

## NEWS RELEASE

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### **University of Saint Mary Offers Free Workshop on Coping with Combat Stress**

*9:30-3 p.m. Saturday, April 28, Berchmans Lecture Hall*

(Leavenworth, Kan.)—The University of Saint Mary, in an effort to better serve our military community, is hosting “The Long Journey Home,” a free workshop on coping with combat stress from 9:30 a.m. to 3 p.m. Saturday, April 28, in Berchmans Hall on USM’s Leavenworth campus, at 4100 South 4<sup>th</sup> Street.

The event’s presenter is Donnie Latuch, M.A., a 14-year military veteran of both the U.S. Marine Corps and the U.S. Army. Donnie was deployed to Baghdad in 2003. He earned his Bachelor of Science in Applied Psychology and Master of Arts in Counseling Psychology from the University of Saint Mary.

The workshop is sponsored by USM’s department of behavioral science, the university’s veterans services office, and Saint Mary campus counseling.

The day’s session is designed to benefit veterans of combat—including active duty and retirees, family members of military personnel, as well as anyone interested in learning more about combat stress.

Attendees at this workshop will hear about common symptoms of combat stress and their impact on both individuals and families, explore the causes of combat stress, discuss strategies to cope with symptoms, and learn about local treatment programs.

Call 913-680-8889 or send email to [albert\\_latuch@yahoo.com](mailto:albert_latuch@yahoo.com) to reserve a seat at the combat stress workshop.

This workshop is not intended to serve as mental health therapy and is for educational purposes only. If you believe you need immediate mental health services, please contact a provider in your area.

The University of Saint Mary is a VA Yellow Ribbon Program participant, and has been designated as a Servicemembers Opportunity College (SOC). USM has been named a “Military Friendly School” by G.I. Jobs magazine for both 2011 and 2012.

Contact Carlton Philpot with USM’s veterans services office at (913) 682-5151, ext. 6424, or visit [www.stmary.edu/veterans](http://www.stmary.edu/veterans) for more information about the new post-9/11 GI Bill and other educational benefits available for veterans, active-duty, and their dependents.

*The University of Saint Mary is a Catholic co-educational applied liberal arts university founded and sponsored by the Sisters of Charity of Leavenworth. The University of Saint Mary is located at 4100 South 4th Street, Leavenworth, Kan., with additional locations in Overland Park and Kansas City, Kan. Visit [www.stmary.edu](http://www.stmary.edu) for more information.*