

Everyday has been an adventure since her husband returned from Iraq. The nightmares of being in battle haunt his sleep and the toll of the ordeal was having an effect on his family. When the nightmares transitioned to daytime, things seemed to be at their worse. The visions of war were reoccurring more frequently and in the most inopportune places, at work, in the car, at the grocery store... He needed help. He was fearful of leaving their house, unable to function at work, and even afraid to be alone with their children. His wife worked extra shifts to help cover their expenses, but it wasn't enough. And leaving their young children at home worried her. Posttraumatic stress disorder (PTSD) is a devastating diagnosis that is a result from severe psychological trauma, in which many of our returning soldiers from Iraq are suffering from, thus affecting their family and home life.

At Trinity Outreach Center (TOC), we have been helping Louise* and her family get back on the path to healthy living. When her husband was unable to work, TOC helped with groceries. And when we learned of the troubles he was having with PTSD, we helped them connect with resources available to veterans. We introduced them to Sgt. Deleon of the Family Support Office at the Military Reserve Center. Slowly things began to come together. They were able to get help with their rent and utilities and most importantly, he was able to get the professional help he needed to cope with the trauma he endured while serving his country. Even here has nightmares. We will continue to be there to support this young family as they journey toward wholeness.

*Name has been changed for privacy purposes

