

Posttraumatic Stress Disorder PTSD Assessment

William B. Elder, Ph.D.
South Texas Veteran Health Care System
PTSD Clinical Team Director

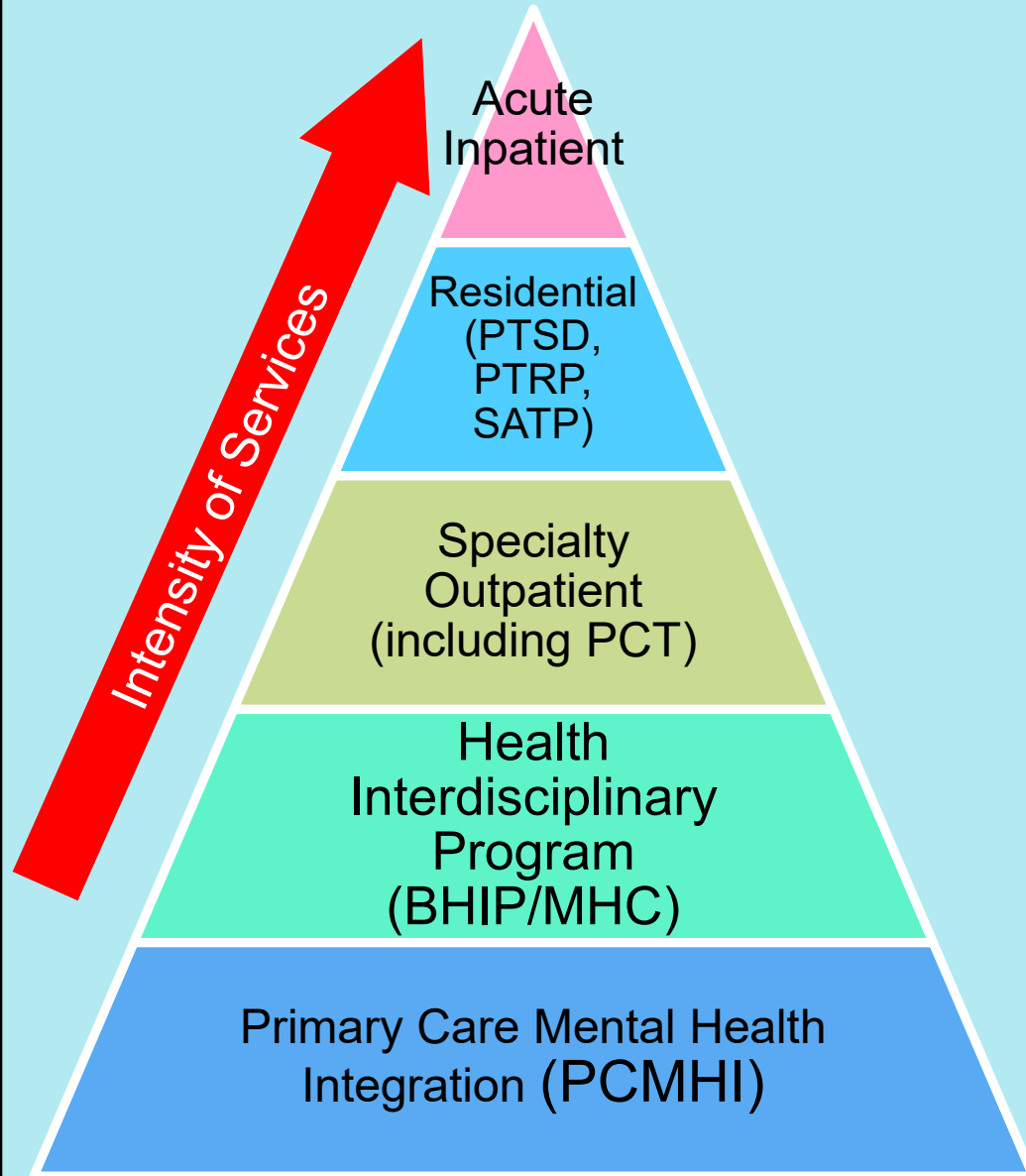
PCT in the Continuum of VA Care

PTSD CONTINUUM OF CARE

- Provision of a PTSD continuum of care implies matching the unique needs of a veteran with the level of care required at the time, as well as ongoing evaluation of whether the Veteran should receive a greater or lesser level of care.

