

# PROGRAM SPOTLIGHT

## Cohen Veterans Network in Partnership with Centerstone: The Steven A. Cohen Military Family Clinic

### Introduction

This Military and Veteran Families and Children Program Spotlight provides a focus on the Steven A. Cohen Military Family Clinic at Centerstone located in Clarksville, Tennessee. Centerstone's Military Services exist to break down barriers to care often experienced by the nation's service members and their families. The clinic is committed to providing mental health services for active-duty service members, members of the National Guard or Reserves, veterans, and military family members regardless of the era in which they served or discharged status. In addition to a description of services, a resource guide is available with additional information about Centerstone and its partners, such as Cohen Veterans Network and the NCTSN, to help inform program staff about key facets of a military-informed, trauma-informed clinical program addressing a wide-variety of mental health concerns and include several intervention and treatment modalities.

### Centerstone

Centerstone is a nonprofit health system specializing in mental health and substance use disorder treatments for people of all ages. It is a leader in delivering science-based, research-proven mental health care for individuals, couples, children, and families. Services are available in Florida, Illinois, Indiana, North Carolina, and Tennessee through the operation of outpatient clinics, residential programs, school-based services, telehealth, and an inpatient hospital. Centerstone also offers specialized programs available nationwide for the military community, as well as services for children, including therapeutic foster care. Centerstone's Institute provides guidance through research and technology, leveraging the best evidence-based practices for use across our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.

### Cohen Veterans Network

Cohen Veterans Network (CVN) is a national non-profit organization made up of a system of outpatient mental health clinics dedicated to improving the mental health and well-being of veterans, active-duty service members, and their families. Founded by philanthropist Steven A. Cohen in 2016, CVN was created to help solve the mental health and suicide crisis among veterans. Since then, CVN has made significant strides in providing accessible and high-quality mental health care.

A key component of CVN's strategy to reach the most people possible is its partnership model with local clinic operators. By collaborating with existing community mental health organizations, CVN can expand its reach and provide care to a wider range of veterans and their families in high-need areas across the country. These partnerships allow CVN to leverage the expertise of local providers, reduce wait times, and increase access to care in underserved areas, while enabling our clients to ultimately lead fulfilling, productive lives.

## Steven A. Cohen Military Family Clinic at Centerstone

Established in 2018, The Steven A. Cohen Military Family Clinic at Centerstone specializes in targeted, evidenced-based care for post-9/11 veterans, active-duty military, Reservists, those serving in the National Guard and their family members in the Clarksville, Tennessee community just miles outside of the U.S. Army Garrison-Fort Campbell. This Clarksville Clinic is one of four specialty clinics within the Centerstone and Cohen Veterans Network partnership. In 2020, Centerstone acquired two additional clinics; a clinic in Fayetteville, North Carolina and a clinic in Jacksonville, Florida. In 2025, a clinic in Hinesville, Georgia will be led by Centerstone.

At the Steven A. Cohen Military Family Clinic at Centerstone, a deep-rooted understanding of military culture is an essential component of the care delivered. The team consists of veterans, active-duty spouses, veteran family members, professionals that have provided care to military personnel in previous positions and individuals that have a special interest in working with the military. Team members are trained in military culture to guarantee a strong understanding of the population and needs therein including frequent and long deployments, interstate relocations, sole parenting households, the physical and emotional impacts of combat and its effects on the family and developing child.

The multi-disciplinary clinical team provides therapeutic care to the entire military and veteran family. Individual therapy, couples therapy, and family therapy are offered in the outpatient treatment setting.

Modalities for treatment include:

Individual Adult Therapy	Couples' Therapy	Child (0-17) Therapy
Cognitive Behavioral Therapy (CBT)	Emotion Focused Therapy	Cognitive Behavioral Therapy for Children and Adolescents Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
Prolonged Exposure (PE)	Gottman Method	Child Parent Psychotherapy (CPP)
Cognitive Processing Therapy (CPT)		Modular Approach to Child Therapy: Anxiety, Depression, Trauma or Conduct Problems (MATCH-ADTC)
		Parent Child Interaction Therapy (PCIT)

Data driven continuous program quality improvement is the expectation with the care delivered.

