

## **VISN 5 MIRECC Research Abstract**

### **Program Evaluation for Dual Diagnosis PTSD Residential Program Sonja Batten, PhD**

Studies have documented the frequent comorbidity between posttraumatic stress disorder (PTSD) and substance use disorder (SUD). For example, research has found that approximately one third of individuals with SUD also have PTSD. Thus, clinicians have become faced with the question of how to best treat these patients. Although programs have been designed to intervene with comorbid PTSD and SUD patients, there is little empirical data on the efficacy and effectiveness of such programs.

The Baltimore VAMC currently offers treatment programs focused on the treatment of comorbid PTSD and SUD, and has recently undergone significant development and reorganization. At present, there is no structured protocol to test the effectiveness of this new programming designed to ameliorate these comorbid conditions. We wish to study the effectiveness of an already ongoing dual diagnosis program at the VA Maryland Health Care System.

The purpose of this protocol is to create a structured program evaluation to test the effectiveness of this newly formed comorbid PTSD and substance abuse treatment at the Baltimore VAMC. General rates of recovery following participation in the program will be assessed, as well as patient characteristics that help identify those patients who will benefit most from the treatment.