



## OVERVIEW

Beck Center for Veterans at Arkansas State University provides veterans a program of rehabilitation, social re-integration and education in a university environment. The center helps to prepare veterans and military-affiliated individuals for post-service careers. Through the center, resources and support are available for the veteran and their family, including support groups on issues such as anger management, depression/anxiety, PTSD, TBI, as well as support groups for marriage and combat veterans. Veterans receive services at no cost to the veteran and/or family member. Examples of services include resources to access the higher education experience, mental health counseling, physical rehabilitation, advocacy, benefits/financial assistance, career/vocational development, and other services to support achievement of post-military service goals. Designated services to supplement, not duplicate, veteran's government benefits and to fill service gaps.

### IMPORTANT FACTS-Beck Center for Veterans

- This is the only known comprehensive wounded veteran program of its kind operating on a university campus throughout the US.
- There are almost 200,000 veterans in the state of Arkansas, representing approximately 9% of the state's population.
- Since 2007, more than 2,000 veterans and dependents have received highly individualized rehabilitative services assisting them throughout the reintegration process. The Center's primary purpose to reduce suicide among vulnerable populations. Many of the participants are involved in specialized therapies including individual and group mental health services.
- Research studies validated the effectiveness of The Beck Center model through a grant from the U.S. Department of Defense.
- Since the program's inception in 2007, the center is approaching 1,000 Beck Center participants who have graduated with a baccalaureate, associate, or technical degrees from institutes of higher learning. Currently, over 300 Beck Center for Veterans participants are pursuing an associate, baccalaureate, or master's degree.

## PROGRAMS

### Beck Center Programs and Group Meetings (repeated annually or as needed)

- PTSD group – 6 weeks
- Transition group - Combat Veterans Post Deployment – 12 weeks
- Improving Communication Skills– 6 weeks
- Marriage Enhancement – 6 weeks
- Anger Management – 6 weeks
- Understanding Your Finances –1-4 sessions.
- Learning E-benefits – 3 hour sessions in computer lab
- Improving Treatment Outcome with Veterans - . 3-hour workshop
- What is TBI (Traumatic Brain Injury)? – 3 – 6-hour workshop
- Safety Concerns When Working with Veterans. – 3-hour workshop
- Understanding Diabetes

- ASIST-Applied Suicide Intervention Skills Training (for suicide prevention)
- Combat Support Group
- How to End Procrastination
- Sexual Trauma Group for Women Veterans
- Service Dog Training

#### **New Programs Developed Fall 2021/2022 Document**

- Coping with Covid
- Green Zone/ Military Culture
- Coping with Anxiety/How to Improve Your Relationship with Anxiety
- Living with Chronic Pain
- Working with the Veteran who is Homeless
- Suicide Prevention Skills

### **AWARDS & RECOGNITION**

- Newman's Own/Fisher House Award- one of top 10 U.S. non-profit organizations providing innovative service to American military families.
- U.S. Colleges and Universities: Ranked in 2010, 2011, 2012, 2013, 2014, 2015,2016,2017,2018,2019,2020, and 2021 Military Times "Best for Vets at U.S. Colleges" (*Only AR school on the top 100 list*). Listed in GI Jobs Magazine as one of the "Top 100 Military Friendly Education Institutions" for years 2009-2021.
- In 2022 AState received a "Gold" rating. In2021, Arkansas State University received the "Silver" rating as a Military Friendly® School for the 2021-2022 school year, this is the 12<sup>th</sup> year in a row that Arkansas State University earned a "Bronze" or higher award.
- Recipient of \$100,000 American Council on Education (ACE) award funded by Wal-Mart and \$65,000 grant from the DAV.
- National media coverage such as: Disabled American Veterans, Veterans of Foreign Wars, US Department of Defense American Forces Press Service and US American Forces Radio, Salute to Freedom, "Veterans on Campus" Paperclip Communications.

### **SUPPORT THE BECK CENTER FOR VETERANS**

Your generous, tax deductible donation enables us to help more than seventy combat-injured service members returning home from the current conflicts, to provide assistance to their families and help fill in service gaps where they exist. As the number of wounded steadily increases, so do the needs of these brave individuals.

[GIVE NOW](https://www.astate.edu/a/advancement/give-now/#Beck%20Center%20for%20Veterans)

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