Welcome to the James A. Haley Veterans’ Hospital!

Your health is important to us.
We want you to be an informed and active partner in your health care.

James A. Haley Veterans’ Hospital and Clinics offers many resources to help you learn about your health. We offer many classes and support groups taught by trained staff. To attend these classes and support groups the meeting locations will vary throughout the hospital and clinics. Please refer to the chart and information below for assistance in these locations:

The main hospital at James A. Haley Veterans’ Hospital is divided into 4 wings (A, B, C, D):
When the class room is listed as 1C-104, this means that the room is on the 1st floor, in the C section of the building in room 104.

<table>
<thead>
<tr>
<th>Room Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1C-102B</td>
<td>1st floor of main hospital in C wing near Podiatry</td>
</tr>
<tr>
<td>1C-104</td>
<td>1st floor of main hospital in C wing near Podiatry</td>
</tr>
<tr>
<td>2B-258</td>
<td>2nd floor of main hospital in B wing near OT/PT</td>
</tr>
<tr>
<td>2CN Conference Room</td>
<td>2nd floor of main hospital in C wing and north section</td>
</tr>
<tr>
<td>Auditorium</td>
<td>2nd floor of main hospital in front of canteen in between A wing</td>
</tr>
<tr>
<td>RTU Conference Room</td>
<td>Radiation Therapy Unit (RTU) in between main hospital and SCI on ground floor</td>
</tr>
<tr>
<td>VA Outpatient Mental Health Clinic</td>
<td>11707 N. Club Drive, Tampa, Florida 33612  (across from University Mall)</td>
</tr>
</tbody>
</table>

Visit the Patients’ Library: 2nd floor (2A-237)
Use the My HealtheVet computers: [www.health.va.gov](http://www.health.va.gov)
- Patients’ Library: 2nd floor (2A-237)
- 2nd floor (2A-215e) near Voluntary Service
- VA Café in SCI (Spinal Cord Injury) building

Contact our Patient Education Committee for more information: (813) 972- 2000 ext. 7428
Treatment and Support Groups

James A. Haley Veterans’ Hospital
(813) 972-2000

Advanced Support Group for Weight Management
Day: Wednesday
Time: 9:00-10:30
Where: SCI First Dining Room
Target Audience: GRADUATES of the Intensive Weight Management Program
Consult Needed: Yes Consult From: Staff of the Intensive Weight Program
Walk-ins Accepted: Yes-only if patient meets graduation standards of intensive program
Contact Person: Claire Bell, RD Contact Extension: 7919 or 6336

Depression and Bipolar Support Alliance
Day: 1st and 3rd Thursdays of the month
Time: 7 – 8:30 p.m.
Where: 1C-104
Target Audience: Support group for anyone impacted by depression and bipolar disorder.
Consult Needed: No
Walk-ins Accepted: Yes
Contact Person: (813) 878-2906 (DBSA) or email at: info@dbsatampabay.org Or Neil Bush at (813) 961-8326

Alcoholics Anonymous (AA)
Day: Fridays
Time: 7:30 - 8:30 p.m.
Where: Auditorium, 2nd floor
Target Audience: Open to everyone with a desire to deal with their alcohol problem and to those interested in learning more about AA
Consult Needed: No
Walk-ins Accepted: Yes
Contact Person: Bob Zentarski
Contact Number: (813) 631-7126

Diabetes Support Group (Insulin Pump ONLY)
Day: 2nd Wednesday of the month
Time: 1 - 2 p.m.
Target Audience: Support for those Veterans presently on insulin pump therapy or being considered for insulin pump therapy.
Walk-ins Accepted: Yes
Contact Person: Aida Macias, RN, MSN and Rosalie Parrillo, RN, MSN
Contact Extension: 6335

AVAST: Amputee VA Support Team
Day: 2nd Tuesday of the month
Time: 7 p.m.
Where: 1C-102B
Target Audience: Amputees, their family, friends, and interested professionals. This is a non VA affiliated support team.
Consult Needed: No
Walk-ins Accepted: Yes
Contact Person: Jim Switzer, Amputation Rehabilitation Coordinator
Contact Extension: 813-558-3919
Treatment and Support Groups

James A. Haley Veterans’ Hospital
(813) 972-2000

Diabetes Support Group
Day: 4th Thursday of the month
Time: 1 - 2 p.m.
Where: 2B-258
Target Audience: The Diabetes Support Group is for newly diagnosed or longstanding diabetes patients. Group provides information to stay on track, opportunity to meet others and learn from them.
Consult Needed: No
Walk-ins Accepted: Must be scheduled to receive travel pay
Contact Person: Aida Macias, RN, MSN and Rosalie Parrillo, RN, MSN
Contact Extension: 6335

Family Meeting
Day: Saturdays
Time: 10 a.m. - noon
Where: 2CN Conference Room
Target Audience: The group is open to family members of those with brain injury, stroke, polytrauma, SCI, and others who have experienced trauma. The benefits of the group include assisting families in forming and maintaining a support network, developing healthy coping mechanisms, and relieving the stress of providing care to their loved ones.
Consult Needed: No
Walk-ins Accepted: Yes
Contact Person: Steve Klemz
Contact Extension: 6663

