

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 at
Rush University Medical Center, Chicago, IL



In Spring of 2016, the Road Home Program will launch the **Intensive Outpatient Program (IOP)**, a full-spectrum treatment program that connects veterans and their families across the Midwest to world-class, individualized care for trauma-based disorders and injury.

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.
- **Providing specialized care to those experiencing the effects of military sexual trauma (MST), traumatic brain injury (TBI), and/or substance use disorders.**

As one of four academic medical centers chosen by the Wounded Warrior Project to form the Warrior Care Network, Road Home Program has assembled a vet-savvy, front-line team of nationally recognized experts.

If you or someone you care about needs help, contact us at www.RoadHomeProgram.org or call (312) 942-8387

Intensive Outpatient Program at Rush

The Intensive Outpatient Program offers a leading-edge approach to healing that includes:

- **comprehensive evaluation**
- **individual treatment**
- **group therapy**
- **resiliency training**
- **fitness and nutrition**
- **family support and education**
- **wellness practices including yoga and art**

Who is eligible?

This IOP 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 three weeks. Veterans will attend a daily intensive treatment program 5 days per week, Monday through Friday from 7am to 5:30pm. 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 his or her 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.

How do I start?

Call the Road Home Program at (312) 942-8387 or go to www.RoadHomeProgram.org and fill out the Schedule an Appointment form.

About the Warrior Care Network



The Warrior Care Network is a groundbreaking collaboration between the 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.

About The Road Home Program



Rush University Medical Center established the Road Home Program in 2014. The center offers evidence-based care for PTSD, TBI and military sexual trauma, child and family counseling, service and resource navigation, peer-to-peer outreach, public awareness programming and training for primary care physicians and others.

Services are offered regardless of ability to pay or discharge status. Space will be limited. For more information on the Intensive Outpatient Program, please visit www.RoadHomeProgram.org or call the Road Home Program at (312) 942-8387.