

Relationships

Trauma survivors with PTSD often experience problems in their intimate and family relationships, or close friendships.

PTSD involves symptoms that interfere with trust, emotional closeness, communication, responsible assertiveness, and effective problem solving.

*Thank you for your service, your fighting and your fears.
Thank you for your lifeblood, and thank you for your tears.
You, the mighty warrior, flyer of foreign skies, soldier tried
and true.*

*Sailor of many waters, defender of the red, white and blue.
To those who have known the price of being free,
and to those who still have the effects of PTSD.
For all you have done, and for all that you do,
We who live free, humbly say Thank You!*

By the wife of a Vet,

Shirley

Peer to Peer partially funded by



United Way of Greater Fort Hood Area

**BEITZ, Inc. is here
for you!**



*Our Military Support Program is partially supported by grants from Hill Country Community Action, Bell County Commissioner's Court, the City of **Killeen Community Development Block Grant** Program with funding from the U.S. Department of Housing & Urban Development, and the **Texas Veterans' Commission, Fund for Veterans Assistance**. "This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families." For more information, visit TVC.Texas.gov.

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Bring Everyone In The Zone, Inc.



**BRING EVERYONE IN THE
ZONE**

**Confidential, Free
Peer to Peer Support**

PTSD is an mental injury that usually develops as a result of a terribly frightening, life-threatening, or otherwise highly unsafe experience.

Symptoms may include:

- **Anxiety Reactions**
- **Avoidance of Feelings**
- **Depression**
- **Feelings of Isolation or Rage**
- **Intrusive Thoughts**
- **Survivor's Guilt**

If you are in a relationship with someone with PTSD, you suffer with them and help is available.



**Afghanistan
Campaign Medal**



**Iraq
Campaign Medal**



**Global War on Terrorism
Expeditionary Medal**



**Global War on
Terrorism Medal**

Are you in the military, a Veteran,
A Survivor of a Traumatic Event,
or a Family Member of someone who is?

You are *NOT* alone!

HELP IS AVAILABLE!

BEITZ, Inc. is here for you!

- We will meet with you on a one-to-one basis
- Offer confidential peer-to-peer support group meetings, led by individuals who struggle with the same issues
- Give referrals to professionals and programs, if needed
- Referrals to Veteran Service Officers available throughout Texas, trained to explain & assist you with understanding and filing a claim for all the benefits to which you are entitled.

Check the symptoms below that you experience:

1. *I have symptoms of re-experiencing or re-living the traumatic event:*

- ___ Bad dreams or nightmares about the event or something familiar
- ___ Behaving or feeling as if the event were actually happening all over again (flashbacks)
- ___ Having a lot of emotional feelings when I am reminded of the event
- ___ Having a lot of physical sensations when I am reminded of the event (e.g., my heart races; I sweat, and find it hard to breathe; I feel like I'm going to lose control)

2. *I have symptoms of avoiding reminders of the traumatic event:*

- ___ Avoiding thoughts, conversations, or feelings that remind me about the event
- ___ Avoiding people, places, or activities that remind me of the event
- ___ Having difficulty remembering some important part of the event

3. *I have noticed that since the event happened:*

- ___ I have lost interest in, or just don't do, things that used to be important to me.
- ___ I feel detached from people; I find it hard to trust people
- ___ I feel emotionally "numb" and I find it hard to have loving feelings, even toward those who are emotionally close to me
- ___ I have a hard time falling and/or staying asleep
- ___ I am irritable and have problems with my anger
- ___ I have a hard time concentrating
- ___ I think I may not live very long, and feel there is no point in planning for the future
- ___ I am jumpy, and get startled easily
- ___ I am always "on guard"

4. *I experience these medical and/or emotional problems:*

- ___ Stomach problems
- ___ Intestinal problems
- ___ Gynecological problems/pelvic pain
- ___ Weight gain or loss
- ___ Chronic pain (e.g., back, neck, joints)
- ___ Problems falling and/or staying asleep



