

# MARTINSBURG VA MEDICAL CENTER

## Mental Health Residential Rehabilitation Treatment Program (MHR RTP)

# Fact Sheet

The Mental Health Residential Rehabilitation Treatment Program (MHR RTP) provides state-of-the-art, high-quality residential rehabilitation and treatment services for Veterans with multiple and severe medical conditions, mental illness, addiction, or psychosocial deficits. It is designed with various treatment programs established to identify and address goals of rehabilitation, recovery, symptom reduction and stabilization, improved quality of life and community integration, in addition to specific treatment of medical conditions, mental illnesses, addictive disorders and homelessness. The residential component emphasizes incorporation of clinical treatment gains which incorporate Evidence Based Treatment modalities that result in opportunities that result in a stabilized community integration and personal responsibility. It provides comprehensive mental, physical, and emotional health programs for Veterans while receiving appropriate mental health treatment in a residential setting.

The MHR RTP, is a single system of residential care that encompasses various programs. These programs include the Post Traumatic Stress Disorder (PTSD) Program, the General Domiciliary (Gen Dom), the Center for Addictions Treatment Program (CAT5), The Domiciliary Care Program for Homeless Veterans (DCHV, known as the GOALS) Program). The MHR RTP also provides services to our female Veterans and this Dom program is our **She Served, She Deserves Unit**. Additionally, the MHR RTP includes the Vocational Rehabilitative Services Program (VRS). This program, includes the Compensated Work Therapy Program/Transitional Residence (CWT/TR)), provides an 8-beds program designed to assist eligible Veterans back into independent living. The CWT/TR provides rehabilitative services during this time of transition back into consistent housing and employment.

The MHR RTP goes on to provide services that help to avoid unnecessary criminalization of mental illness and extended incarceration among Veterans. This is the Veterans Justice Outreach (VJO) Program. The VJO works with eligible justice-involved Veterans through individual assessment and case management. This service allows an opportunity for these Veterans in local jails and the court system to access Veteran's services.

As previously mentioned, the MHR RTP offers Evidence-Based Treatment (EBT) which is based in the Recovery Model. Residents of the MHR RTP treatment programs offer inpatient (at a residential level) and outpatient/outreach service. Programming and length of stay is determined according the individual needs of each Veteran. The MHR RTP residents are expected to attend a *minimum of 4-* hours of programming each day. Services are further described as follows:

The **Center for Addiction Treatment Program (CAT5)** provides services for substance use disorders. This program is developed to provide a comprehensive continuum of mental health care so that each eligible Veteran. This program allows an opportunity for this Veteran to focus on addiction triggers associated with day-to-day living.



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The program utilizes Evidence Based Treatments such as Social Skills, Transcending Self-Therapy (CBT), psycho-educational lectures, group/individual therapy, and Peer Specialists Support services. There is also a supportive recreational therapy component offered to MHR RTP residents. The goal is assisting residents to safely return to a drug-free, stable living environment. The CAT5 Program also provides outpatient substance abuse treatment to Veterans through locally at the HOPE Center (outpatient mental health clinic). This program is the Outpatient Intensive Substance Use Disorder (OISUDS) Program. The Community Based Outpatient Clinics (CBOCs), also provides addictions services which enables our Veterans to receive treatment in the areas where they live.

The **Domiciliary Care for Homeless Veterans Program (DCHV)** is a program with a mission to provide a supportive, therapeutic residential experience for homeless Veterans. This program is locally known as the GOALS (Gaining Occupational and Life Skills) Program and is designed primarily as a back-to-work program to assist homeless Veterans in obtaining stable income and transition back into independent living. In addition to vocational services, the GOALS Program also helps Veterans by addressing problems of addiction, remedial medical and psychiatric problems, and other social and developmental problems that have been a barrier to a productive, stable-life structure. In addition to residential rehabilitation, the GOALS Program provides a variety of outreach services to homeless Veterans including:

- HUD VA Supported Housing (HUD-VASH) and Transition-in-Place (TIP)
- Grant & Per Diem Services (GPD)
- Appalachian Outreach
- Peer Housing Location Assistance Group (PHLAG)
- Health Care for Homeless Veterans (HCHV)

The Veterans Justice Outreach (VJO) is a component of the DCHV which provides services that supports eligible Veterans to avoid unnecessary criminalization of mental illness and extended incarceration among Veterans. The VJO works with eligible justice-involved Veterans through individual assessment and case management. This service allows an opportunity for these Veterans in local jails and the court system to access Veteran's services.

The **General Domiciliary (Gen Dom)** program offers residential rehabilitation treatment to Veterans who suffer from serious mental illnesses as well as chronic medical problems. This program provides assessment and quality medical care in a supportive environment to Veterans who require minimal support in their daily living activities.

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This program provides social-skills training and works toward assisting Veterans transition into independent living. Various community and VA resources are incorporated into the Veterans' treatment plans.

The **Post-Traumatic Stress Disorder (PTSD) Program** is a program that consists of the PTSD Dom Program, PTSD Clinical Team (PCT) Outpatient Program, and Returning Veterans Outreach, Education and Care. The PTSD Program is the largest of its kind in the VA. It targets combat-related PTSD and is known for its treatment of the more chronic, severe cases. The PTSD Program also offers a non-combat related track as a component of the residential program. This program works with Veterans to promote the positive emotional growth of the Veterans with PTSD diagnoses. This program provides treatment for conditions of anger, anxiety, guilt, and depression. The following treatments are available; pharmacological; psycho-educations; psychotherapeutic process; physical exercise; recreation and socialization. The Veteran will work to heal biopsychological liabilities associated with their trauma exposure.

The outpatient component of this program is the PTSD Clinical Team (PCT) Program. It offers outpatient services for Veterans with combat-related PTSD, the broader spectrum of military-related PTSD. We have increased our rate of EBT offered within the PCT Program and we reach many Veterans.

The **Vocational Rehabilitation Program (VRS)** is a vocational rehabilitation program that offers job development, job search and resume writing skills with the goal of transitioning work-ready Veterans into competitive employment. This program is comprised of the Transitional Work Experience (CWT/TWE), CWT Supported Employment (CWT/SE), Community Based Employment (CWT/CBE), and the CWT/Transitional Residence (CWT/TR). The CWT/TR, locally known as the Baker House, is the 8-bed residential program available for eligible Veterans.

The **Dom Medical Clinic** is a part of the MHR RTP. This clinic is staffed with internal medicine and psychiatrist practitioner, nurses, and a pharmacist. This clinic provides primary medical care for the MHR RTP residents.

**Chaplains** are also available to provide spiritual care to our residents.

Currently the MHR RTP is under-going various renovations to our program areas. This project has been resulting in exiting state of the art enhancements to our treatment program environment of



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care. This MHR RTP is also in the process of right-sizing our MHR RTP beds. We are presently in the process of moving towards an authorization of 235 Dom beds within the near future.

***Veterans and referral sources interested in MHR RTP services at the Martinsburg VA Medical Center, please call 304-263-0811 or 1-800-817-3807, ext. 4553 or ext. 3835.***



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