

Nevada Department of Veterans Services



# *Welcome*

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**FREE 2021 Virtual Women Veterans Conference**  
March 3, 2021 from 9 a.m. – Noon Pacific Time



[www.veterans.nv.gov](http://www.veterans.nv.gov)



# Courage & Resilience

## Nevada Women Veterans

### Conference 2021





# Agenda

**9:00AM** Opening Program

**9:20AM** Keynote Speaker - Shoshana Johnson  
Break & Gift Giveaway

**10:10AM** VA Healthcare - Dr. Sarah Súniga,  
Break & Gift Giveaway

**11:00AM** Courage to BE - Annie Emprima-Martin,  
Gift Giveaway & Closing Remarks







# Welcome!

## **Katherine Miller**

Director  
Nevada Department of  
Veterans Services

# PROCLAMATION

## Women's Military History Month March 2021

**Anne Davis**  
Chair, Nevada Women  
Veterans Advisory  
Committee





# Governor Steve Sisolak





**Shoshana Johnson**  
U.S. Army Veteran



# Break & Gift Giveaway





**Dr. Sarah Súniga**  
U.S. Army Reserves Veteran

Women Veterans Program  
Manager, VA Portland  
Healthcare System



# Women Veterans Health Care (VHA)

Sarah Súniga, PhD  
Women Veterans Program Manager,  
VA Portland HCS



## Women's Health Program: Mission

Women Veterans Health Care addresses the health care needs of women Veterans and works to ensure that timely, equitable, high-quality, comprehensive health care services are provided in a sensitive and safe environment at VA health facilities nationwide.

We strive to be a national leader in the provision of health care for women, thereby raising the standard of care for all women.



# Women's Health Program


Women Veterans Health Care works to make certain that all eligible women Veterans requesting VA care are assured of:

- Comprehensive primary care by a proficient and interested primary care provider
- Privacy, safety, dignity, and sensitivity to gender-specific needs
- The right care in the right place and time
- State-of-the-art health care equipment and technology
- High-quality preventive and clinical care, equal to that provided to male Veterans



# Women's Mental Health

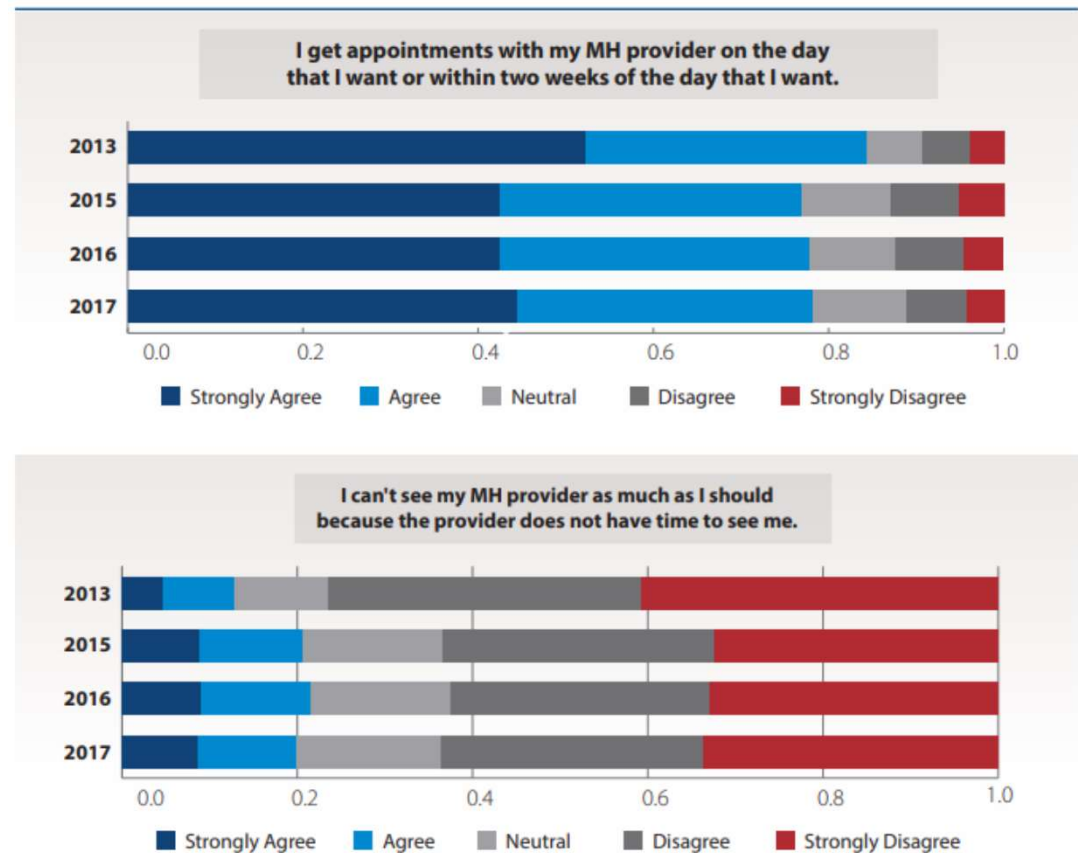
Enhancing mental health services across the reproductive health span

