



Cape Counseling and Vet Center join forces to bring Readjustment Counseling for Veterans to Cape May County, forming CVAC

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CAPE MAY COURT HOUSE, N.J., June 29, 2017 (GLOBE NEWSWIRE) -- Cape May County is home to over 8,000 veterans, many of whom are in need of services upon leaving the military, including mental health counseling, case management services, and much more. The Citizens/Veterans Advisory Committee, more commonly known as CVAC, has been able to facilitate two of its key members, Cape Counseling and the Ventnor Vet Center, which is part of the U.S. Department of Veterans Affairs, in coming together to offer critical counseling and assistance to those veterans in need of mental health services.

As of February 2017, counselors from the Vet Center have been available to see clients at Cape Counseling Services' Crest Haven Road offices (128 Crest Haven Rd.). Readjustment counseling includes mental health therapy for Veterans, Active Duty Service members, and their families in the effort to make a successful transition from military to civilian life. This includes areas of focus such as PTSD, anxiety, depression, referral for substance abuse, referral for physical or cognitive issues, employment and claims referral, military sexual trauma counseling, and group counseling. Services are open to veterans of all eras, and to their spouses and family members.

Cape Counseling Services has been providing behavioral health services for over 37 years. Services include: Outpatient therapy, psychiatric evaluation, medication monitoring and counseling, psychiatric emergency services at Cape Regional Medical Center (609-465-5999), mental health IOP, Recovery Services, Adult/Child Partial Care, Adult/Child Residential Services, Intensive

Family Support Services, Homeless/HUD services, School Based Youth Services, In-home counseling services, Intensive Supervision services and the Family Success Center in Rio Grande.

To make an appointment, call the Access Center at 609-465-4100, extension 6560.

About CVAC:

CVAC is a 501(c) (3) non-profit organization whose mission is to promote awareness of veterans' needs and to identify proper resources for referrals that support those needs to change and enhance the lives of our Veterans. Its membership consists of non-profit organizations, businesses and community members striving to improve the lives of Veterans in Cape May County. Find us on the web at www.cvaccapemay.com.

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