

# VETERAN X

## Concept

The Veteran X concept is based on a fictitious veteran that has a written ongoing scenario. Veteran X struggles with an abundance of social issues that are not easily resolved in today's society where resources are limited. This Peer-Led group enhances one's hope that recovery can be achieved by setting long term goals and working through them in a team spirited concept. The group assists Veteran X in resolving and overcoming the many social issues that veterans face each day. In this setting, as they deal with their many unresolved social issues, group participants begin to find resources and tools that will assure their own pathway to recovery.



## WHO TO CONTACT

### Mental Health Association

105 Brighton Ave

Rochester, PA 15074

Phone: 724-775-4165

Fax: 724-775-8523

Email: [veteranx@mhabc.org](mailto:veteranx@mhabc.org)



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## VETERAN X

A Peer-Led Mental Health  
and Substance Use  
Recovery Program

**EVERY MONDAY**

**6PM - 8PM**

Starting March 2, 2020

Mental Health Association

105 Brighton Ave

Rochester, PA 15074

724-775-4165

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## VETERAN X PROGRAM

In **Veteran X**, the group members act as a treatment team for a fictitious **Veteran X** who has psychosocial issues that are similar to those of the group participants. Those group members assist **Veteran X** in choosing recovery oriented and realistic goals, and they research possible solutions to **Veteran X's** problems. While they are assisting **Veteran X**, they are also finding solutions to their own problems.

## HOW DOES VETERAN X WORK?

Veterans work together as a treatment team for a fictitious **Veteran X** who has an abundance of challenges similar to their own. These challenges are presented in the form of a “scenario” and may include things like mental illness, addiction, homelessness, economic hardship, family issues, etc. The **Veteran X** scenario is relevant to veterans who are currently facing a wide variety of issues. **Veteran X** is also beneficial to veterans in other programs (Military Sexual Trauma, Post Traumatic Stress Disorder, etc.). As a group, led by a qualified peer support specialist, the veterans navigate the many challenging obstacles on the path to recovery in a supportive and collaborative environment with their peers. In helping **Veteran X**, the group members help one another and ultimately themselves.

## KEY COMPONENTS OF VETERAN X

- ◆ A Peer-run program by veterans for veterans to empower veterans
- ◆ A structured format that involves group participants in the leadership of the group
- ◆ Group activities that promote development of independence by promoting effective problem-solving
- ◆ Instilment of hope through the sharing of success stories
- ◆ A sense of empowerment through the practice of helping **Veteran X** achieve his long term goals