

## Confidentiality and Privacy

Vet Center Staff respect the privacy of all Veterans. We hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client, except in circumstances averting a crisis.

**VET CENTER  
SERVICES ARE FREE  
TO  
ELIGIBLE VETERANS**

**San Luis Obispo**  
**Vet  
Center**  
"Keeping the Promise"



**1070 Southwood Dr.  
San Luis Obispo, CA 93401  
(805) 782-9101  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)**

Directions from Southbound 101 FWY:

Exit 204 toward **Monterey St.**  
Left onto **Buena Vista Ave.**  
Right onto **Monterey St.**  
Left onto **Johnson Ave.**  
Right onto **Laurel Ln.**  
Right onto **Southwood Dr.**

Directions from Northbound 101 FWY:

Exit 200A for **Los Osos Valley Rd.**  
Right onto **Los Osos Valley Rd.**  
Left onto **S. Higuera St.**  
Right onto **Tank Farm Rd.**  
Left onto **Broad Street St**  
Right onto **Orcutt Rd.**  
Left onto **Laurel Ln.**  
Turn Left onto **Southwood Dr.**

**First Drive Way on the Right**



**San Luis Obispo**

**Vet  
Center**

*Proudly Serving the Veterans of  
California's Central Coast*

**Welcome Home!**

## History of Vet Center Services

- Vet Centers are a program of the VA's Readjustment Counseling Service.
- Vet Centers were established by Congress in 1979 in recognition that a significant number of Vietnam Veterans were still experiencing readjustment problems.
- In 1995, service extended to all war zone Vets and to those that experienced military sexual harassment / assault while on active duty.
- In 2003, the Secretary of the VA extended eligibility to include OEF/OIF Veterans.
- Vet Centers are now authorized to furnish bereavement counseling to surviving family of service members who die of any cause while on active duty and to select combat service support personnel in need of readjustment counseling services.
- Our goal is to provide a broad range of counseling, outreach and referral services, to help Vets and their families make a successful post-war readjustment.

## San Luis Obispo Vet Center

The San Luis Obispo Vet Center is one of the newest of the 300 Vet Centers in the nation having been authorized by the Secretary of VA in 2010. Our Vet Center is located at 1070 Southwood Dr. in the City of San Luis Obispo. The San Luis Obispo Vet Center provides services to eligible Veterans and their families throughout the Central Coast to include Northern Santa Barbara County up to Southern Monterey County.

## Eligibility for Services

**War Zone Veterans** - all eras, including:

**World War II** - 7 Dec 1941 to 31 Dec 1946

**American Merchant Marines** - In ocean-going service during the period of armed conflict - 7 Dec 1941 to 15 Aug 1945

**Korean War** - 27 Jun 1950 - 27 Jul 1954

**Vietnam War** - 28 Feb 1961 - 7 May 1975

**Vietnam Era Non Theater** - 5 Aug 1964 - 7 May 1975 (eligible if seen prior to 1 Jan 2004)

**Lebanon** - 25 Aug 1982 to 26 Feb 1984

**Grenada** - 23 Oct 1983 to 21 Nov 1983

**Panama** - 20 Dec 1989 to 31 Jan 1990

**Persian Gulf** - 2 Aug 1990 to present

**Somalia** - 17 Sep 1992 to present

**Operations Joint Endeavor, Joint Guard, Joint Forge** - Veterans who participated in one or more of these three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia, aboard U.S. Naval vessels operating in the Adriatic Sea, or air spaces above those areas)

**Sexual Trauma/Harassment Counseling** - Veterans of both sexes, all eras

**Global War on Terrorism** - Veterans who serve or have served in military expeditions to combat terrorism on or after September 11, 2001 and before a terminal date yet to be established

**Bereavement** - Parents, spouses and children of Armed Forces personnel who died while in service to their country. Family members of Reservists and National Guardsmen who die while on duty are included

**Combat Service Support** - Active duty, reservists and Veterans who provided direct emergency medical, mental health, mortuary or unmanned aerial support services to personnel involved in combat operations or hostilities

## Readjustment and PTSD

Readjusting to civilian life after war can be difficult. PTSD is a common set of reactions to a trauma such as combat exposure which could be experienced by almost anyone. Sometimes, it becomes a disorder (PTSD) with the passage of time when feelings or issues related to the trauma are not sufficiently dealt with. This can result in problems readjusting to community life. A delayed reaction may surface after several months or even many years and include some or all of the following problems:

- anger, irritability, and rage
- feeling nervous, anxious, jumpy or paranoid
- depression
- difficulty trusting, problems with authority
- feeling guilt over acts committed or witnessed, the failure to prevent certain events, or merely having survived while others did not
- hyper-alertness and exaggerated startle reactions
- feeling grief or sadness
- having unpleasant thoughts and memories that will not go away
- isolation and alienation from others
- loss of interest in pleasurable activities
- low tolerance to stress or frustration
- problems feeling good about one-self
- nightmares & trouble sleeping

## Readjustment Counseling Services Include:

- Individual Counseling**
- Group Counseling**
- Marital and Family Counseling**
- Bereavement Counseling**
- Sexual Trauma Counseling**
- Education and Outreach**
- Assistance with Applying for VA Benefits**
- Referral to Medical Services**
- Alcohol/Drug Treatment Referral**
- Employment Referral**
- Referral to Community Resources**