The Uniform Mental Health Services in VA Medical Centers and Clinics (VHA Handbook 1160.01), Programs for Veterans with PTSD (VHA Directive 1160.03) , Mental Health Residential Rehabilitation Treatment Programs (MH RRTP) (VHA Handbook 1162.02), 2017 Revised VA/DoD Clinical Practice Guideline for Management of PTSD

LEVELS OF CARE

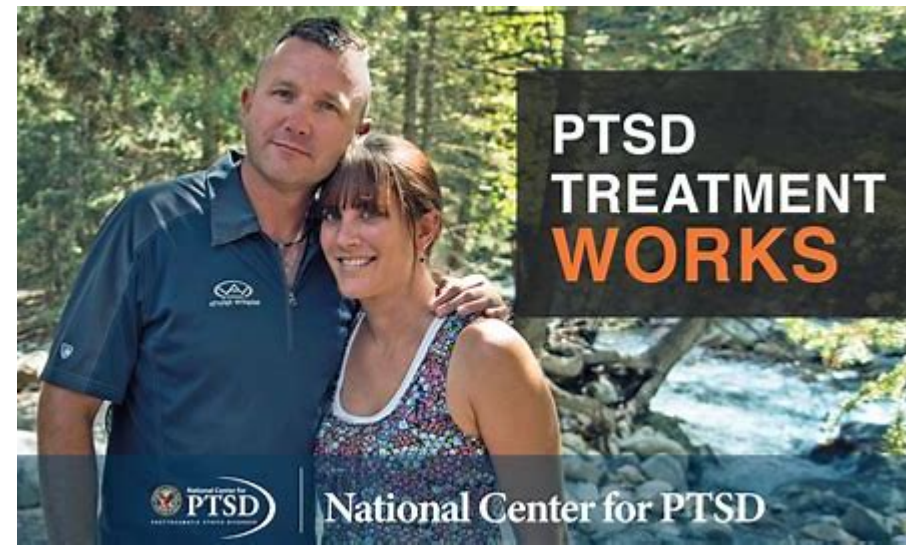
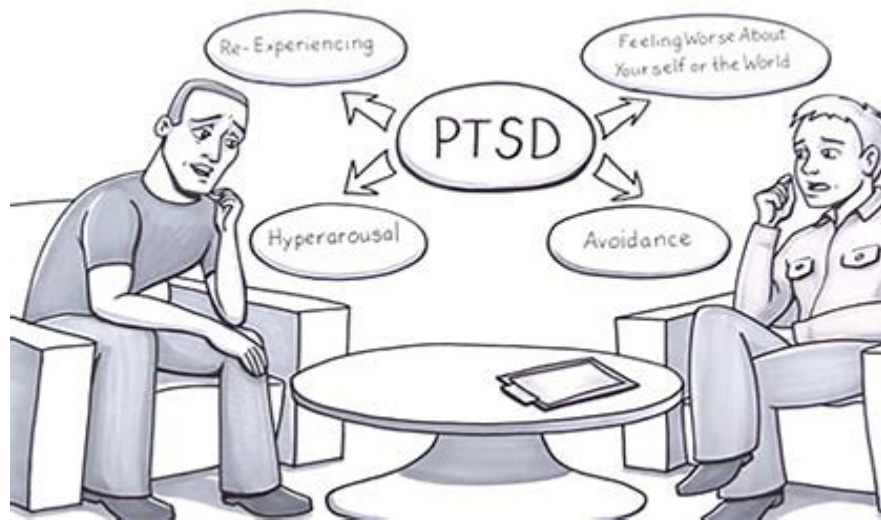


- VA health care centers are directed (Directive 1160.03) to have a PCT: “all VA medical facilities must have a specialized outpatient PTSD... treatment team.”
 - For program oversight.
 - For ongoing staff training.
 - To provide a range of services.

