



# SUPPORTING AND PROVIDING CARE FOR STUDENT VETERANS THROUGH TRAUMATIC EVENTS



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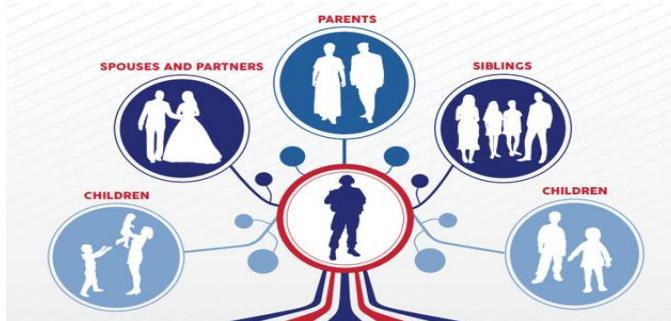
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# HOME BASE PROGRAM



# 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) TREATMENTS<sup>1</sup>

- 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

# EMPIRICAL SUPPORT FOR CPT

20 published randomized controlled trials (RCTs) of CPT

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

# 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

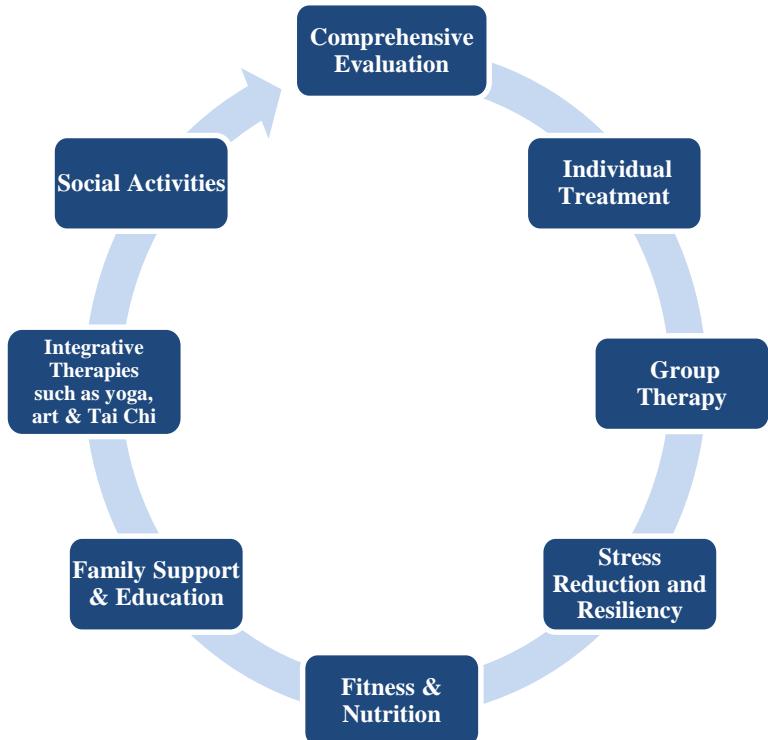
# REFERRALS

- 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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