

As one of four academic medical centers chosen by the Wounded Warriors Project® to form the Warrior Care Network™, Road Home Program has assembled a team of nationally recognized experts trained in military culture and skilled in the evaluation and treatment of PTSD, MST, TBI and other conditions affecting veterans.

The Intensive Outpatient Program is a full-spectrum treatment program that connects veterans to individual and group therapy and a daily regimen of physical fitness, stress-reduction training and wellness practices:

- individual evaluation
- individual treatment plan
- individual therapy
- group therapy
- resiliency training
- physical fitness
- nutrition and health
- family support and relationship education
- wellness practices including yoga and art



About Warrior Care Network

Warrior Care Network™ is a groundbreaking collaboration between Wounded Warrior Project® and its academic medical center partners: Emory Healthcare, Massachusetts General Hospital, Rush University Medical Center and UCLA Health to create a nationwide, comprehensive care network that will enhance access and provide clinical and family-centered treatment to warriors living with post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST) and other related conditions.



About The Road Home Program

The Road Home Program: the Center for Veterans and Their Families at Rush offers evidence-based care for PTSD, TBI and MST, child and family counseling, service and resource navigation, peer-to-peer outreach, public awareness programming and training for primary care physicians and others.

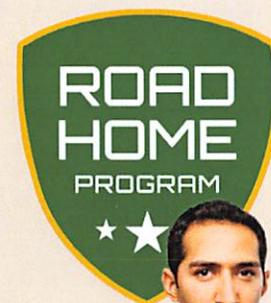
Rush is a non-profit health care, educational and research enterprise consisting of Rush University Medical Center, Rush University, Rush Oak Park Hospital and Rush Health.

Intensive Outpatient Program



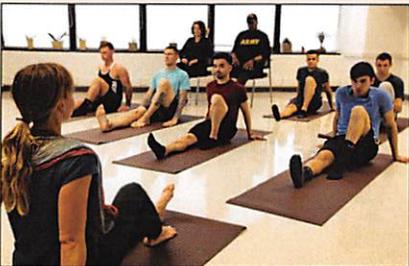
An innovative three-week program for veterans impacted by the invisible wounds of war.

The Road Home Program:
The Center for Veterans and Their Families
Rush University Medical Center, Chicago, IL
www.roadhomeprogram.org
(312) 942-VETS (8387)



Major goals of the IOP include:

- **Reducing the symptoms of post-traumatic stress disorder (PTSD)** – primarily through group and individual psychotherapy.
- **Promoting general health and wellness** – through a daily regimen of physical fitness, stress reduction training, and wellness practices.



Who is eligible?

This Intensive Outpatient Program is open to all veterans of any era who are struggling with the invisible wounds of PTSD, MST, TBI, and other conditions affecting veterans. Services are offered regardless of their ability to pay.

How much does it cost?

Food, lodging and travel expenses for veterans and one family member or significant other will be provided. In some circumstances, our program may be able to help cover other expenses incurred during the three-week stay.

How is the program structured?

The length of the program is 3 weeks. Veterans will attend a daily intensive treatment program five days per week, Monday through Friday from 7am to 6:30pm. There will also be an opportunity for weekend activities such as sporting events, group dinners and networking with local veterans' groups.

How are applicants selected?

The IOP accepts referrals from a wide variety of sources including the Wounded Warrior Project, VA clinicians, and community mental health professionals.

Veterans are also welcome to self-refer but must show they need help with PTSD, MST, TBI, and other conditions affecting veterans.

Who will be accepted?

Prior to admission to the IOP, the veteran will be screened by one of our staff within one week of their initial contact with our program.

During our screening process, an intake clinician will work with the veteran to determine if the IOP is a good fit for his or her current treatment preferences and needs. A diagnosis of PTSD and clinical appropriateness will need to be confirmed through the intake process before the veteran can become eligible.

Is family included?

Family members are an important part of the healing process. Our program will pick up the travel, food and lodging expenses of one family member or significant other. Activities and programs will be available.

How do I start?

Interested veterans may call us at (312) 942-8387 to initiate the intake process or apply online at RoadHomeProgram.org and fill out the Schedule an Appointment form.

What happens after treatment?

For veterans who do not have access to ongoing mental health care, our staff can help the veteran arrange appropriate services in their community. Chicago-area veterans and their families are always welcome to use our outpatient services before or after the IOP.