



SUPPORTING AND PROVIDING CARE FOR STUDENT VETERANS THROUGH TRAUMATIC EVENTS



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**A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM**



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HOME BASE PROGRAM



CLINICAL CARE

Delivering comprehensive, individualized, evidence-based care for traumatic brain injury, post-traumatic stress, military sexual trauma, and many related conditions



TRAINING AND CAPACITY BUILDING

Training community-based clinicians, first responders, educators, and social service leaders to recognize and assist those with invisible wounds



WELLNESS

Empowering Veteran and military families to maintain long-term physical and emotional health, and build resilience to daily stressors



TRANSLATIONAL AND CLINICAL RESEARCH

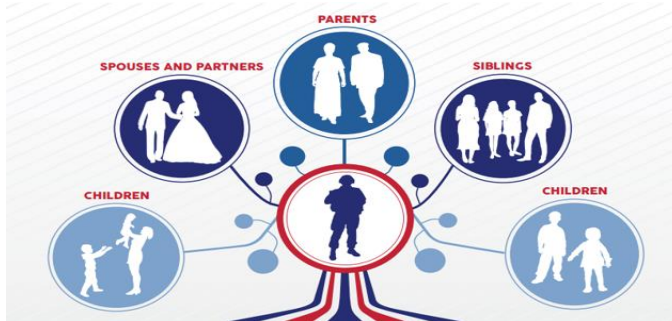
Driving discovery of new and improved treatments, and advancing the standard of care for Veterans across the nation



VETERAN
AND FAMILY CARE

National Center of Excellence

WHAT DISTINGUISHES HOME BASE: A COMPREHENSIVE APPROACH TO CARE



- 3 Generation Model of Care

- Outreach team partners with community organizations:

Military organizations

Veteran Service Org

Colleges and Universities

Veteran Court System

First Responders

Healthcare Providers

- Care team is multi-disciplinary, includes combat veterans

- Care provided regardless of discharge status

- Telehealth/virtual visits

- Lack of insurance or ability to pay not a barrier to care



PTS(D) TREATMENTS¹

- **Gold standard talk therapy options for PTS(D)**
 - Cognitive Processing Therapy (CPT)
 - Therapy that helps you reframe negative thoughts to improve how you feel
 - Prolonged Exposure Therapy (PE)
 - Therapy that teaches you how to gain control by facing your fears.
- **CPT, PE Similarities:**
 - Manualized, Brief: 8-16 sessions
 - Collaborative
 - Evidenced Based Treatments

¹The 2017 Revised Clinical Practice Guidelines for PTSD

EMPIRICAL SUPPORT FOR CPT

20 published randomized controlled trials (RCTs) of CPT

Traumas	Populations	Locations	Modalities	Comparison conditions
<ul style="list-style-type: none">• Rape• Child Sexual abuse• Physical Assault• Military Sexual Trauma• Combat• All studies include individuals with multiple traumas	<ul style="list-style-type: none">• Civilian• Active Duty• Veteran• Male• Female• Adolescents	<ul style="list-style-type: none">• U.S.• Australia• Germany• Democratic Republic of Congo	<ul style="list-style-type: none">• CPT• CPT +A• Individual• Group• Combined• Telehealth• CPT + rTMS	<ul style="list-style-type: none">• Delayed treatment• Treatment as Usual• Present-Centered Therapy• Prolonged Exposure• Dialogical Exposure Therapy• Written Exposure Therapy• Differing CPT modalities

TRAUMA TREATMENT CONSIDERATIONS FOR STUDENT VETERANS

- Military culture competency (HB Training Institute, Center for Deployment Psychology)
 - Understanding cycle of deployment
 - Differential impact of deployment on Reserve/Guards vs Active Duty
 - Criterion A events beyond combat trauma
 - Military Sexual Trauma, Training Injuries, Suicides
 - Warrior's Ethos may serve as treatment barrier
 - Online resources from National Center for PTSD
 - About Face: Clips of veterans sharing personal experiences with PTSD
 - PTSD Treatment Decision Aid
- Co-Occurring conditions: Ex: Traumatic Brain Injury, Chronic Pain

TRAUMA TREATMENT CONSIDERATIONS FOR STUDENT VETERANS (CONT.)

