Welcome

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

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 Súñiga,
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 Súñiga
U.S. Army Reserves Veteran
Women Veterans Program Manager, VA Portland Healthcare System
Women Veterans Health Care (VHA)

Sarah Súñiga, 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
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)
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**
- VA Primary Care Provider
- VA Urologist
- VA Gynecologist

**STEP 2: PLANNING**
- Reproductive Endocrinology & Infertility (REI) Providers
  - Based on the evaluation, VA refers eligible Veterans to an infertility specialist in the community.

**STEP 3: TREATMENT**
- Infertility Assessments
- Surgical Correction
- Counseling
- Artificial Insemination
- Hormonal Therapy
- IVF

Treatment may include several types of services.
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**
  - iOS
  - Android
  - In ACT with a therapist and want added support? Find it here.

- **AIMS for Anger Management**
  - iOS
  - Android
  - Track, address and manage anger better with AIMS.

- **Caring4Women Veterans**
  - iOS
  - Android
  - Resource to help deliver quality care to female Veterans.

- **CBT-i Coach**
  - iOS
  - Android
  - Engaged in CBT-i and want exit support? The Coach is here.

- **Concussion Coach**
  - iOS
  - Android
  - Customizable tool to help manage concussion symptoms.

- **Couples Coach**
  - iOS
  - Android
  - Improve your relationship and explore new ways to connect.

- **COVID Coach**
  - iOS
  - Android

- **CPT Coach**
  - iOS
  - App to enhance CPT treatment with a mental health provider.

https://mobile.va.gov/appstore/mental-health
VA Podcast

HEAR FROM THE WOMEN’S HEALTH EXPERTS
SHE WEARS THE BOOTS
PODCAST

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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
IMPACT OF ENERGY ON THE BODY

REASONS FOR VISITING A DOCTOR OR MENTAL HEALTH PROFESSIONAL

- Stress/Emotions: 90%
- Non-stress Related: 10%
Ways Emotions Can Manifest

BRAIN  BODY  ENERGY
PICK ONE

- Courage
- Reason
- Acceptance
PICK ONE

- Shame
- Guilt
- Anger
PICK ONE

• Love
• Joy
• Peace
Is it a spiritual gift... or not??
Questions?

Annie Emprima-Martin
Women Veterans Advisory Committee Member
Annie@OneEmprima.com
Closing Remarks

Please take our survey!
https://veterans.nv.gov/2021survey/