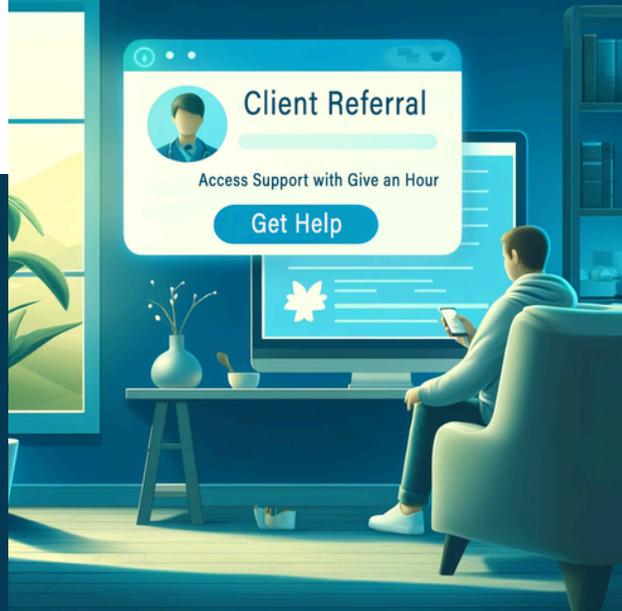


MILITARY, VETERANS, & FAMILIES REFERRAL PROCESS



Initiating the Referral

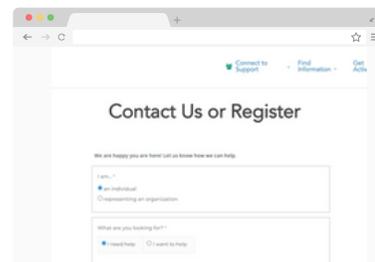
Can be submitted by Veterans, Military Families, and Active Duty: Military personnel are encouraged to use our self-service tab before requesting a hand match. This exclusive tool is designed specifically for you, giving you full control over the referral process. Your cooperation helps us manage demand and provide efficient service to everyone.

STEP 1



SELF-SERVICE

www.giveanhour.org/



- Go to www.giveanhour.org
- Connect to Support Tab --> Military & Veterans
- Clients can click "Connect to Support" to register for clinical or peer support
- Complete the Contact Us/Registration form
- Choose "I am an individual" and then "I need help"
- The first part of this form will ask for your contact information
- The second part will ask for your Military information
- Click "Submit"
- You will receive confirmation via email with a link to search our provider list on the "Finding a Provider" page.

Finding a Provider

- The "Find a Provider" Page will allow you to filter our providers based on your preferences including: meeting format, provider gender/language, etc.
- Once preferences are completed hit Search
- It will show populate a list of providers in your area
- You can hit the view button on the left-hand side to learn more about each provider!
- Once you decide on the provider, select view, and an option will pop up to "Select this provider for referral"
- You will be prompted to submit a referral which will confirm their contact information and therapy preferences .
- Once completed you will receive a confirmation screen "Thank you!"

Find a Provider

Use the filters below to find and contact a mental health care provider near you.

Name	Location	Meeting Formats	Distance (mi)
Sherrill, Morgan	Fairfax, 22030	In-Person, Video	11.5
Troyed, Janice	Landburg, 20175	In-Person, Phone, V...	14.3
Swart, Laurie	Fairfax, 22030-3475	In-Person, Video	12.4
Windy, Cheryl	Falls Church, 22046	In-Person, Video	19.9
Peterson-Garcia, Mel...	Falls Church, 22046	In-Person, Phone	20.7
Yates-James	Falls Church, 22041	Video	20.4
Vayas-Serita, Rebecca	Front Royal, 22025	In-Person, Video	37
Wickham, Kristin	Alexandria, 22307	Phone, Video	25.1
Bowman, Teresa	Manassas, 20111	Video	5.4
Coxton, Roby	Reston, 20192	Phone, Video	19.1

Teresa Bowman

Bio
Dr. Bowman is a licensed professional counselor. Dr. Bowman is licensed by the boards of Virginia, DC & Maryland. Dr. Bowman Specializes in trauma , teen issues , DBT ,CBT, EMDR, BIPOC and LGBTQ.

Gender: Female
Ethnicity: Caucasian
Languages: English, Spanish
Open to Offering Supervision: Yes
Provider has license under supervision

Select this provider for referral

If the self-service tab is unsuccessful or a match cannot be made, you can reach out to Client Experience Manager, Ashley Keaton, at referrals@giveanhour.org for assistance. Hand-matching is available to Active Duty, Veterans, and Military Families.

STEP 2

MILITARY, VETERANS, & FAMILIES REFERRAL PROCESS

Hand-Match Referral



Ashley will facilitate a seamless transition and ensure all necessary information is relayed accurately.

ASSESSMENT & FOLLOW-UP

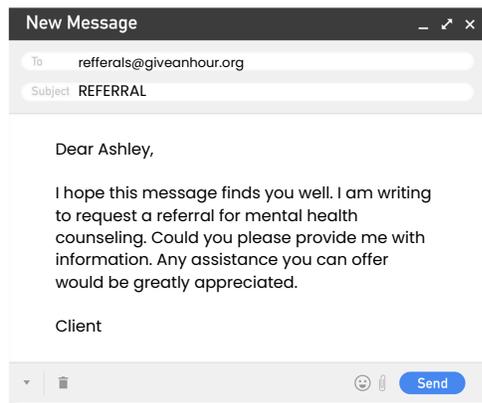
Once the referral is submitted, the client will receive direct follow-up from Ashley to assess the client's therapeutic needs. This ensures the client gets connected to a provider that suits their needs best.

🕒 **Average time 48 hours**

WARM HAND-OFF

After identifying the best provider, Ashley will initiate a warm handoff by submitting a referral to the provider, including the client's basic contact information. Ashley will also share the provider's information with the client, encouraging them to reach out to schedule their intake appointment.

🕒 **Average time 5-7 business days**



On-Going Support & Follow-up

Clients will receive information about Military Peer Support or Military Families Peer Support Registration and immediate support options while Ashley is sourcing a provider. Once the client and provider are connected, Ashley will continue to check in with the client to ensure the client-provider match is successful.

🕒 **Check in after 2-3 weeks and then clients can reach back after that.**



Military Peer Support Group
Get no-cost support from those who understand.

Why Join
Peer-led support groups offer a space for you to connect, share experiences, and receive guidance in a safe environment.

Who

- Active duty, retired, or reserves military personnel AND their families.

What to Expect

- A trained peer supporter with lived experience will lead the group.
- Tips and resources
- Connection with others who understand.
- Safe non-judgmental space.

Meet the Facilitators

REGISTER HERE!

PEER SUPPORT IS:

- OPEN TO ALL
- JUDGEMENT FREE
- COMMUNITY BUILDING
- LONG-TERM SUPPORT
- OTHERS LIKE YOU WHO JUST GET IT
- ACCESSIBLE/ VIRTUAL

"It's Great Connecting with Other Folks Who Just GET IT"
Peer Support Attendee

www.giveanhour.org/military | For any questions, please email: peersupport@giveanhour.org

Registering For Peer Support

After registering for the peer support group, clients will receive follow-up communication from our Peer Support Team. This interaction is designed to help them assess whether they would benefit from the group and to clarify expectations.

Additionally, clients will receive ongoing support and reminders from our dedicated team of Peer Support Facilitators.

✉️ peersupport@giveanhour.org

SIGN-UP

Clients have access to BOTH a clinician and Peer Support!