- Menstruation
  - Fertility (may or may not include pregnancy)
  - Postpartum
  - Menopause
  - Support available to assist in the life transitions
    - Individual and group support
- 



# VA Office of Mental Health and Suicide Prevention Guidebook, 2018

Graphs 5 & 6 Veterans' Perceptions of Access to VA Mental Health Care, FY2013- 2017



# MST IS **NEVER** YOUR FAULT

## THERE ARE MANY PATHS TO HEALING FROM MST. VA CAN HELP.



- VA has free MST-related services for Veterans
- You may be able to receive MST-related services even if you are not eligible for other VA care
- No documentation of the MST experience is needed to get care
- Every VA has an MST Coordinator to help you access services and resources
- Contact your local VA health care facility and ask to speak to the MST Coordinator for more information

## Military Sexual Trauma (MST)

Both women and men can experience MST. Visit [www.mentalhealth.va.gov/msthome.asp](http://www.mentalhealth.va.gov/msthome.asp) to learn more about the MST-related recovery programs and services for women and men at VA.

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration



**YOU'RE  
NOT ALONE**  
VA is here for MST survivors



# Reproductive Health

- Preconception counseling
- Fertility-related services
- Contraception Care
- Maternity Care

# Maternity Care



## WHAT DOES VA COVER?

VA covers full maternity care from the time of the first positive pregnancy test through delivery and follow-up appointments with your OB provider. Benefits include:

- Full physical exams and lab tests
- Prenatal education and screenings
- Obstetrical ultrasounds
- Genetic tests and specialty consultations
- Prescription drugs
- First seven days of newborn's care
- Support for breast feeding
- Support and services in case of miscarriage or stillbirth
- Social work and mental health services

## WHAT'S NOT COVERED BY VA?

VA maternity benefits do not cover:

- Home deliveries
- Services by doulas
- Deliveries by a lay midwife (a midwife who is not a medical nurse)
- Experimental procedures and procedures outside the standard of care
- Termination of pregnancy

# Infertility Services

## Examples of Infertility Services for All Female Veterans

- Infertility assessments and counseling
- Laboratory testing
- Imaging services such as ultrasounds and X-rays
- Hormonal therapies
- Surgical correction
- Genetic counseling and testing
- Fertility medications
- Artificial and intrauterine insemination
- Tubal ligation reversal

## Examples of Infertility Services for All Male Veterans

- Infertility assessments and counseling
- Laboratory testing
- Imaging services such as ultrasounds and X-rays
- Hormonal therapies
- Surgical correction
- Genetic counseling and testing
- Vasectomy reversal
- Sperm retrieval techniques  
(including sperm washing for intrauterine insemination)



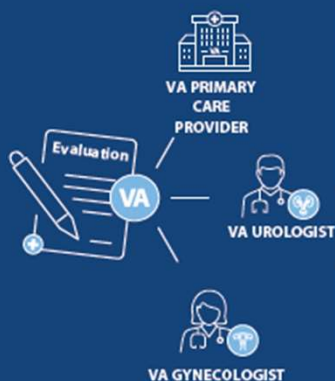
## Service-Connected Infertility Treatment



