



Among the Best in the Nation When it Comes to Mental Health Residential Rehabilitation Treatment Program

Coatesville VA Medical Center is rated among the best in the nation at providing mental health services.

A key feature of the Residential Rehabilitation Treatment Program (R RTP) is that Veterans can receive one or multiple treatments during their stay. Veterans can receive treatment for substance use disorder, post traumatic stress disorder, domiciliary care for homelessness, whole health, speciality care, and services for discharge planning & aftercare.

Substance Use Disorder Program

Veterans are offered evidenced based group and individual psychotherapy for addiction, with at least four hours of recovery and mental health group sessions daily. Treatment plans are adapted to each individual and the average stay is 28 to 42 days.

Power of Women Embracing Recovery (POWER) Program

This a gender specific residential program offering evidence-based psychotherapies for substance use, Post-Traumatic Stress Disorder (PTSD), Military Sexual Trauma (MST), depression, anxiety, and other major health diagnoses. Treatment plans are adapted to each individual and the average stay is 4 to 12 weeks.

Post-Traumatic Stress Disorder (PTSD) Program

This combat and non-combat PTSD treatment program, offers specialized, intensive, evidence-based individual therapy. We also offer psychoeducational groups and the average stay is between 8 to 10 weeks. A more intensive 4-week treatment program is also available, upon request.

Domiciliary Care for Homeless Veterans (DCHV) Program

This program serves homeless Veterans who are primarily requesting assistance with finding housing and/or employment in the Chester County area and have a need for a residential level of care for mental health or substance



use conditions. We assist Veterans with re-integration into the community. Average stay is between 3 to 4 months.

While on campus, Veterans have access to groups and services offered through several other programs located on campus and include Occupational Therapy, Recreational Therapy, and Chaplain Services.

In their free time, Veterans have access to a gym, cafeteria, store, dining facility, and recreational activities. Volunteer services is actively involved in enhancing Veterans' experiences on campus with enjoyable leisure activities, such as special Holiday events, movie nights and games.

Referral and Admission Process:

Any provider may refer Veterans to Mental Health R RTP. Veterans referred will require a clinical screening interview and health care clearance completed by VA staff for medical appropriateness. Paper applications may be obtained by contacting the Admissions Department at 610-466-2201, or emailing the Admissions Coordinator, Kerry Boston, at Kerry.Boston@va.gov.

Meet Your Chaplain for the Community Based Outpatient Clinics

Welcome Chaplain Juanita Hudson to the team to serve you and your spirituality needs. Chaplain Hudson holds a master's degree in Christian Studies/Concentration in Chaplaincy and is Board certified by the National Association of Veterans Affairs Chaplains, with a specialty in PTSD. She has 25 years of ministry experience.



What is Spirituality?

Spirituality is the pathway through which we explore our deepest beliefs, discover ourselves, and search for meaning and purpose in life. Spirituality is a critical component of the overall concept of wellness.

Which spirituality groups would you be interested in attending?

1. Grief and Loss group
2. General Spirituality group
3. Trauma group
4. Bible Study group
5. Women Veterans group
6. On-line Evening Spirituality group

Call 610-384-711, ext. 3487, email Juanita.Hudson@va.gov, or scan this QR code



You may Need Chaplaincy Support if you:

- Would like to incorporate spirituality into your treatment plan.
- Are experiencing spiritual distress in the form of alienation, doubt, guilt, shame, and unforgiveness.
- Are experiencing spiritual injury, religious abuse, or trauma.
- Are experiencing loss, bereavement, or unresolved grief.
- Are experiencing significant life transitions.
- Received a new diagnosis.
- Have end of life concerns.

Pain Management through Health & Wellness Coaching

The VA developed a Whole Health System that focuses not only on your treatment but also on self-empowerment, self-healing, and self-care. Veterans begin their journey identifying "What matters most to you in your life right now?"

Veterans partner with a Health & Wellness Coach to discuss their personal health and to develop meaningful personal self-care goals to achieve their optimal health and well-being.

Health coaching honors the fact that each patient is a manager of their own life, while ensuring that interactions remain respectful and non-judgmental.