Ex-POW Support Group
Day: 3rd Friday of the month
Time: 10 a.m. - 11 a.m.
Where: VA Outpatient Mental Health Clinic
Target Audience: This group provides a supportive environment for former prisoners of war and their family members.
Consult Needed: No
Walk-ins Accepted: Yes
Contact Person: Rachel Brink
Contact Extension: (813) 228-2761, ext. 2703
Treatment and Support Groups

James A. Haley Veterans’ Hospital
(813) 972-2000

National Alliance on Mental Illness - Family Members of Individuals with Serious Mental Illness (Non-VA Sponsored)
Day: 1st Tuesday of the month
Time: 6:30 - 8 p.m.
Where: VA Mental Health Outpatient Clinic, 11707 Club Drive, Tampa, 33612
Target Audience: Individuals (family, caretakers, ALF owners) that are personally involved with a person or persons with serious mental illness (depression, bipolar, schizophrenia, PTSD, etc.)
Contact: NAMI-Hillsborough: (813) 273-8104
www.namihillsborough.org, or
support@namihillsborough.org

Ostomy Support Group
Day: Last Friday of the month in January, March, May, July, Sept., and Nov.
Time: 2:30 - 3:30 p.m.
Where: Room C104
Target Audience: Group for anyone with an ostomy. Spouses/caregivers are welcome. This group is also listed as a support group with the United Ostomy Association of America. Please call ahead to be sure this group will be right for you.
Consult Needed: No
Walk-ins Accepted: Yes
Contact Person: Jane Nichols
Contact Extension: 6602

Operation Enduring Families
Day: 1st and 3rd Tuesday of the month
Time: 6:15 - 7:30 p.m.
Where: SCI Middle Dining Room
Target Audience: All OEF/OIF Veterans and adult family members are invited to attend. A Veteran can attend without their family and family members can attend even if the Veteran chooses not to participate.
Consult Needed: No
Walk-ins Accepted: No, please contact Anna Quinby prior to attending your first meeting.
Contact Person: Anna Quinby
Contact Extension: 5264 or 813-610-5918
Treatment and Support Groups

James A. Haley Veterans’ Hospital
(813) 972-2000

Psychology-Insomnia Group
Day: Tuesdays
Time: 1 - 2:30 p.m.
Where: Building 41, 2nd floor, Psychology
Target Audience: Veterans with sleep difficulties
Consult Needed: Yes
Walk-ins Accepted: No
Contact Person: Elizabeth Jenkins, Ph.D.
Contact Extension: 4963

Support and Family Education (SAFE)
Day: 1st Monday of the month
Time: 5 - 6:30 p.m.
Where: Mental Health Outpatient Clinic: 11707 Club Drive
Target Audience: Family members or loved ones of Veterans with a mental illness
Consult Needed: No
Walk-ins Accepted: Yes
Contact Person: Nicole Shiber, Psy.D. and Kim Gronemeyer, Psy.D.
Contact Extension: (813) 631-7135, ext. 4356 or 972-2000, ext. 6633

Wellness Support Group
Day: Tuesdays
Time: 9:30 - 11 a.m.
Where: VA Outpatient Mental Health Clinic
Target Audience: This group provides a supportive environment for Veterans aged 65 and older, interested in improving their physical, mental and emotional well being utilizing a holistic approach
Consult Needed: Will need referral
Consult From: Provider/Clinician
Walk-ins Accepted: No
Contact Person: Pat Caldwell
Contact Extension: (813) 631-7124
Treatment and Support Groups

Brooksville Community-Based Outpatient Clinic (CBOC)
14540 Cortez Blvd., Suite 108
Brooksville, FL 34613
(352) 597-8287

OEF / OIF Support group
Day: Fridays
Time: 4:00-5:00 PM
Where: Conference room
Target Audience: OEF / OIF patients
Consult Needed: Yes
Consult From: Provider
Walk-ins Accepted: No
Contact Person: Brooksville CBOC
Contact Extension: 352-597-8287

PTSD Group
Day: Thursdays
Time: 1:30 - 3 p.m.
Where: Conference room
Target Audience: Patients affected by PTSD
Consult Needed: Yes, from provider
Walk-ins Accepted: No
Contact: Brooksville CBOC
Contact Phone: (352) 597-8287, ext. 4121

PTSD Group
Day: Mondays
Time: 10:00-11:30
Where: Conference room
Target Audience: Patients affected by PTSD
Consult Needed: Yes
Consult From: Provider
Walk-ins Accepted: No
Contact Person: Brooksville CBOC
Contact Extension: 352-597-8287

PTSD Group
Day: 2nd and 4th Fridays
Time: 10:00-1130
Where: Conference room
Target Audience: Patient's affected by PTSD
Consult Needed: Yes
Consult From: Provider
Walk-ins Accepted: No
Contact Person: Brooksville CBOC
Contact Extension: 352-597-8287