RECOVERY STEPS THRU THE PCT

- **Duration**: PCT programming is time-limited and typically lasts between 2-to-4 months; weekly sessions.
- **Medications**: managed by PCP or mental health prescriber.
- After completing work with the PCT, veterans may terminate tx or be referred to BHIP for additional treatment, if needed.

- National VA initiatives to disseminate and provide competency-based training in Evidence-Based Psychotherapies for PTSD:
 - Tier 1: Non-trauma focused therapies to build emotion regulation in preparation for trauma-focused therapy (STAIR, Mindfulness for PTSD, PTSD 102 group).
 - Tier 2: Trauma-focused therapies (Cognitive Processing Therapy, Prolonged Exposure Therapy, Cognitive Behavioral Conjoint Therapy, Written Exposure Therapy).



Your Treatment Goal:

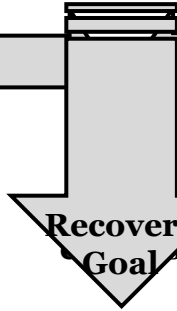
Not part of PCT

Our Treatment Goal:

To provide evidence-based PTSD treatments.

- Medication
- C&P evaluations
- Service/Therapy dog applications
- Legal issues

Where is the right fit for you?



Tier 2

- Prolonged Exposure
- Cognitive Processing Therapy
- Cognitive Behavioral Conjoint Therapy for PTSD
- Written Exposure Therapy

Tier 1

- PTSD 102
- CBT for SUD
- Mindfulness for PTSD
- STAIR
- Schema Therapy

Mental Health

- CBT - Depression
- CBT- Anxiety
- Chronic pain
- Anger Management
- Yoga
- Insomnia
- DBT
- Non-military PTSD

Peer Support

- Peer Group
- Equine therapy
- Wellness Recovery Action Planning (WRAP)

Community

- Church leader
- Long-term therapy
- Community clinics

PTSD Clinic Team

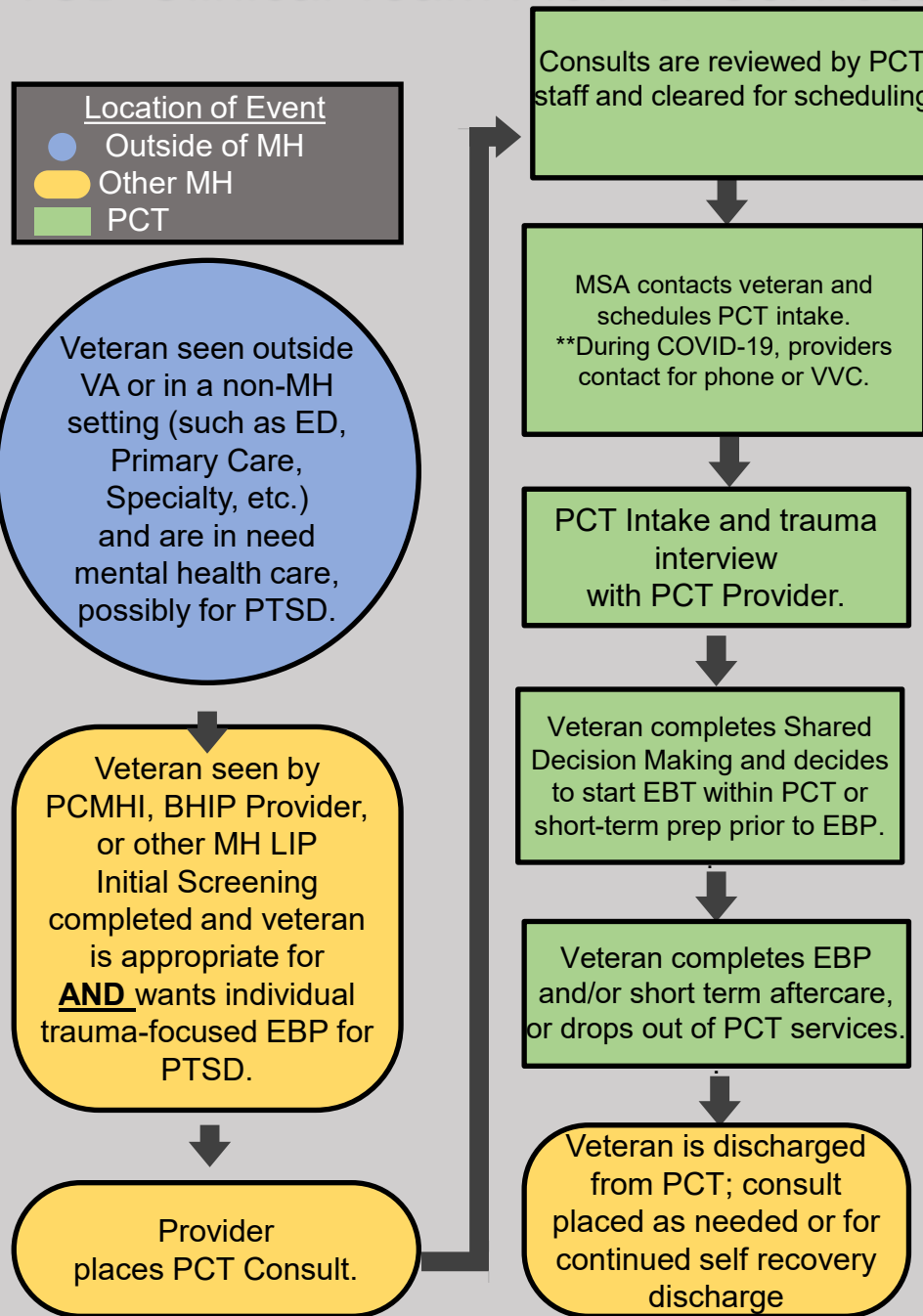
- Recovery Model focused
- Short term (2-4 months)
- Effort based interventions
- Only PTSD-related care

