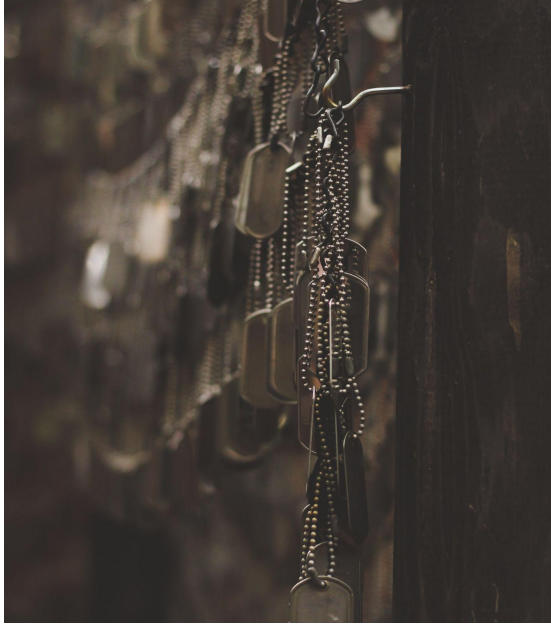


OP TOGETHER WE STAND For Veterans

Mental Health Care for veterans



Who we are

Jeremy Alcorn BSW MSW RSW. Jeremy has worked in mental health since 2004. He spent 2 years working directly with DND as a Social Work Officer at CFB Cold Lake.

Ana Schlosser MS Registered Provisional Psychologist. Ana has been practicing since 2002. She has extensive experience in working with first responders including military and RCMP.

Rod Dorn BSW MSW RSW. Rod has worked in the mental health field since 2011. He has worked with individuals experiencing some of the most intense life problems from severe mental illness and trauma including people that have been involved with the criminal justice system.

Our Vision

In our work with military and veterans, we have seen increasing numbers of people struggling with depression, anxiety, trauma related injuries, and an increasing sense of hopelessness. This has significantly deepened during the pandemic and especially after the Taliban took back Afghanistan.

Veterans have a unique lived experience. Often feeling different from others in their community and disconnected. Feeling that the common civilian would not truly be able to understand them. We wish to create a therapeutic space where veterans can feel understood and build a sense of community to support each other and create improved mental health through a shared therapeutic journey.

Individual Therapy

We offer individual support. The three of us are trained in a variety of methods for healing and working with whatever concern you are looking for help with. When you contact us for service the first step will be for us to assess your needs and build a plan with you to work on your goals.

Contact us: Phone (403) 977-1514 Email jclarkcounselling@gmail.com

378 1 St SE #2, Medicine Hat, AB T1A 0A6

The Group

OP TOGETHER WE STAND is a trauma informed cognitive behavioral therapy (CBT) group lasting 10 sessions in duration, 2 hours per session. While CBT will be the overarching intervention model, aspects of dialectical behavior therapy (DBT) will be employed along with experiential learning and attachment based therapy. This is a closed group, so participants all start and end together and the group would consist of 10-12 participants.

Fees

All CAF veterans have Medavie Blue Cross. However, not all veterans have the same coverage. Your coverage is related to the medical issues that occurred during your military service. You have a K number on your medavie blue cross coverage card. If you do not know your coverage you can call Jeremy at (403) 977-1514 and he will run your K number to see if you have coverage. In the event that you do not have coverage we can talk about your situation and, where appropriate, assist you to apply for coverage.