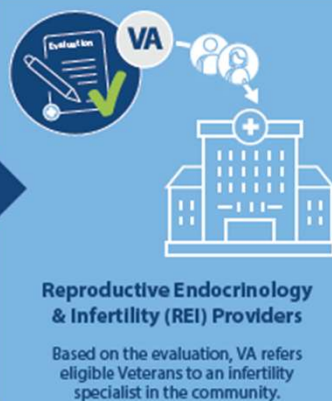
VA offers infertility treatment, including in vitro fertilization (IVF), to eligible\* Veterans (and their spouses) with a service-connected condition that results in infertility.



### STEP 1: EVALUATION



### STEP 2: PLANNING



### STEP 3: TREATMENT



**Treatment may include several types of services.**

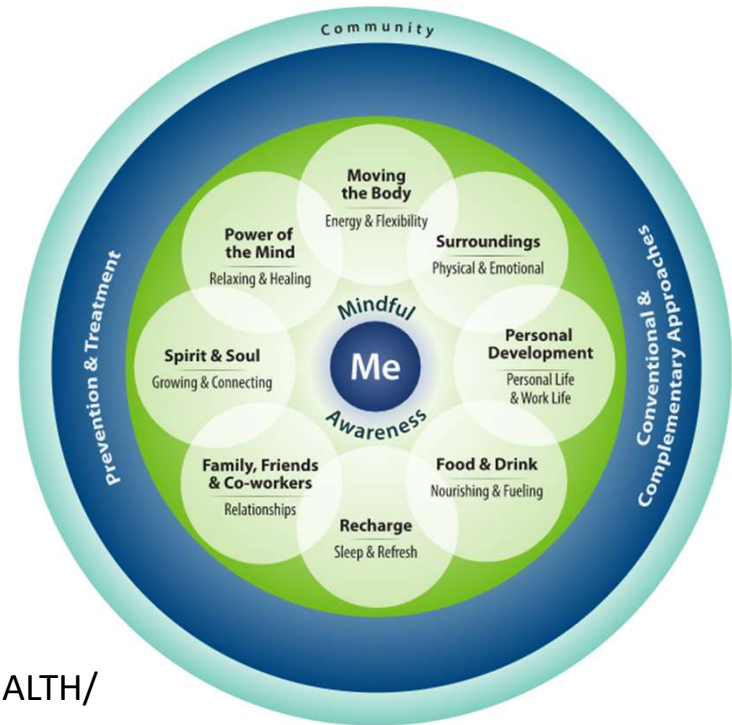


# Whole Health

## What is Whole Health?

Whole Health is VA's cutting-edge approach to care that supports your health and well-being. Whole Health centers around **what matters to you**, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

Find out how you can #LiveWholeHealth from home through [VA's ongoing self-care blog series](#). This series highlights Whole Health resources—such as video sessions for yoga or meditation—that you can follow along at home to live healthier and happier.



<https://www.va.gov/WHOLEHEALTH/>

# VA mobile apps



## ACT Coach



In ACT with a therapist and want added support? Find it here.

iOS Android



## AIMS for Anger Manag...



Track, address and manage anger better with AIMS.

iOS Android



## Caring4WomenVeterans



Resource to help deliver quality care to female Veterans.

iOS Android



## CBT-i Coach



Engaged in CBT-I and want ext support? The Coach is here.

iOS Android



## Concussion Coach



Customizable tool to help manage concussion symptoms.

iOS Android



## Couples Coach



Improve your relationship and explore new ways to connect.

iOS Android



## COVID Coach



Support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

iOS Android



## CPT Coach



App to enhance CPT treatment with a mental health provider.