Whole Health Coaches in Pain Management Teams support Veterans in setting goals around modifiable lifestyle factors to improve their quality of life which could lead to a reduction in their pain experience.

Making incremental changes in one area of wellness can have a positive effect on functioning and subsequently reduce the effects of pain and increase quality of life. Health coaches do not replace your current healthcare team.

Veterans are also encouraged to learn more about Whole Health and further explore the self-care areas through Introduction to Whole Health and Taking Charge of My Life and Health groups.



Health Coaching to support pain management is available in-person at Coatesville, through VA Video Connect, and Telehealth to accommodate Veteran's preference. Groups are available as scheduled. To schedule coaching sessions or learn more about the programs contact Anna Gardner 610-384-7711 ext. 3307.

On-demand Emergency Care that Saves You Time

With Tele Emergency Care, you can receive prompt care for many acute medical issues without the need for a visit to an emergency department.



Using phone or secure video, a team of triage nurses and licensed medical providers can diagnose a variety of common illnesses and begin treatment the same day. There is no appointment necessary and no copayment for your visit.

Veterans receiving health care at the Coatesville VA can call 610-384-7711 and select Option 3 (to speak to a nurse) or dial 1-833-Tele Urgent (1-833-835-3874).

Tele Emergency Care is available from 7am to 11pm, 365 days/year.

Tele Emergency Care support does not replace in-person care. If you believe that your condition is life threatening, call 9-1-1 or go to the nearest emergency department.

To learn more about Tele Emergency Care, visit <https://www.visn4.va.gov/tele-urgent>

What does Pharmacogenomics Mean for your Health?

Pharmacogenomics (PGx) is the study of how your genes affect the way you respond to drugs. Genes are parts of your DNA that provide instructions on how your body develops and functions. Everyone has small differences in their genes and because of this, people may respond differently to medicines.

PGx Testing

The Coatesville VAMC is now offering a no-cost blood test for Veterans to understand how their body responds to medication. The

test is a genetic test for medicines commonly used by Veterans and requires one tube of blood. It can take up to two weeks for your healthcare team to get results and add them to your medical record.



Benefits of PGx Testing

- Helps your healthcare team to decide which medicines may work better for you.
- Helps to mitigate side effects.

How do we perform PGx Testing

Your provider will discuss and answer your questions about:

- What the PGx test results may find
- What happens to your sample after testing (your test results will be kept confidential and will only be shared with your permission or if there is a court order)

Limitations of PGx Testing

Genetics only tells us part of the story. There are other factors that also have an impact on how you respond to medicines, such as your age, gender, and body size. The PGx test does not test for all genes, but only certain genes that we know affect selected medicines.

For more information, please visit the National Institute of Health:

<https://www.genome.gov/genetics-glossary/pharmacogenomics>



U.S. Department of Veterans Affairs

Veterans Health Administration
Coatesville VA Medical Center

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Coatesville, PA 19320-2096

Proudly Serving our Veterans since 1930

Patient and Visitor Conduct

As part of our health care commitment to improving safety and well-being for all Veterans, Coatesville VAMC would like to remind everyone that aggressive and disruptive behaviors will not be tolerated. Any individual, whether they be part of the VA workforce, Veteran or visitor, engaging in inappropriate or illegal behavior may be asked to leave and could result in VA Police involvement. Furthermore, restrictions may be put on future visits including the time, place and manner of care and may include guests or visitors.

Examples of inappropriate behavior:

- Abusive, profane or harassing language.
- Threats or physical assaults.
- Unwanted approaches or contact.
- Possession of alcohol or illegal drugs.
- Possession of weapons.

If you witness inappropriate or illegal behavior, please notify staff or call the VA Police at 610-383-0222.



**Veterans
Crisis Line**
DIAL 988 then PRESS 1

Online Chat Confidential Veterans Chat www.veteranscrisisline.net	Text Chat Text to 838255 to Get Help NOW
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Connect with us at
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For updates about our medical center operations, please view the **“Get updates from VA Coatesville health care”** at the bottom of our homepage.
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