Substance Abuse Recovery and Rehabilitation Treatment Program (SARRTP): an overview

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“We strive to provide a safe, educational, and supportive environment for a veteran to develop extended sobriety using evidence-based tools such as Mindfulness, Relapse Prevention, Motivational Interviewing, and Psychopharmacology.”
SARRTP: today’s presentation

- SARRTP evaluation process
  - Screening
  - Treatment plan
  - Psychopharmacology options
- Description of program
- Curriculum
- PTSD track: Project ReADAPT
SARRTP: how to begin the process

**Intake**
- 2nd floor, north wing, ADTP window
- History
- Detox needs

**Medical**
- Labs
- Chest x-rays
- TB test

**Screening**
- Physical health screening
SARRTP: evaluation process

- Begins at VHASD 2\textsuperscript{nd} floor, north wing, ADTP window
  - Referred to program through consult or self-refer
- History is taken by a ADTP therapist
- Detox needs are evaluated
- Labs, chest xray, and TB test completed
- Physical health screening
SARRTP: treatment plan

Evaluation Group

Outpatient

Residential

Intensive Outpatient program (IOP)

Outpatient program

SARRTP
SARRTP: psychopharmacology options

- Psychopharmacology
- Anti-depressants, mood stabilizers, anti-psychotics
- Naltrexone, Acamprosate, Disulfram
- SAMI/ADTP psychiatrist
- ADTP Medication group
SARRTP: program description

- 28-day residential program
- Staffed by nurses, psychiatrists, social workers, addiction therapists, and psychologists
- Psychopharmacology support
- Couples and family therapy provided
- Secured living quarters
- Weekend programming
SARRTP: classes and lectures

- Classes use Cognitive Behavioral therapy (CBT), Acceptance and Commitment therapy (ACT) and Mindfulness
  - Relapse prevention
  - Faith based recovery
  - Drug education
  - Stress Management
  - Relaxation skills
  - Communication skills
Substance Abuse Recovery and Rehabilitation Treatment Program (SARRTP): healthy living

- Exercise (pedometers, group exercise, yoga)
- Meditation/Relaxation (3x daily)
- Life skills (money management, job skills)
- Relationship/process groups
- Smoking cessation
- Grief protocol (6 sessions)
SARRTP: Project ReAdapt

- **Recovery from Alcohol, Drugs, and Post Traumatic Stress**
  - Trauma background assessed upon entry to SARRTP
  - Screened by psychologist for appropriateness and motivation
• 1/3 of veterans seeking treatment for SUD meet criteria for PTSD

• 22% of those seeking treatment for PTSD have SUD

• Co-occurrence is associated with higher rates of medical problems and increased relapse potential.

• Improvement of PTSD symptoms usually results in reduction in SUD. Not reciprocal!
SARRTP: Project ReADAPT

- Assigned to psychologist
- Classes
  - PTSD 101
  - In-Vivo
- Individual sessions
SARRTP: Project ReADAPT

- PTSD 101 class
  - PTSD psycho-education
  - Co-morbid PTSD and substance use
  - Anger
  - Relationships
SARRTP: Project ReADAPT

- **In-vivo classes**
  - Identify avoided activities, people, places, things
    - Focus on immediate practice
  - Hierarchy
  - SUDS
  - Safety behaviors
SARRTP: Project ReADAPT

- **Individual sessions**
  - As needed to process in-vivo exposures
  - Guilt/shame
  - Moral injury
  - Emotional exposures
Overview
The Center will be a 40-bed residential treatment facility aimed at promoting recovery in Servicemembers returning from the wars in Iraq and Afghanistan.

Services
- Case Management/Social Work
- Vocational Rehabilitation
- Neuropsychological Assessment
These Program’s have a rich history in the VA. The first was founded over a Century ago in 1908, and there are currently 107 facilities nationwide.

The VA is funding the creation of 5 additional residential treatment facilities such as the Aspire Center across the country.

San Diego has the largest concentration of Iraq and Afghanistan Veterans in the
The Center will serve Veterans who:

- Are honorably discharged and eligible for VA services
- Are motivated to participate in the program and comply with its rules
- Are able to perform daily life activities
- Have:
  - Post-Traumatic Stress Disorder (PTSD)
  - Traumatic Brain Injuries (TBIs)
  - Mental Health Diagnosis
  - Combat Related Needs
  - Substance Abuse Needs
The Aspire Center | San Diego
The Center will provide temporary housing for Veterans who do not need Inpatient hospital care, but require rehabilitation services for an average of 60-120 days.
All Veterans will be carefully screened and selected for admission through the San Diego VA Medical Center in La Jolla. The Center will employ 27 professionals:

- Psychologists
- Psychiatrist
- Nurses / Nurse Practitioners
- Pharmacist
- Dietician
- Social Workers / Case Managers
Questions?