iOS

<https://mobile.va.gov/appstore/mental-health>

# VA Podcast



HEAR FROM THE WOMEN'S HEALTH EXPERTS

## **SHE WEARS THE BOOTS** PODCAST

SUBSCRIBE AND LISTEN NOW

Listen on  Apple Podcasts  Spreaker

[www.womenshealth.va.gov](http://www.womenshealth.va.gov) | #WomenVets

**VA**  U.S. Department of Veterans Affairs



# **1.855.VA.WOMEN**

## **WOMEN VETERANS**

## **CALL CENTER**



**Call or Text:** 1-855-829-6636 **Chat Online:** [www.womenshealth.va.gov](http://www.womenshealth.va.gov)

**YOUR GUIDE TO VA.**

**Hours of Operation:**

Monday – Friday: 8:00 a.m. – 10:00 p.m. ET

Saturday: 8:00 a.m. – 6:30 p.m. ET

**VA**



U.S. Department  
of Veterans Affairs





# Questions





# Break & Gift Giveaway





# **Annie Emprima-Martin**

Nevada Army National  
Guard Veteran

Member, Nevada Women  
Veterans Advisory Committee



# **Your Mind Keeps Secrets Your Body Keeps Score**

**ANNIE EMPRIMA-MARTIN  
NDVS WOMEN VETERANS CONFERENCE 2021**

A solid pink rectangular box containing the text "THOUGHTS MATTER".

THOUGHTS MATTER

A solid pink rectangular box containing the text "WORDS MATTER".

WORDS MATTER

A solid pink rectangular box containing the text "CONNECTIONS MATTER".