## Trauma-Focused Treatment and Interventions for Military Children

Enhancement of high-quality treatment for military children became a heightened focus at the clinic by 2020. Providing enhanced treatment for military children benefits both the family and the service members in preparation for service to the country. This is done through improving social emotional and family functioning, reducing risk factors, increasing protective factors, and enhancing community capacity. The Steven A. Cohen Military Family Clinic at Centerstone's Child Trauma Treatment and Training grant started in October 2021. The purpose was to increase capacity to deliver trauma-focused treatment as well as increasing access for military children. Additionally, team members regularly train child-serving community members, engage in the development of awareness campaigns, and write informational articles for the community. Expanding partnerships across the community is a unique and vital component in improving the health status of military children and families.

### ADDITIONALLY

The Steven A. Cohen Military Family Clinic is one of several clinics operated by Centerstone, which receives funding from the Cohen Veterans Network (CVN). While there are multiple Centerstone organizations and military family clinics nationwide, this spotlight highlights the unique work happening at Centerstone through its partnership with CVN.

## Prevention Services for Military-Connected Families

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Prevention is an important aspect of care at the Steven A. Cohen Military Family Clinic at Centerstone. The approach to prevention is through the offering of free-of-charge workshops, classes, training and groups. Quarterly, the Nurturing Parenting course is offered to families and the community. This is delivered in an online format to promote attendance across the region and to improve accessibility. Along with that course, the clinic offers a variety of ways for military children and families to engage in connection at the clinic. Each quarter, the clinic hosts a social-emotional group for children aged 3-6. Four times a year a class specifically designed for couples is held. Several times a year a perinatal support group is led by two licensed clinicians. The parent-child relationship is a specific focus area, an educational group for families with teenagers within the military community is held to help parents and teens understand each other from an emotionally focused perspective and to strengthen and repair ruptures that can occur during those years.

## Reducing Barriers to Care

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The Steven A. Cohen Military Family Clinic at Centerstone is committed to access to care for military families regardless of discharge status, financial needs, childcare needs, cultural background or linguistic needs. If a veteran served for one day or for twenty years, there will be no barrier to care for that individual or their family members. All discharge statuses are accepted. The evidence-based nature of delivered care ensures commitment to weekly sessions for clients. Clinicians are trained in and equipped to pivot therapeutic sessions to tele-video swiftly if needed. This reduces any transportation barriers families may encounter. Rideshare options are in place to transport clients to and from sessions. Additionally, the clinic addresses language barriers through a translation service to accommodate language needs of service members and their family members. Furthermore, any barriers related to childcare needs are addressed so clients may engage in care. In 2023, a collaborative partnership with the Armed Services YMCA (ASYMCA) on Fort Campbell was enhanced to develop a Child Watch option at the clinic. Child Watch is a free service for families who would otherwise not have access to care due to childcare issues. At Child Watch, a professional from ASYMCA provides services while parents or siblings attend treatment sessions. The service is offered onsite in the community room space at the clinic. This reduces any childcare barriers allowing military families to receive the support they need.

## Partnerships

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### *DoD Child and Youth Services*

The outreach and engagement specialist at the Steven A. Cohen Military Family Clinic at Centerstone works to develop strong collaborations with child-serving organizations through the community. One such collaboration is with Fort Campbell's Child and Youth Services (CYS) division. This organization provides childcare both in centers and in schools on the installation. Clinical team members have trained over a hundred CYS staff in understanding the unique needs of military children that have experienced adversity and trauma. Through this partnership, childcare professionals have strengthened support strategies and intervention techniques. They have been guided to provide consistent and safe interactions and to recognize the behaviors that may have resulted from the impact of adversity on the developing child. CYS leadership reports positive impacts in their programs as a result of this partnership.