**Korean
Service Medal**



**Vietnam
Service Medal**



**Bosnia Herzegovina
Campaign Medal**



**U.N. Operations
In Somalia**

- Headaches
- Skin rashes or other skin problems
- Irritability, a quick temper, or other anger problems
- Nightmares
- Depression
- Lack of energy, or chronic fatigue
- Alcoholism and/or other substance abuse problems
- General anxiety
- Anxiety (panic) attacks

I get the sudden urge to commit harm to strangers in an unexpected environment

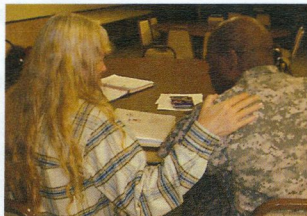
Other symptoms: _____

If you have any thoughts of harming yourself, please call either number below immediately:

**National: 1-800-273-8255. press 1
1-800-SUICIDE or 1-800-784-2433**

Community Services Information—211

*To know wisdom and instruction,
to perceive the words of understanding;
To receive the instruction of wisdom,
justice, judgment, and equity;
A wise man will hear and increase learning;
and a man of understanding will attain wise counsel.*



BRING EVERYONE IN THE ZONE
204 Priest Drive, Killeen
<http://www.bringeveryoneinthezone.org>
254-423-7632, 254-423-0399 or
254-813-5834



**World War I
Victory Medal**



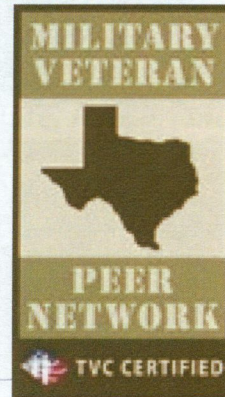
**World War II
Victory Medal**



THE MILITARY VETERAN PEER NETWORK

CONNECTING TEXAS SERVICE MEMBERS & THEIR
FAMILIES WITH LOCAL VOLUNTEER VETERAN PEERS

The Military Veteran Peer Network (MVPN) is a group of veterans and veteran family members committed to supporting active and former Texas service members by offering mentorship and guidance, as well as help accessing the services and resources available to vets.



If you are a service member or Veteran, get started by contacting your KILLEEN MVPN Peer Services Coordinators
 Peer Service Coordinator II
 254-813-5834; Beitz.mvnp2@gmail.com
 Peer Service Coordinator I
 254-423-0399; Beitz.mvnp1@gmail.com
<http://www.bringeveryoneinthezone.org>

MILVETPEER.NET



The Military Veteran Peer Network is an affiliation of Service Members, Veterans and Family Members dedicated to establish camaraderie and trust with each other, identifying and vetting community resources and, collectively, contributing to the communities where we live.

We accomplish this through commitment, training and volunteerism. We commit to have each others backs. We train in Peer Support and Mental Health Awareness so that not only can we care, we can act and advocate appropriately. We volunteer by being Peers, Peer Group Leaders and citizens making a difference.

JOIN US AND GET INVOLVED TODAY

MILVETPEER.NET

At Bring Everyone In The Zone (BEITZ) our goal is to help active duty, reserves, guard, veterans, their families, and others who suffer from the effects of Post Traumatic Stress Disorder (PTSD) Traumatic Brain Injury (TBI) or Military Sexual Assault to connect to the help and assistance available for them and the benefits they have earned.

Preparing:

We train volunteers who are former Service Members and spouses to become facilitators who are there to help our Service Members/Veterans and their families deal with the aftermath of trauma in their lives

Caring:

Military Support Program*:

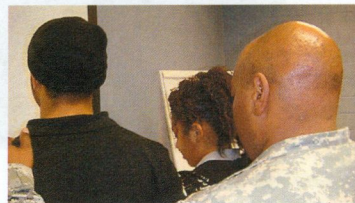
We help you get the benefits you earned and Bring Everyone In The Zone (We do not file VA claims)

Sharing:

Post Traumatic Stress Disorder (PTSD)
Peer to Peer Support Workshops.

We assist by providing professional facilitators who are trained to help you.

*I have found that:
Clear skies are ahead!
There is hope!
Life can be joyful!
You can too!*



Trust Camaraderie Hope

"If you think you can, or you think you can't, you're right"~ Henry Ford



Kosovo Campaign Medal



Kuwait Liberation of Kuwait