- Reintegration challenges within universities
 - Peer differences in age, life experiences, parental status
 - Institutional support (GI Bill, Veteran's Service Office, Absence policies)
 - “Veterans and active duty military personnel with special circumstances (e.g. upcoming deployments, drill requirements, disabilities) are welcome and encouraged to communicate these, in advance if possible, to the instructor.”
- Common classroom accommodations may align with symptoms of PTSD
 - Extended time (1.5x) to complete exams and assignments
 - Access to a distraction-free rooms for exams
 - Audio recording of lectures, if appropriate consent is obtained
 - Preferential classroom seating in the classroom

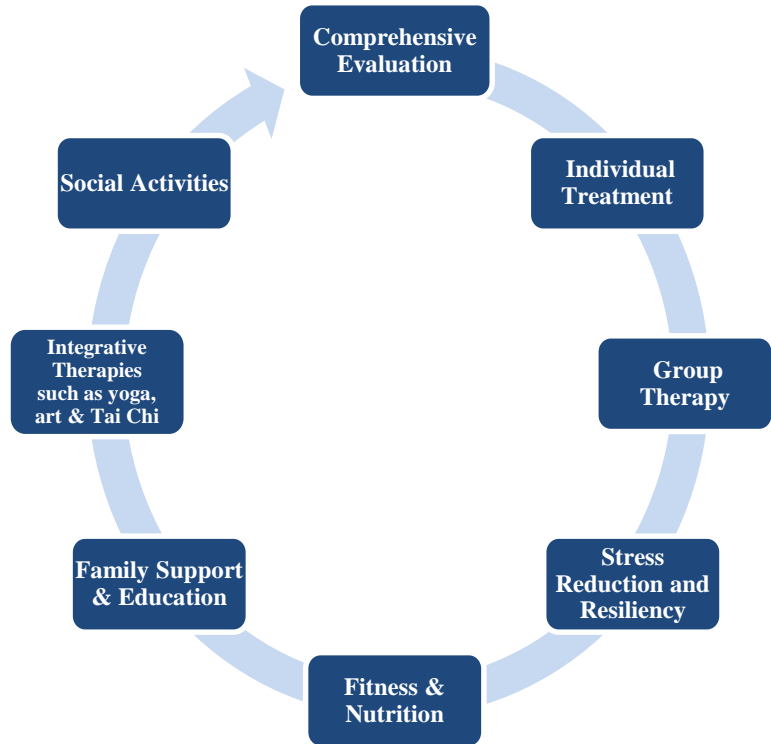
REFERRALS

- VA: Depending on VA Eligibility
 - Outpatient services
 - Residential programs
- Private Sector clinics for outpatient care:
 - Cohen Veteran's Network (CVN)
 - Home Base
- Private Sector, Intensive clinical programs
 - Wounded Care Network funded by Wounded Warrior Project
 - MGH, Home Base in Boston, MA
 - Emory University in Atlanta, GA
 - UCLA in Los Angeles, CA
 - Rush University, Chicago, IL

INTENSIVE CLINICAL PROGRAM (ICP)

A holistic approach to care:

- Individually tailored treatment PTSD & TBI
- 75 Hours of Clinical Care
- Compresses 1-year of therapy into 14 days
- Family Integrated
- Complimentary Alternative Therapy such as; yoga, art & Tai Chi is blended into care
- 12 person cohort groups – 36 Veteran cohorts, 2 TAPS cohorts annually
- All flights, transportation, lodging, meals, and care is covered
- **NO COST** for Veterans or Family Members



Their Mission Is Complete.
Ours Has Just Begun.



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