PTSD Group
Day: Wednesday
Time: 10 - 11:30 a.m.
Where: Conference room
Target Audience: Patients affected by PTSD
Consult Needed: Yes, from provider
Walk-ins Accepted: No
Contact: Brooksville CBOC
Contact Phone: (352) 597-8287, ext. 4121
Treatment and Support Groups

**Brooksville Community-Based Outpatient Clinic (CBOC)**
14540 Cortez Blvd., Suite 108
Brooksville, FL 34613
(352) 597-8287

**Women's Support Group**
Day: Mondays
Time: 2:30-4:00 PM
Where: Conference room
Target Audience: Women's support group
Consult Needed: Yes
Consult From: Provider
Walk-ins Accepted: No
Contact Person: Brooksville CBOC
Contact Extension: 352-597-8287

**Suicide Prevention Support Group**
Day: Fridays
Time: 1:00-2:00 PM
Where: Conference room
Target Audience: Support group
Consult Needed: Yes
Consult From: Provider
Walk-ins Accepted: No
Contact Person: Brooksville CBOC
Contact Extension: 352-597-8287

**Caregiver Support Group**
Day: 1st and 3rd Tuesday of the month
Time: 1 - 2 p.m.
Where: Mental Health Conference Room, NPR
Target Audience: Patients and family members or significant others who care for a loved one with a chronic illness
Consult Needed: No
Walk-ins accepted: No
Contact person: Doris Konyha, ARNP
Contact Phone: 321-4243 or 4350
Outside the VA: (727) 869-4100, ext. 4248
### Anger Management
- **Day:** Wednesdays
- **Time:** 1-2:30 p.m.
- **Target Audience:** Any Veteran experiencing problems with anger
- **Where:** Lakeland CBOC
- **Walk-ins accepted:** No
- **Consult Needed:** Yes
- **Contact person:** Ms. Heather Moore, LCSW
- **Contact phone:** (863) 701-2470

### Seeking Safety
- **Day and Time:** Tuesdays at 5:30-7 p.m. or Fridays at 9-10:30 a.m.
- **Where:** Lakeland CBOC
- **Target Audience:** Veterans with PTSD and/or Substance Abuse
- **Consult Needed:** Yes
- **Walk-ins accepted:** No
- **Contact person(s):** Dr. John Powell or Dr. Mary Dorritie
- **Contact phone:** (863) 701-2470

### Cognitive Processing Therapy Group
**Evidence-based treatment for PTSD**
- **Day:** Tuesdays
- **Time:** 9:00-10:30 am
- **Where:** Lakeland CBOC, Building 2
- **Target Audience:** Veterans with PTSD diagnoses
- **Consult needed:** Yes
- **Walk-ins accepted:** No
- **Contact person:** Dr. Mary Dorritie
- **Contact phone:** (863) 701-2470

### Social Skills Training
- **Day:** Tuesdays
- **Time:** 9-10:30 a.m.
- **Where:** Lakeland CBOC
- **Target Audience:** Veterans with Serious Mental Illness (schizophrenia, schizoaffective disorder, bipolar disorder, and treatment-refractory depression)
- **Consult Needed:** Yes
- **Walk-ins accepted:** No
- **Contact person:** Ms. Heather Moore, LCSW
- **Contact phone:** (863) 701-2470

### Symptom Management Group
- **Day:** Mondays
- **Time:** 5:30 – 7 p.m.
- **Where:** Lakeland CBOC
- **Target Audience:** Coping skills group, primarily for PTSD
- **Consult Needed:** Yes
- **Walk-ins accepted:** No
- **Contact person:** Dr. Margaret Schmitt
- **Contact phone:** (863)701-2470
Treatment and Support Groups

Zephyrhills Community-Based Outpatient Clinic (CBOC)
6937 Medical View Lane
Zephyrhills, FL 33542
(813) 780-2550

Dementia Caregiver Group
Day: First Thursday of each month
Time: 10-11:30am
Where: Zephyrhills CBOC MH building
Target Audience: A monthly support group for caregivers of loved ones with dementia. Group member does not have to be the Veteran. However, the Veteran must be enrolled in the VA.
Consult needed: No formal consult required.
Walk-Ins Accepted: No
Contact Person: Lauryn Nussbaum, Psy.D.
Contact Phone: 813-780-2550

Wellness Group
Day: Mondays
Time: 1 - 2:15 p.m.
Where: Zephyrhills CBOC MH Bldg.
Target Audience: A weekly supportive and insight oriented counseling group for Veterans with chronic health conditions
Consult Needed: No formal consult required. Facilitator can be notified through co-signer status on note. Referrals accepted from PCC as well as MH.
Walk-Ins Accepted: No
Contact Person: Lauryn Nussbaum, Psy.D.
Contact Phone: (813) 780-2550

PTSD Support Group
Day: Tuesdays
Time: 10 - 11:30 a.m.
Where: Zephyrhills CBOC MH Bldg.
Target Audience: A weekly support and coping skills group for combat Veterans with PTSD
Consult Needed: Consult from primary mental health provider is required
Walk-Ins Accepted: No
Contact Person: Brian Nussbaum, Psy.D.
Contact Phone: (813) 780-2550