



*There's a lot of change going on...how we touch people throughout our country that are out there in what I call this sea of goodwill, who want to help our people and their families...we have got to figure out a way to do that.*

– Admiral Michael Mullen  
United States Navy



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[www.myvalleycsb.org](http://www.myvalleycsb.org)

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Valley Community Services Board



Adult Services



Veteran Peer Support  
Services



## Services

- Networking to the Veterans Administration (VA) system for Veterans and their families.
- Advocating for Veterans and their families.
- Providing support to Veterans and their families addressing the challenges of military service, transition, deployments, PTS, behavioral health and physical concerns, traumatic brain injuries.
- Supporting VCSB involvement with state and regional legislative endeavors that support Veterans and their families.
- Connecting Veterans and their families with resources and outside organizations.



## Peer Support Specialist

- Serves as a recovery agent by providing and advocating for effective wellness and holistic recovery-oriented services with the goal of helping Veterans achieve improved health, wellness, and quality of life through a change process
- Assists Veterans in discovering and identifying their personal strengths, abilities and needs, and articulating personal recovery goals using individual meetings and telecommunications.
- Serves as a liaison between the Clinical Team and the Veteran
- Encourages Veterans to develop new and/or re-establish positive, personally meaningful relationships
- Supports Veterans' efforts to identify personally meaningful roles and activities in the communities of the Veteran's choice
- Identifies, accesses and when needed, accompanies Veterans to available community resources, supports, and services (e.g., self-help groups, legal services, food bank, housing)
- Shares recovery tools and resources with Veterans
- Supports Veterans in the development of self-advocacy skills

### VCSB Veteran Peer...

My name is Leah Hale and I am a Veteran's wife. I have been by his side for 10 years of military service. We have moved five times in that time. I have gone through TBI clinics with him, and the hardest task of transitioning out of the military. I am now here to help others with their journeys and serve other Veterans. I want to help outreach and locate resources for Veterans who were lost within the system.

#### Contact Me

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