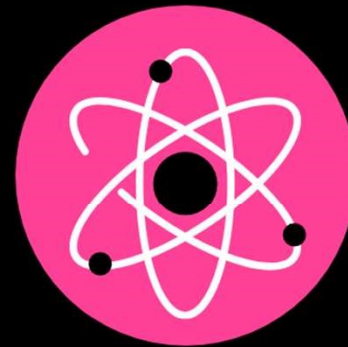
CONNECTIONS MATTER



**MIND**



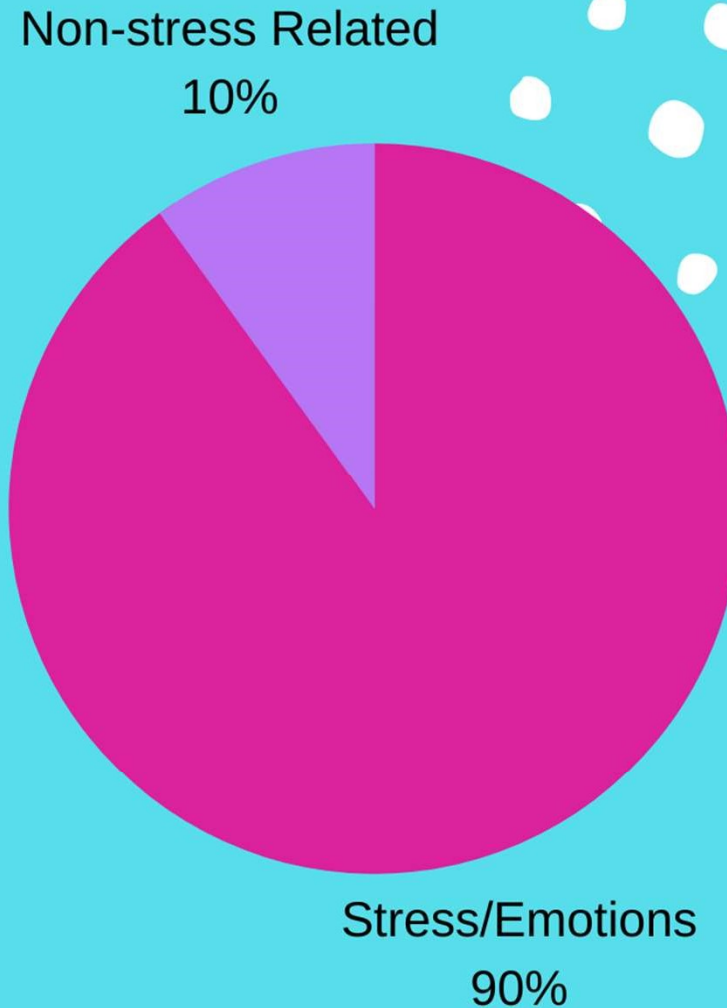
**BODY**



**ENERGY**

# IMPACT OF ENERGY ON THE BODY

REASONS FOR VISITING  
A DOCTOR OR MENTAL  
HEALTH PROFESSIONAL





# Ways Emotions Can Manifest



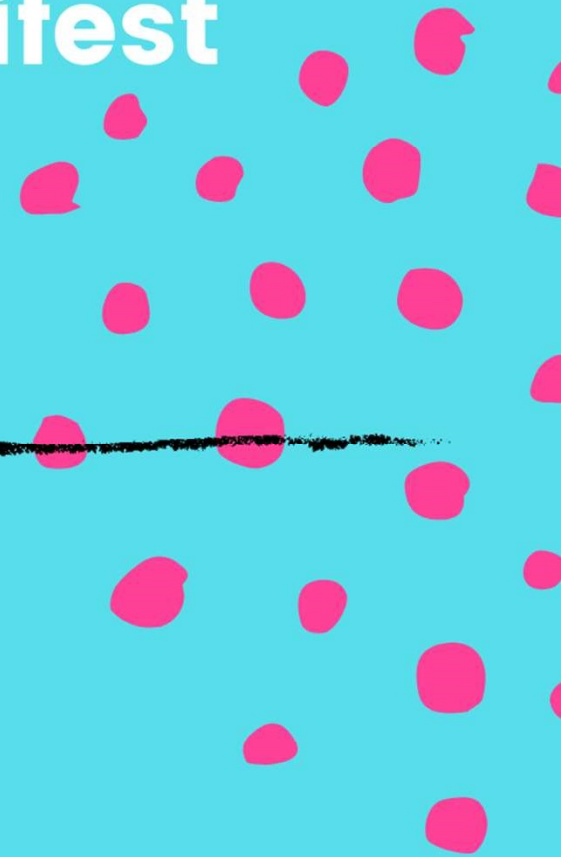
**BRAIN**

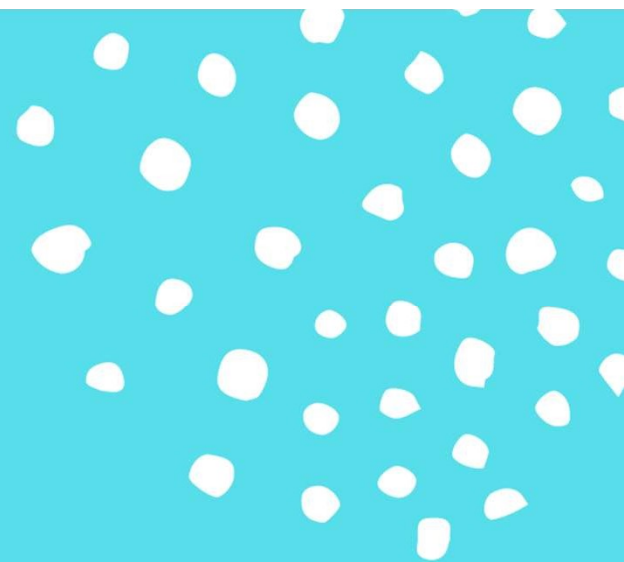
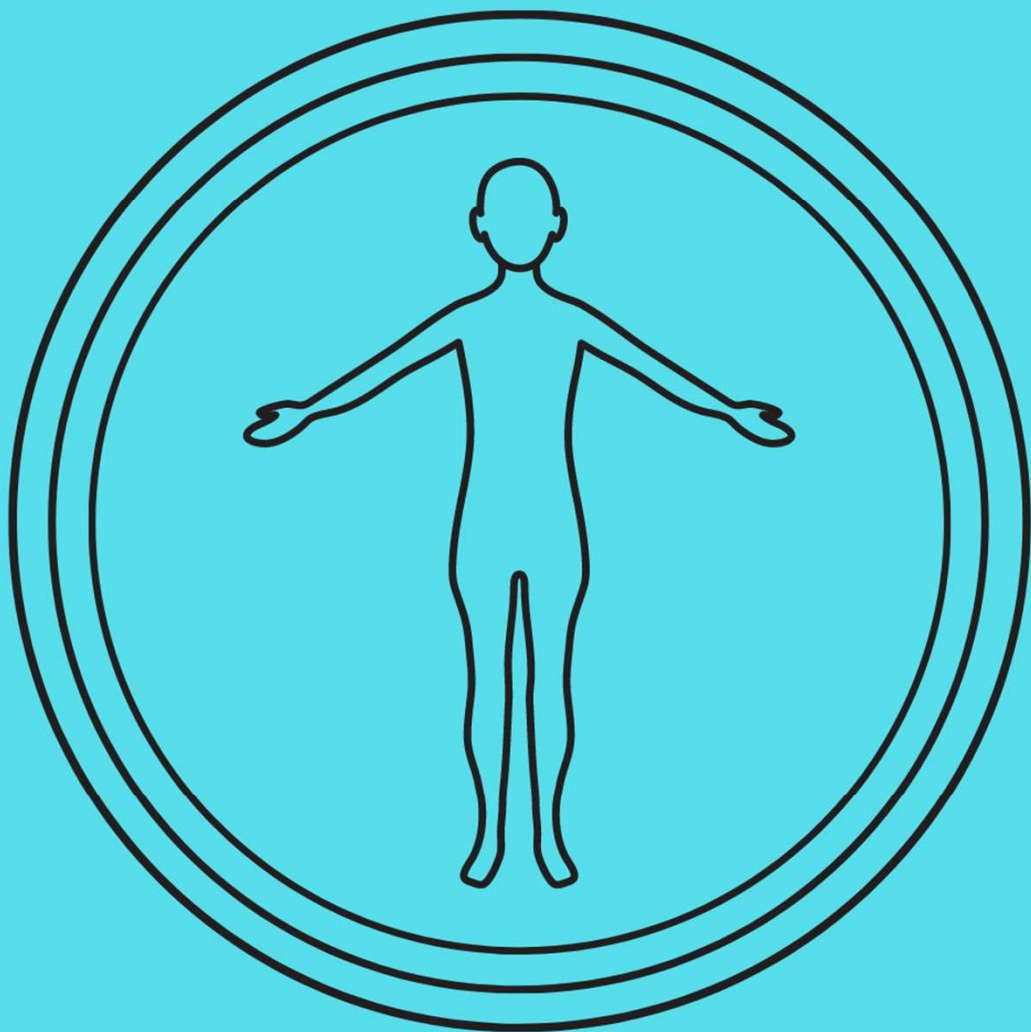


**BODY**



**ENERGY**





# PICK ONE

- Courage
- Reason
- Acceptance

The background is a solid pink color. In the upper left, there is a white, horizontal brushstroke shape. To the right of this, there is a cluster of black dots of varying sizes, with a white zigzag line above them. In the bottom right corner, there is another white zigzag line.

# PICK ONE

- Shame
- Guilt
- Anger

# PICK ONE

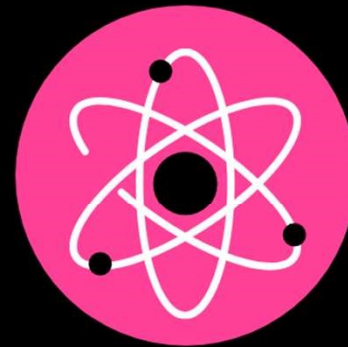
- Love
- Joy
- Peace



**MIND**



**BODY**



**ENERGY**





**Is it a spiritual gift...  
or not??**



# Questions?

**Annie Emprima-Martin**

**Women Veterans Advisory Committee Member**  
**[Annie@OneEmprima.com](mailto:Annie@OneEmprima.com)**

# Closing Remarks

**Please take our survey!**

**<https://veterans.nv.gov/2021survey/>**



Nevada Department of Veterans Services



*Thank You!*

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[www.veterans.nv.gov](http://www.veterans.nv.gov)

Sign-up for the NDVS eNewsletter

[veterans.nv.gov/sign-up-for-the-ndvs-newsletter](http://veterans.nv.gov/sign-up-for-the-ndvs-newsletter)



Connect with NDVS on Social Media

[veterans.nv.gov/community/connect-with-ndvs-on-social-media](http://veterans.nv.gov/community/connect-with-ndvs-on-social-media)