



## Provider Resources

*For your convenience in finding behavioral health resources, Missouri Department of Mental Health (DMH) has compiled this list. These links will take you out of the DMH website. DMH neither endorse nor take responsibility for the content of other organization's websites.*

### **Military Sexual Trauma (MST)**

What is MST? A term used by the military community to refer to sexual assault or repeated, threatening sexual harassment that occurs while in the military.

Resources:

The *Center for Deployment Psychology* explains the prevalence of military sexual assault, consequences, publications and links <http://deploymentpsych.org/disorders/sexual-assault-main>

*Sexual Trauma: Information for Women's Medical Providers* has basic information for medical providers working with women with a history of sexual trauma including suggestions on preventing patient distress during exams. From the National Center for PTSD <http://www.ptsd.va.gov/professional/pages/ptsd-womens-providers.asp>

*Trauma Exposure Measures*. Find questionnaires to help you screen for trauma, including sexual trauma. These instruments assess the types and/or degree of severity of trauma exposure. From the National Center for PTSD <http://www.ptsd.va.gov/professional/pages/assessments/list-trauma-exposure-measures.asp>

The VA's *Community Provider Toolkit* features key tools to support the mental health services you provide to Veterans. You can find information on connecting with VA, understanding military culture and experience, as well as tools for working with a variety of mental health conditions. <http://www.mentalhealth.va.gov/communityproviders/>