

Peer Facilitators

Our group facilitators are veterans, just like you. We are not employees of the VA. We do receive some supervision and assistance from VA staff to help us be as helpful to the group members as possible. To be a peer facilitator, all you need is the interest, drive and motivation, a commitment to sobriety, and some experience navigating the mental health system. If you are interested in becoming a peer facilitator, talk with the facilitator of any meeting you attend.

Interested in Vet to Vet?

Contact one of our Peer Facilitators



Group locations:

Roudebush VAMC, 1481 West 10th Street, Indianapolis, IN 46202, room C-1206. Monday mornings, 10:30 – noon (this group is only for veterans enrolled in the Psychiatry Ambulatory Clinic, who have been specifically referred to attend).

Wabash Avenue Presbyterian Church, 307 South Washington Street, Crawfordsville, Indiana, Wednesday mornings, 10:00 – 11:00 am

VVA offices at Fort Harrison, 5940 Lee Road, Indianapolis, Indiana, Thursday evenings, 6:00 pm – 7:00 pm.

Gladly Teach. Gladly Learn.



Vet to Vet



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We are Vet-to-Vet. We are Veterans committed to helping ourselves and other veterans achieve recovery from the psychiatric and adjustment problems we, as Veterans, face. Through these problems, we can feel disconnected from ourselves and from other people. We can regain a connection with people. We can gain back some of what we lost. This is a process, but if we work at it, we can have a whole new outlook on life, and re-invent ourselves anew.

Our History:

Vet-to-Vet was started in Cambridge, Massachusetts, by Vinfen, a private, nonprofit human services organization. It has since spread across the United States, and has received the attention and the support of the VA Medical Centers, recognized for the integral role of peer support in mental health recovery.

Our Purpose and Mission:

Vet-to-Vet is endorsed by the VA, but is not part of the VA. Our groups do not exist to discuss or attain a disability rating. We are here

to learn about ourselves, our problems, and how we affect the other people in our lives. We are here to help each other deal with problems adjusting to life after having been in combat or other military trauma. We are here to help each other deal with problems such as anger, isolation and seclusion, anxiety and depression, and the need to use drugs or alcohol to escape from these problems. We are here to help each other re-learn how to function in society, and how to unlearn the things the military taught us that prevent us from doing that. We are here for fellowship and our mutual benefit.

We believe that:

- Education is the first step towards recovery.
- Services for people with psychiatric conditions should be driven by them
- Services for veterans should be driven by them
- We have the ability and the right to feel better, and to

have more full, fulfilling and meaningful lives. But, in order to do these, we must learn about change and the processes to make that happen.

There are four rules to these meetings:

1. The rule of safety: We promise to do no harm to ourselves or others.
2. The rule of anonymity: What is said here, stays here (unless we hear of someone in danger of violating rule #1, in which case we owe it to that fellow veteran to help keep him or her safe).
3. The rule of honesty. Say what you mean. Mean what you say. We are not here to try to impress each other with our military or combat experiences. We are all in this together.
4. The rule of respect: Please arrive on time. Please do not engage in side-conversations during the group.