### *Clarksville Montgomery County School System*

Another partnership the Steven A. Cohen Military Family Clinic at Centerstone developed is with Clarksville Montgomery County School System. Trainings are conducted by the clinical team to provide professional and personal growth opportunities for the classified employees, including educational assistants, permanent substitutes, media assistants, and others. The educational professionals gain skills to support the social and emotional well-being of students and colleagues, learn to navigate the complexities of social-emotional challenges with empathy, and renew their commitment to creating supportive environments for everyone in the school system. Classified employees, who often serve as the first point of contact for students, are supported to develop meaningful connections and address challenges with confidence.

These are only two examples of the many community partnerships that exist at the Steven A. Cohen Military Family Clinic at Centerstone.

## The NCTSN Military and Veteran Families Program

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The mission of the NCTSN is to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. The NCTSN is a unique network of frontline providers, family members, researchers, and national partners committed to changing the course of children's lives by improving their care and moving scientific gains quickly into practice across the U.S. The NCTSN has expanded open access to virtual trainings and resources in child and family trauma-specific evidence-based, assessment, interventions, and promising practices. It has collaborated to significantly improve child-serving systems to better address the impact of trauma on child development and family systems, improve trauma screening and assessment procedures, and coordinated trauma-focused individual and family treatments that work to prevent secondary adversities and related mental health co-morbidities (i.e., suicidal ideation, substance use). The NCTSN Military and Veteran Families and Children Program was established to develop and adapt the foundational knowledge of the NCTSN to support the needs of military and veteran children and families. For example, military families can be significantly negatively impacted by a service member parent's combat-related mental health problems and physical injuries, as well as by the stress of wartime deployment. The NCTSN Military and Veteran and Children Families Program provides trauma-informed resources for communities and military installations to address the psychological effects of child sexual and physical abuse, neglect, grief and loss, and harmful aggressive and problematic sexual behaviors.

## Resources

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### From Centerstone and Steven A. Cohen Military Family Clinic at Centerstone

- Facebook: [@CohenCenterstoneTN](#)
- Twitter: [@CohenClinicTN](#)
- LinkedIn: <https://www.linkedin.com/company/steven-a-cohen-military-family-clinic-at-centerstone/>
- Instagram: [cohencliniccenterstonetn](#)
- TikTok: [cohencenterstone](#)
- <https://centerstone.org/cohen-military-family-clinic/clarksville/>
- <https://centerstone.org/cohen-military-family-clinic/fayetteville/>
- <https://centerstone.org/cohen-military-family-clinic/jacksonville/>
- [www.coheninthecommunity.com](http://www.coheninthecommunity.com)

### From Cohen Veterans Network

- CVN's Find Your Care
- CVN's Mental Health Training Opportunities
- Free Self-Paced Course: Tools for Stress and Worry
- Measurement Based Care Toolkit
- Free Clinical Training: Caring for Our Diverse Military Population
- CVN Institute for Quality – Research Publications, Projects, & Opportunities
- CVN Information Guide for Prospective Partnerships

### From the NCTSN

- An Overview of the Military Family Experience and Culture
- Child Abuse and Neglect in Military Families: Community and Military Partnerships
- Child Maltreatment and Domestic Violence in Military and Civilian Populations
- Child Maltreatment in Military Families: Interview with Deborah Gibbs, PhD
- Child Maltreatment in Military Families: A Fact Sheet for Providers
- Evidence-Based Treatments: Elements or Adaptations for Military Family-Informed Care
- Family Advocacy and New Parent Support: Responding to Child Abuse or Neglect and Domestic Abuse in the Military
- Family Violence, Military Sexual Trauma, and Child Maltreatment
- Meeting the Intervention Needs of Military Children with Steve Cozza, MD
- Prevention Services and Treatments for Military and Veteran Families
- Understanding Youth Substance Use: For Military Parents and Caregivers
- Understanding Child Suicide: For Military Parents
- Understanding Child Trauma and Resilience for Military Parents and Caregivers
- For Military Parents and Caregivers: Supporting Your Children Throughout Deployment

## For More Information

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