PCT ADMISSION CRITERIA

- **PCT Admission Criteria**

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- *Veteran has a diagnosis or tentative diagnosis of PTSD
- *PTSD is related to trauma that occurred while veteran was in the military
- *Veteran wants EBT for PTSD and is willing to work toward treatment goals, on weekly basis
- *No use of IV drugs, heroin, simulants, alcohol use all day or over 8 drinks daily, patients experiencing withdrawal sx's without consistent use.
- *Pts who use cannabis, benzodiazepines, and/or up to 8 alcoholic drinks daily must agree to abstain from use prior to session and during at-home practice.
- *NO moderate or severe cognitive impairment (consult first)
- *NO active psychosis (psychosis and bipolar ok if it's managed on medication-otherwise, send to Stepping Stones)
- *Veteran is NOT being referred for compensation or disability claim purposes
- *If patient is high-risk flagged for suicide risk, we may discuss postponing trauma-focused therapy until safety is established.
- *Is not simultaneously in individual psychotherapy for other conditions

PTSD Clinical Team Flow of Services



Residential treatment for PTSD:

- Intensive specialty treatment for mental health and SUDs, as well as for co-occurring medical needs, homelessness, and unemployment.
- **Bonham** Residential Rehabilitation Treatment Program (RRTP) offers 3 distinct residential treatment programs: 1. SUD, 2. Gen DOM, 3. PTSD
- Mixed sex with one separate, 12-bed women's domiciliary.
- Veterans may self-refer; not limited to combat trauma.
- **Temple** Virtual-Intensive Outpatient Program (V-IOP) for PTSD during the time that the DOM is closed due to COVID—all VVC.
- Cohort, 6 weeks.
- Patients will receive 2-3 individual therapy sessions weekly (CPT or PE)
- Group Psychotherapy M-F from 1:30pm-3:00pm daily.
- Combat veterans (although index trauma does not have to be combat related). Veterans will be eligible for additional SUD groups if concurrent care is needed.
- **Houston:** ROVER (Returning OEF/OIF/OND Veteran's Environment of Recovery): 4-5 week inpatient tx for OEF/OIF/OND, primary PTSD dx, combat trauma. RISER (Women's Inpatient Specialty Environment of Recovery): 4-5 week program for women of any era and any form of trauma.