Women Overcoming War (WOW)

Combat Stress Recovery Clinic

Contact:
Dr. Bilsky 412-360-3842

What Does the Group Involve?

This is a veteran-centered group that focuses on topics that are important to the members. Possible topics include combat and military stress, behavioral health symptoms after a combat deployment, managing stress, and the experience of being a female service member or veteran.

For Healthcare Providers

Who Should Be Referred: Women veterans who were deployed to a combat zone and want to participate in a female-specific group for support and behavioral health recovery skills.

How To Refer: Place a Women’s Combat Stress Group consult (Behavioral Health Consult #26 or Primary Care Consult #22). The group facilitator will contact the veteran.
What is WOW?

Women Overcoming War (WOW) is a group in the Combat Stress Recovery Clinic to help female veterans who were deployed to a combat zone and want to find support and learn coping strategies in a female-only group.

The group focuses on the experiences of female service members and veterans who are coping with combat stress. The group helps female veterans connect in a safe, all-female setting. Finally, the group helps members to build skills to cope with difficult emotions, troubling thoughts, and struggles in communication.

What is Combat Stress?

Combat stress involves normal reactions that occur during or following combat. The reactions are temporary and are NOT a psychiatric disorder. But they might still be upsetting and get in the way of daily life.

Combat stress reactions can include:

1. Emotional symptoms - Feeling frustrated, mood swings, sadness, anxiety
2. Psychological symptoms - Difficulty concentrating, thinking a lot about the stressful event(s), self-criticism, nightmares
3. Behavioral symptoms - Difficulty sleeping, appetite changes, increased irritability, withdrawing from others, changes in sexual activity, alcohol or substance use
4. Physical symptoms - Body aches and pains, racing heartbeat, shortness of breath, changes in menstrual cycle

Please remember that it is important to have a trained behavioral health professional evaluate your symptoms to help you decide on the best treatment options.

When

WHEN: TBD

How Can I Join the Group?

1. Ask your PCP, medical provider, or behavioral healthcare provider to place a Women’s Combat Stress Group consult. The group facilitator, Dr. Bilsky, will then contact you.
2. Call the group facilitator, Dr. Bilsky, at 412-360-3842.

What If I Can’t Attend on the Day and Time the Group Meets?

If you are interested in the group but can’t attend, please still call Dr. Bilsky or ask your provider for a consult. There might be other services that could be helpful, and you can be contacted in the future if another WOW group starts.