

Mission: To provide quality mental health, primary care, and homeless services to Veterans with a wide range of mental health, substance use, and homelessness needs. The MHS provides integrated, team-based services with an interdisciplinary approach.

- ★ We believe that recovery from mental illness and substance use is possible and that treatment can be an important part of this process for many Veterans.
- ★ Veterans can access information and obtain referrals to these services and programs by speaking with either their Primary Care Provider or their Mental Health Provider.
- ★ Same Day Access to Care. Veterans with needs for care can be assessed and provided services, support, and access to future appointments.
- ★ Telemental health works to connect Veterans with a mental health professional via clinical video conferencing, VA Video Connect, and My HealtheVet.
- ★ Peer Specialist services are available in several MHS programs.



Primary Care-Mental Health Integration (PCMHI): Provides access to mental health care within the primary care setting. Your primary care provider can connect you with PC-MHI to assess your mental health needs on the same day.

Behavioral Health Interdisciplinary Program (BHIP)

- **Psychiatry:** Offers assessment and medication management to reduce symptoms of anxiety, depression, mania, psychosis, substance use disorder, and other mental health conditions. Once stable, medication management continues in the primary care setting.
- **Psychotherapy:** Time limited, weekly, evidence-based talk therapies for anxiety, depression, trauma, and other mental health problems are available. These therapies include Cognitive Behavioral Therapy, Interpersonal Therapy, and Acceptance and Commitment Therapy. Couples and family therapy are also available.

PTSD Clinical Team (PCT): Offers time limited, weekly, evidence-based treatments for Veterans with existing PTSD diagnoses related to military traumas (combat or non-combat). Treatment may include participating in a skills group or engaging in individual trauma focused therapies such as Prolonged Exposure Therapy and Cognitive Processing Therapy. Residential treatment is also available.

Substance Use Treatment Program (SUDTP): Engages Veterans who are planning change in a self-directed, personalized recovery plan to improve their health and well-being. Group and individual psychotherapy, medication assisted therapies, and residential treatment are available.

Intensive Community Mental Health Recovery (ICMHR – formerly MHICM): A team of mental health professionals work with Veterans who are diagnosed with a serious mental illness to promote independent living by coordinating mental health and community care services. ICMHR helps Veterans have less need of hospitalization and live better at home and in the community.

Psychosocial Rehabilitation and Recovery Center (PRRC): Helps Veterans with serious mental illness learn to improve functioning to lead full and meaningful lives within in their communities. The program offers a variety of educational classes and other activities that may assist Veterans with their recovery goals.

Agave Primary Care Clinic: Provides primary care to veterans who have a primary diagnosis of Schizophrenia, Bipolar Disorder, or PTSD and are followed by a psychiatrist in the MH clinic. The Homeless Patient Aligned Care Team (HPACT) provides care to homeless Veterans who have multiple deferred health care needs.

Community Based MH Outpatient Services: Includes PC-MHI, BHIP, and substance use disorder treatment. These services are available in Casa Grande, Green Valley, Northwest Tucson, Safford, Sierra Vista, Southeast Tucson, and Yuma (see back panel for contact information). Using technology called telemedicine, Veterans can also receive care from mental health specialists located at VA medical centers or other clinics through telemental health services.

Health Care for Homeless Veterans (HCHV)

- **HCHV Programs:** Are designed to end involuntary homelessness among Veterans through outreach efforts and links to both the VA and community resources. Immediate assistance includes assessment of needs, client-centered treatment planning, case management, and referral for a wide variety of VA and community-based programs. Veterans can present to the HCHV clinic in Bldg. 90 and are seen on a walk-in basis.
- **Housing and Urban Development Veterans Affairs Supportive Housing (HUD-VASH):** Provides long-term case management, supportive services, and permanent housing support for chronically homeless or vulnerable Veterans. Other housing assistance programs are also available. Veterans can walk into the HCHV clinic in Bldg. 90 and ask to be assessed by a social worker.
- **Veterans Justice Outreach Program (VJO):** The SAVAHCs Veterans Justice Outreach Program assists Veterans with navigating through established Veterans Courts in the Pima County area. Veterans can come to the HCHV clinic in Bldg. 90 and request Veteran Justice Outreach services.

Compensated Work Therapy Programs (CWT):

Offers several different programs that provide vocational support for Veterans who are facing challenges related to mental health, substance use, or homelessness. The CWT programs are designed to assist Veterans in obtaining and gaining competitive employment. Veterans may contact CWT staff at (520) 792-1450 ext. 6194 or 6169

Tucson (Main Campus) (520) 629-4884**Community-Based Outpatient Clinics**

| | |
|--------------|----------------|
| Sierra Vista | (520) 459-1529 |
| Yuma | (928) 317-9973 |
| Casa Grande | (520) 836-2536 |
| Green Valley | (520) 399-2291 |
| Safford | (928) 428-8010 |
| Northwest | (520) 219-2418 |
| Southeast | (520) 664-1831 |

Substance Use Disorders Treatment Program (SUDTP)

(520) 792-1450 Ext. 6472 or 6581

Suicide Prevention Information

(520) 792-1450 Ext. 6415 or 4415

Other Resources

- Tucson Vet Center: (520) 882-0333
- be connected: 1-866-4AZ-VETS (429-8387)
- www.MakeTheConnection.net

www.Tucson.VA.gov
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U.S. Department
of Veterans AffairsVeterans Health
Administration

Southern Arizona VA Health Care System (SAVAHCS)

SAVAHCS - 19-04-099

Guide to the Mental Health Service



Mental Health Service - Bldg. 90
Southern Arizona VA Health Care System
3601 S. 6th Avenue
Tucson, AZ 85723



Choose