

## Eligibility

### Am I Eligible for the ASPIRE Center?

You may be eligible for treatment at the Center if all these apply to you:

- I am an OEF/OIF/OND combat Veteran.
- I am currently homeless or at imminent risk of becoming homeless.
- I have a mental health diagnosis and/or a history of a mild to moderate traumatic brain injury.
- I am independent in my self-care tasks.
- I have a goal of living independently and/or returning to work/school/other productive activities.
- I am willing to commit to abstinence from recreational/non-prescribed substances.
- I am willing to commit to following rules and regulations of an intensive co-ed transitional housing treatment program for 90-180 days.

Individuals with the following conditions are not eligible for the ASPIRE Center.

- History of violent behavior/aggression, or a behavioral flag on the medical record
- Registered sex offender or parolee
- Urgent medical needs (for example: chest pain or difficulty breathing)
- Acute psychiatric needs (for example: posing danger to self or others)
- Needing acute detoxification from drugs or alcohol

## Enrollment Process

### How Do I Enroll?

You may enroll for the ASPIRE Center in one of 2 ways:

- Ask your medical or psychiatric provider to enter a consult (referral) to the Center.
- Complete an application for the Center yourself. Applications can be found at the HCHV clinic at the La Jolla VA or online at [www.sandiego.va.gov/services/aspire\\_center.asp](http://www.sandiego.va.gov/services/aspire_center.asp).



**For questions about the program or help with the application process, please call:**

**(855) 297-8397**



**ASPIRE CENTER**

**Veteran Transitional  
Rehabilitation  
Treatment Program**

*Serving America's  
Wounded Warriors*

**VA**



**U.S. Department of Veterans Affairs**  
VA San Diego Healthcare System

# About the Aspire Center

## What is the ASPIRE Center?

The ASPIRE Center is a 40-bed, 24/7 residential treatment facility designed to promote recovery in Veterans, particularly those returning from the wars in Iraq and Afghanistan. The Center provides a safe, comfortable living environment. Evidence-based, recovery-oriented treatment is provided to eligible male and female Veterans of all ages who desire to once again become fully independent and self-sufficient members of the community.

## What are the Goals of the ASPIRE Center?

The main goal of the Center is to prepare Veterans for a successful integration into the community. As part of achieving this goal, Veterans will: learn skills for managing symptoms and improving overall mental health, make positive lifestyle changes, and develop a social support system. Successful discharge from The ASPIRE Center is planned once vocational goals and/or independent living skills have been developed.

## Recovery

*A process of change through which individuals improve their health & wellness, live self-directed a life, and strive to reach their full potential.*

# Mission

**We reignite hope in recovery by providing an interdisciplinary approach for comprehensive PTSD treatment in a therapeutic environment. We promote resiliency, accountability, building and restoring relationships and successful reintegration into the community.**

## ASPIRE Values:

### Accountability

Taking responsibility for my actions.

### Solution-Minded

Viewing roadblocks as problems that can be solved, and using effective skills to solve these problems, without giving up.

### Practice

Practicing newly learned skills every day until they become second nature.

### Interpersonal Relationships

Finding and keeping supportive people in my life who will be a healthy influence.

### Recreation

Creating fun for myself in order to strengthen my recovery and improve life satisfaction.

### Evaluation

Evaluating my progress, being open to feedback from others, and making adjustments as needed.



# Programming

## My Participation:

All Veterans are expected to participate in a at least 4 hours of therapeutic programming daily, 7 days a week. Length of stay is 60-120 days. An interdisciplinary team will evaluate your needs upon admission and develop a treatment plan with personalized goals and objectives. Veterans are required to actively participate and comply with their individualized treatment plans, educational activities, therapy, social programs, recreational pursuits, chores, and other activities that are part of the rehabilitation program.



## The Staff

The Aspire Center is staffed with an interdisciplinary treatment team consisting of: Psychiatrist, Vocational Rehabilitation Specialist, Psychologists, Nurses, Nurse Practitioners, Addiction Therapist, Occupational Therapists, Social Workers, Chaplains, Dietitian, Pharmacist, Peer Support Specialist, and Health Technician.

