

## Admission Criteria

- A diagnosis of PTSD
- Trauma must be military-related
- Able to remain free of alcohol and substance use
- Able to participate in group treatment, rehabilitation, and health maintenance
- Able to accomplish activities of daily living independently
- Able to live in a minimally supervised institutional setting
- Able to benefit from a rehabilitation program with the goal of returning to the community
- Be enrolled in mental health care at a VISN 16 hospital or vet center
- Be medically stable
- No psychiatric conditions that would impair participation in and benefiting from treatment
- Have tried a less restrictive treatment alternative specific to PTSD, if available



## How to Apply

- Application must be submitted by a mental health provider at a VISN 16 facility
- VA Hospital: Access the consult through CPRS:
  - \*CAVHS: Under “Mental Health Svcs Consults,” select “Residential Services Screening,” then “PTSD Dom Application”
  - \*Other VISN 16 VA Hospitals: Under “Interfacility Consults,” or “PTSD Consults” select “MHR RTP PTSD-DOM Application.”
- Vet Center: Contact Katherine Shroyer, Admissions Coordinator, for a paper application



Katherine Shroyer, M.A.  
Admissions Coordinator

Phone: (501) 257-3075  
Fax: call for number  
E-mail: [katherine.shroyer@va.gov](mailto:katherine.shroyer@va.gov)



## PTSD Domiciliary Residential Rehabilitation Treatment Program



Central Arkansas Veterans  
Healthcare System

Tel: (501) 257- 3075

## PTSD Domiciliary Residential Rehabilitation Treatment Program



CAVHS' PTSD Domiciliary Residential Treatment Program (DRRTP) is an intensive **8-week** program designed to treat and address the specific issues related to veterans with PTSD. Emphasis is placed on improving quality of life, increasing management of PTSD symptoms, psychosocial rehabilitation, identification and management of self-defeating behaviors, increasing awareness, and education on PTSD. The program employs evidence-based therapies to reduce PTSD symptoms and utilizes occupational and recreation therapies aimed at improving socialization skills, time management abilities, and leisure activities.

### Specific evidence-based therapies offered include:

#### Seeking Safety

People with PTSD and a substance use disorder face many difficulties in their recovery compared to those with either diagnosis alone. Until recently, treatment for these disorders has been available only in separate programs. An integrated or simultaneous treatment of these conditions is now available. Seeking Safety focuses on developing safe coping skills in response to stress. This is a therapy group that deals with

the present. We do not ask that you discuss your trauma during these groups; we are more focused on how you are coping with stress today.

#### Cognitive Processing Therapy

Cognitive Processing Therapy (CPT) is a cognitive-behavioral therapy that is effective in increasing the management of PTSD symptoms and related conditions. CPT identifies PTSD as a disorder of "non-recovery" and that symptoms are frequently due to problems that prevent the natural process of recovery. CPT is utilized to identify "stuck points" in a person's response to traumatic events and helping the individual to understand how trauma can affect one's beliefs and behaviors toward oneself, others, and the world. In CPT, the impact of the trauma on a person's life is of primary focus, not the retelling of the trauma itself. Through structured exercises, the person is better able to identify old maladaptive beliefs and begin to incorporate new beliefs and behaviors that can lead to an improved quality of life. Sessions are performed in a group format twice per week, each session lasting 90 minutes.

#### Prolonged Exposure

Prolonged Exposure Therapy is a treatment that helps trauma survivors to emotionally process their traumatic experiences. In this therapy, patients are assisted in confronting safe, but anxiety-provoking memories and situations in order to decrease their fear and



anxiety. There is over 20 years of research that shows this to be one of the most effective ways to reduce the symptoms of PTSD. You will learn that you can safely remember the trauma and experience the trauma reminders. The anxiety and distress that you feel will lessen over time and you will find that you can tolerate these feelings. This treatment can help you to reclaim your life from PTSD.



### Additional programming components include:

- **Acceptance & Commitment Therapy Group:** This group focuses on defining one's values and using them as a guide for positive change.
- **Relationships Group:** An interactive discussion group that focuses on relationship issues that are often impacted by PTSD.
- **Life skills activities:** Occupational and Recreational Therapy services, symptom management and reduction, dietary education, sleep hygiene,
- **Skills Practice Lab:** Dedicated weekly time to practice learned skills, complete assignments, and/or solicit assistance from staff.