVAL MODE AT HOME. THIS CAN IMPACT THEIR RELATIONSHIPS.



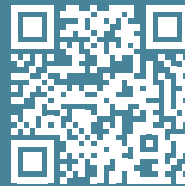
PROGRAM FEEDBACK

"Strength at Home has really impacted my life positively by giving me the tools necessary for good listening and expressing my feelings effectively. It has also given me different ways to cope and communicate."

"Strength at Home has, surely, accelerated my progress not only directly, but also indirectly by ... lessons that were easily applicable to my wife's struggles as well. We communicate much better, we handle our stress better, and we enjoy our days more."

"My communication skills have dramatically improved. The program facilitated a major change in how I deal with my spouse and other close relationships in my life, in that I am now taking full responsibility for how I feel and not relying on someone else to tell me how I am feeling."

"Strength at Home has been a tremendous program for me in very difficult times. It provides a clear and consistent path to reestablishing relationships that struggle in part due to some coping mechanisms that may have seemed necessary in survival environments, but are harmful in a family and partner setting."



**Strength at Home Director:
Casey Taft, Ph.D.**

If you are interested in learning more or getting connected to a provider, please contact:

**Barbara Archambeau:
307-823-2268**

or

**Michael Oberst:
307-757-5852**

Cheyenne VA Health Care System

STRENGTH AT HOME



Struggling with Conflict in Your Relationship?

VA Can Help.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Cheyenne Health Care System

WHAT IS STRENGTH AT HOME (SAH)?

SAH is a 12-week evidence-based group intervention to reduce or end unhealthy behaviors in relationships. This program is intended for Veterans who have used, or are at risk of using, unhealthy relationship behaviors.

GOALS OF SAH

- Develop conflict resolution skills
- Manage anger and stress more effectively
- Improve communication skills
- Understand how trauma impacts relationships
- Accept responsibility for aggressive or violent behaviors



STRENGTH AT HOME TOPICS

TRAUMA & RELATIONSHIPS

- Learn about common reactions to trauma
- Learn about how trauma can impact self-esteem, trust, intimacy, and relationship health

CONFLICT MANAGEMENT

- Increase understanding of anger
- Learn to deescalate situations before they turn into a conflict and/or become abusive

COPING STRATEGIES

- Learn about anger-related thinking
- Learn ways to cope with stress more effectively

COMMUNICATION SKILLS

- Learn skills to help improve healthy communication

PLANNING FOR THE FUTURE

- Prevent conflict by using effective conflict resolution skills
- Enhance intimacy and closeness in relationships
- Reduce the negative effects of stress on relationships

ABOUT THE PROGRAM

- Sessions are 2 hours and typically include 5-8 Veterans.
- Virtual options are offered to increase flexibility.
- SAH meets the requirements for many court-ordered legal programs.
- Participants must be eligible for Veterans Health Administration health care.
- SAH offers optional partner involvement.
- SAH is not appropriate for those seeking basic anger management. It is specific to anger in the context of intimate partner relationships.

**STRENGTH AT HOME (SAH)
IS MADE FOR MILITARY
POPULATIONS AND
FOCUSSES ON THE UNIQUE
CHALLENGES THAT COME
WITH DEPLOYMENT AND
WAR ZONE.**

**NEGATIVE LIFE EVENTS AND TRAUMA CAN IMPACT RELATIONSHIPS AND
CONTRIBUTE TO RISK OF INTIMATE RELATIONSHIP PROBLEMS AND CONFLICT.**